

ARE YOU AT RISK FOR A
STROKE?



Saint Thomas Heart

Take the following risk assessment quiz and write your score in the box to the right.

1] **Blood Pressure** (SYSTOLIC / DIASTOLIC).....

- Less than 120 and less than 80 = 1 pt.
- 120 - 139 or 80 - 89 = 3 pts.
- 140 - 159 or 90 - 99 = 6 pts.
- 160 or higher or 100 or higher = 10 pts.

2] **Diabetes**.....

If you do not have a history of diabetes, give yourself 0 pts. If yes, give yourself 3 pts.

3] **Cigarette Smoking**.....

If you do not smoke, give yourself 0 pts. If yes 3 pts.

4] **Cardiovascular Disease**.....

If you have had a coronary or cardiovascular disease (heart attack, chest pain, narrowed coronary blood vessels, narrowed arteries in the legs or congestive heart failure other than stroke), give yourself 4 pts. If never, 0 pts.

5] **Atrial Fibrillation**.....

Atrial Fibrillation is a specific type of rapid irregular heartbeat. If you do not have a history of atrial fibrillation, give yourself 0 pts. If yes, 4 pts.

6] **Physical Activity**.....

If you live an active life, give yourself 0 pts. If not, 4 pts.

TOTAL.....

(0 - 4 = LOW 5 - 10 = MODERATE 11 + = HIGH)

For more information and to schedule an appointment with a Saint Thomas Heart cardiologist in your area, call **800.345.5016**.

