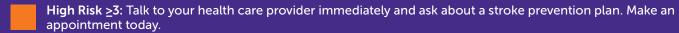
Stroke Risk Scorecard

Review the stroke risk factors. Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the risk scorecard results outlined below.

	RISK LEVELS		
RISK FACTORS*	HIGHER RISK	CAUTION	LOWER RISK
Blood pressure	>140/90 or unknown	120-139/80-89	<120/80
Atrial fibrillation	Irregular heartbeat	I don't know	Regular heartbeat
Smoking	Smoker	Trying to quit	Nonsmoker
Cholesterol	>240 or unknown	200-239	<200
Diabetes	Yes	Borderline	No
Physical Activity	None	1 - 2 times a week	3 - 4 times a week
Weight	Overweight	Slightly Overweight	Healthy weight
Stroke in Family	Yes	Not sure	No
TOTAL SCORE	TOTAL	TOTAL	TOTAL

Risk Scorecard Results



Caution 4-6: You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.

Low Risk 6-8: You're doing well at controlling stroke risk! Continue to stay informed about your numbers.

People with atrial fibrillation have more than five times the risk of stroke. So no matter your score, if you have been diagnosed with atrial fibrillation, it's important to monitor your risks with your doctor.

*Information adapted from the National Stroke Association.



Long Beach Medical Center is a Certified Comprehensive Stroke Center

MemorialCare Long Beach Medical Center is the 3rd Joint Commission Certified Comprehensive Stroke Center in L.A. County. With this certification, we're part of an elite group of health care organizations focused on highly specialized stroke care.