

Stroke Risk Checklist for Women

Attention

women:

Are you at

risk for a

stroke?

Every year about 600,000 Americans suffer a stroke. To determine your level of risk for America's #1 cause of serious, long-term disability, take this test. And for more information and a free guide to heart attack and stroke prevention, call toll-free: 1-800-PREVENT.

Use this test as a general guide. Your doctor may perform additional tests to assess your risk for stroke. Only your doctor can evaluate your risk. If you don't know your blood pressure, ask your doctor if your levels should be checked.

Scoring:

- 0-4 pts. = Low Risk.
- 5-10 pts. = Moderate Risk.
- 11 or more pts. = High Risk.

Your score is just an estimate of your possible risk compared to the general population.

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www.womensheartfoundation.org

1. Systolic Blood Pressure

If you are **not taking blood pressure lowering medications** and the first (highest) number from your most recent systolic blood pressure measurement is:

85-94	0 pts.
95-106	1 pt.
107-118	2 pts.
119-130	3 pts.
131-143	4 pts.
144-155	5 pts.
156-167	6 pts.
168-180	7 pts.
181-192	8 pts.
193-204	9 pts.
205-216	10 pts.

If you are **taking blood pressure lowering medications** and the first (highest) number from your most recent systolic blood pressure measurement is:

85-94	0 pts.
95-106	1 pt.
107-113	2 pts.
114-119	3 pts.
120-125	4 pts.
126-131	5 pts.
132-139	6 pts.
140-148	7 pts.
149-160	8 pts.
161-204	9 pts.
205-216	10 pts.

2. Diabetes

If you have a history of diabetes:
No history:

3 pts.
0 pts.

3. Cigarette Smoking

If you smoke:
If you don't smoke:

3 pts.
0 pts.

4. Cardiovascular Disease

If you have a history of coronary or cardiovascular disease (heart attack, chest pain, narrowed coronary blood vessels, narrowed arteries in the legs or congestive heart failure) other than stroke:
No history:

2 pts.
0 pts.

5. Atrial Fibrillation

If you have a history of this specific type of rapid, irregular heartbeat:
No history:

5 pts.
0 pts.

6. Physical Activity:

Low, moderate or heavy exercise:

0 pts.

Note: In the Framingham Heart Study, risk reduction for stroke associated with physical activity is not statistically significant for women.

Points

Score

Total Score