

Heart Attack and Stroke Risk Scorecard

Each box that applies to you equals one point. Total your score at the bottom of each column and compare with the risk results below.

RISK FACTOR	HIGH RISK	SOME RISK	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
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
Exercise	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Diet	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Heart Attack or Stroke in Family	<input type="checkbox"/> Yes (if heart attack occurred at a young age)	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
*Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
TOTAL SCORE	<input type="checkbox"/> HIGH RISK	<input type="checkbox"/> CAUTION	<input type="checkbox"/> LOW RISK

*Atrial Fibrillation is a risk factor for Stroke only.

Risk Results

Knowing your risk factors and making positive changes to your lifestyle habits can greatly reduce your risk of heart attack and stroke.

HIGH RISK

≥3: Make an appointment to see your primary care physician and discuss your risk factors right away.

SOME RISK

4–6: Watch your diet, exercise regularly and talk with your doctor about other lifestyle changes.

LOW RISK

6–8: Continue to live a stroke and heart healthy lifestyle.

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
 DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL–NELSONVILLE + HARDIN MEMORIAL HOSPITAL
 MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL + O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL
 MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS + HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE
 URGENT CARE + WELLNESS + HOSPICE + HOME CARE + 28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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