

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

Risk Scorecard Results

- **High Risk ≥ 3 :** Talk to your health care provider immediately and ask about a stroke prevention plan. Make an appointment today.
- **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.