



80% of Strokes are Preventable

How can I reduce my STROKE RISK?



To participate in our interactive Stroke Risk Assessment go to:

https://scnetwork.ukhc.org/stroke-risk-assessment/#gf_7

Scan the QR Code below with your phone camera to go directly to the website!



UK HealthCare NORTON HEALTHCARE		STROKE CARE NETWORK				STROKE RISK SCORECARD	
RISK FACTOR	HIGH RISK ☹️ +2	CAUTION 😊 +1	LOW RISK 😊				
What is your age group?	≥65 years old	55-64 years old	<55 years old	0			
What is your blood pressure? Today, my blood pressure is _____	Greater than 140/90 or I don't know	120-139/80-89	Less than 120/80	0			
What is your cholesterol level?	High, but not taking a reducer or I don't know	High and taking a reducer	Not High	0			
Do you have diabetes?	Yes	Borderline	No	0			
Do you smoke?	I am a smoker	I'm actively trying to quit	I am a nonsmoker	0			
Do you have an irregular heartbeat? (atrial fibrillation)	I have an irregular heartbeat	I don't know	My heartbeat is normal	0			
Are you at a healthy weight?	My BMI is ≥ 30	My BMI is 25-29	My BMI is ≤ 24	0			
Do you exercise?	I exercise rarely	I exercise sometimes	I exercise 3 times/week (Subtract one point)				
Do you or your family have a history of TIA/stroke?	Yes	Not sure	No	0			
SCORES	SUBTOTAL: _____ + _____ = _____		SUBTOTAL: _____ + _____ = _____		SUBTOTAL: _____ + _____ = _____		TOTAL SCORE _____
OVERALL RISK	Total Score: ≥ 7 = HIGH RISK <i>Talk to your doctor about stroke prevention right away.</i>		Total Score: 4-6 = CAUTION <i>You're off to a good start, but keep working on reducing your risk factors for stroke.</i>		Total Score: 0-3 = LOW RISK <i>You're controlling your risk for stroke so far.</i>		

Adapted from National Stroke Association Risk Scorecard.