

Your Result

High Risk

You are at High Risk for stroke due to certain risk factors. Talk to your doctor about ways to reduce your stroke risk.

- Good job knowing your blood pressure and cholesterol numbers. Continue to "know your numbers" for good health.
- Be very aware of your High and/or Moderate risk factors, especially those risk factors you can change.

B.E. F.A.S.T. if you see these signs of stroke!



Stroke is treatable. The earlier the treatment, the better the outcome. If you suddenly have any of these signs or see any of these signs in someone else, call 9-1-1 to get immediate medical attention.

 Balan ce	dizziness or trouble walking
 Eye	trouble seeing in one or both eyes
 Face	face looks uneven
 Arm or leg	arm/leg numb, weak, or hanging down
 Speech	trouble speaking or confusion
 Terrible headache	thunder clap headache

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Age

Low Risk 

Age

Low Risk

The chances of having a stroke increase as you get older. The risk of stroke doubles every 10 years after the age of 55. However, it is good to keep in mind that stroke can happen at any age.

Atrial Fibrillation

Low Risk 

Atrial Fibrillation

Low Risk

Atrial fibrillation (AF) can cause blood to collect in the chambers of your heart. This blood can form clots and cause a stroke. Not knowing the answer to this risk factor question is considered a Moderate Risk.

Blood Pressure

High Risk 

Systolic Blood Pressure

Current

140-149 mm Hg
High Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

Diastolic Blood Pressure

Current

90-99 mm Hg
High Risk

Recommended Goal

Less than 80 mm Hg
Low Risk

High blood pressure is a leading cause of stroke. It is often called the silent killer because it has no symptoms. Blood pressure is the force of blood pressing against the walls of your heart and blood vessels. Your heart and blood vessels can be damaged if your blood pressure is too high.

Cholesterol

Moderate Risk 

Cholesterol

Moderate Risk

Cholesterol is a type of fat found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. Lowering total cholesterol may reduce stroke risk. High cholesterol can also make your risk of heart disease higher. Heart disease is an important stroke risk factor.

There are no symptoms for high cholesterol. The only way to know if you have it is with a blood test. Have your cholesterol checked at least every five years, or as often as your doctor recommends. Your doctor will decide if medication is right for you.

Diabetes

Low Risk 

Diabetes

No diabetes
Low Risk

Having diabetes can make your stroke risk higher. But, improving your blood sugar levels may lower that risk. Talk to a doctor about diet, lifestyle changes, or medicine that can help you control your blood sugar.

Exercise

High Risk ✓

Weekly Exercise

Current

No physical activity
High Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

Getting enough exercise can lower your risk of stroke. Regular exercise can improve these other risk factors, as well:

- Weight
- Blood pressure
- Cholesterol
- Blood sugar

Family History of Stroke

Low Risk ✓

Family History of Stroke

Low Risk

People with family members who have had a stroke have a higher risk of stroke themselves. Not knowing the answer to this question puts you at a Moderate Risk.

Prior Stroke

Low Risk 

Prior Stroke

Low Risk

If you have had a stroke, the risks of having another are high. One study showed that after 5 years the risk was 9 times higher than for people who never had a stroke. It is important to control your risk factors after you have had a stroke to keep another one from happening.

TIA Symptoms

Low Risk 

TIA Symptoms

Low Risk

A transient ischemic attack (TIA) is a period of stroke-like symptoms that can last only a few minutes to several hours. Like a stroke, a TIA is caused by a temporary lack of blood in the brain. It is often considered a warning sign for future strokes.

Tobacco Use

Low Risk 

Tobacco Use

Current

Never used tobacco
Low Risk

Recommended Goal

Tobacco-free at least 1 year
Low Risk

Smoking doubles the risk of stroke. If you stop smoking today, your risk of stroke will begin to decrease. Also, avoid secondhand smoke. Exposure immediately hurts your heart and blood vessels. This makes your blood more likely to clot and increases the risk for heart attack and stroke.

Weight

High Risk 

Weight

Current

230 lbs.
High Risk

Recommended Goal

183 lbs. or less
Low Risk

Weighing more than recommended increases the risk of having a stroke. It also raises the chance of having high blood pressure or abnormal cholesterol. By keeping their weight in the healthy range, people may improve their blood pressure, blood sugar, and cholesterol numbers.

Take Your Next Steps

You are at risk for stroke. Schedule an appointment with a vascular specialist for a comprehensive evaluation.

[Schedule a Screening](#)

Learn about our weight management programs designed to help you achieve a healthier weight and lower your risk.

[Learn More About Weight Loss](#)

Our Stroke Services provide specialized care for the prevention, diagnosis, and treatment of stroke. Our team of experienced neurologists and healthcare professionals is committed to delivering personalized care and support to improve recovery and prevent future strokes.

For appointments and inquiries, please call us at (123) 456-7899. You can reach our Stroke Services team at stroke@demohospital.com. Visit our website for more information and to schedule an appointment online: [Schedule Appointment](#).

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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