Stroke Risk Assessment

Everyone has some stroke risk. Risk factors are traits or lifestyle habits that increase your chance of having a stroke. Some of the risk factors cannot be changed, such as your age or family history. But other risk factors can be controlled or changed, such as high blood pressure or high cholesterol.

Check Your Risk

Read each statement and check all of the boxes that apply to you.

☐ I am older than 45 years of age. Stroke risk increases with age, but a stroke can happen at any age.

☐ I or someone in my family has suffered a stroke or bleeding in the brain. This also includes one or more transient ischemic attacks, also called TIAs or mini strokes, or brain hemorrhage.

☐ I or someone in my family has had a ruptured or unruptured aneurism. An aneurysm is a blood-filled widening or bulge in an artery from a weakening in the vessel wall. Aneurysm may be in the brain or body.

☐ I or someone in my family has had vascular problems or problems with poor blood flow. This includes problems such as atherosclerosis where blood flow is blocked by plaque in blood vessels, fibromuscular dysplasia where arteries narrow reducing blood flow, or carotid artery disease.

☐ I have heart disease or heart rhythm problems, such as atrial fibrillation, heart valve problems, heart attack or heart failure.

☐ I have high blood pressure (140/90 or higher).

☐ I have high blood cholesterol (240 or higher).

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☐ I have diabetes.

☐ I have a high red blood cell count, or a condition where blood clots too fast in the body. Conditions such as hypercoagulation or thrombophilia can increase the risk of stroke.

☐ I have a disease of chronic inflammation, such as arthritis or lupus.

☐ I take birth control pills or hormone replacement therapy after menopause.

☐ I smoke or use other tobacco products.

☐ I do not exercise for 30 minutes a day, most days of the week.

☐ I am overweight.

☐ I do not manage my stress levels.

☐ I use illegal drugs.

☐ I drink alcohol in excess. If male, this is more than 15 drinks each week. If female, this is more than 12 drinks each week.

☐ I live in a climate with extremes in hot or cold temperatures.

**Score Your Risk**

If you check 2 or more statements, you are at high risk for a stroke. Talk to your doctor and work to reduce your risk factors.

**Call 911 if you have any signs of stroke. These signs happen quickly:**

- Numbness or weakness of face, arm or leg, often on one side of the body
- Trouble walking or loss of balance or coordination
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Dizziness
- Severe headache without a known cause. It may feel like the worst headache of your life.