

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.



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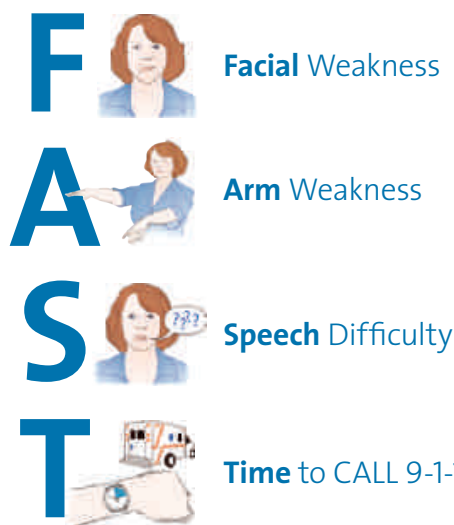
Stroke Risk for Women

Stroke RISK GOES UP due to:

Pregnancy	About three out of 10,000 pregnant women have a stroke during pregnancy compared to two out of 10,000 young women who are not pregnant.	Pregnant women with very high blood pressure should be treated with safe blood pressure medications.
Pre-eclampsia	This is a term for high blood pressure that develops during pregnancy, and it doubles the risk of stroke later in life.	Talk to your healthcare provider about whether you should follow the guideline recommendation of low-dose aspirin starting in the second trimester (week 12) to lower pre-eclampsia risk.
Birth Control Pills	May double the risk of stroke, especially in women with high blood pressure.	Women should be screened for high blood pressure before taking birth control pills. Women should not smoke and they should also be aware that smoking and the use of oral contraceptives increases the risk of stroke.
Hormone Replacement Therapy	Once thought to lower stroke risk, this in fact increases the risk.	Hormone replacement therapy should not be used to prevent stroke in postmenopausal women.
Migraines with Aura + Smoking	Strokes are more common in women with migraines with aura who also smoke.	Smokers who have migraines with aura should quit to avoid higher stroke risk.
Atrial Fibrillation	Quadruples stroke risk and is more common in women than men after age 75.	All women over the age of 75 should be screened for atrial fibrillation.

American Heart Association. Women have a higher risk of stroke. Text version available at: www.StrokeAssociation.org/STROKEORG/AboutStroke/UnderstandingRisk. Accessibility verified April 22, 2014.

Know the signs. Act FAST.



Ask your healthcare professional how to reduce your risk of stroke. To reduce your risk:

- + Know your blood pressure.
- + Find out whether you have atrial fibrillation.
- + If you smoke, stop.
- + Find out if you have high cholesterol.
- + If diabetic, follow recommendations to control your diabetes.
- + Include exercise in your daily routine.
- + Enjoy a lower-sodium (salt), lower-fat diet.

QUESTIONS?

Visit OhioHealth.com/Stroke.

IF YOU ARE HAVING ANY SIGNS OF STROKE, CALL 9-1-1!

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

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 DUBLIN METHODIST HOSPITAL + 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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