

# Lutheran Stroke Center

A Joint Commission-certified primary stroke center • (260) 435-7026

**Call 9-1-1 immediately if you experience stroke symptoms.**

STROKE RISK FACTORS	HIGH RISK	CAUTION	LOW RISK
<b>Blood pressure</b>	<input type="checkbox"/> Higher than 140/90 <input type="checkbox"/> or don't know	<input type="checkbox"/> Within the range of 120–139/80–89	<input type="checkbox"/> Lower or at 120/80
<b>Cholesterol</b>	<input type="checkbox"/> Higher than 240 <input type="checkbox"/> or don't know	<input type="checkbox"/> Within the range of 200–239	<input type="checkbox"/> Lower than 200
<b>Do you have diabetes?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
<b>Do you smoke?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> I'm trying to quit.	<input type="checkbox"/> No
<b>Atrial fibrillation (irregular heartbeat)</b>	<input type="checkbox"/> My heartbeat is irregular.	<input type="checkbox"/> Don't know	<input type="checkbox"/> My heartbeat is normal.
<b>Weight</b>	<input type="checkbox"/> I'm overweight.	<input type="checkbox"/> I'm slightly overweight.	<input type="checkbox"/> I'm at a healthy weight.
<b>Exercise</b>	<input type="checkbox"/> I'm a couch potato.	<input type="checkbox"/> I exercise sometimes.	<input type="checkbox"/> I exercise regularly.
<b>Do you have a family history of stroke?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Don't know	<input type="checkbox"/> No
<b>Under each category, add up boxes checked:</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

See other side for score assessment.

# Lutheran Stroke Center

A Joint Commission-certified primary stroke center • (260) 435-7026

**Call 9-1-1 immediately if you experience stroke symptoms.**

STROKE RISK FACTORS	HIGH RISK	CAUTION	LOW RISK
<b>Blood pressure</b>	<input type="checkbox"/> Higher than 140/90 <input type="checkbox"/> or don't know	<input type="checkbox"/> Within the range of 120–139/80–89	<input type="checkbox"/> Lower or at 120/80
<b>Cholesterol</b>	<input type="checkbox"/> Higher than 240 <input type="checkbox"/> or don't know	<input type="checkbox"/> Within the range of 200–239	<input type="checkbox"/> Lower than 200
<b>Do you have diabetes?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
<b>Do you smoke?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> I'm trying to quit.	<input type="checkbox"/> No
<b>Atrial fibrillation (irregular heartbeat)</b>	<input type="checkbox"/> My heartbeat is irregular.	<input type="checkbox"/> Don't know	<input type="checkbox"/> My heartbeat is normal.
<b>Weight</b>	<input type="checkbox"/> I'm overweight.	<input type="checkbox"/> I'm slightly overweight.	<input type="checkbox"/> I'm at a healthy weight.
<b>Exercise</b>	<input type="checkbox"/> I'm a couch potato.	<input type="checkbox"/> I exercise sometimes.	<input type="checkbox"/> I exercise regularly.
<b>Do you have a family history of stroke?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> Don't know	<input type="checkbox"/> No
<b>Under each category, add up boxes checked:</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

See other side for score assessment.

**HIGH RISK**

**IF YOU SCORED 3 OR MORE IN THE RED CATEGORY, YOU ARE AT HIGH RISK FOR STROKE.**

Take action now!  
Show your doctor this scorecard and discuss stroke prevention right away.

**CAUTION**

**IF YOU SCORED 4, 5 OR 6 IN THE YELLOW CATEGORY, YOU ARE OFF TO A GOOD START, BUT KEEP WORKING ON IT.**

Show your doctor this scorecard to see what you can do to move into the low risk category.

**LOW RISK**

**IF YOU SCORED 6, 7 OR 8 IN THE GREEN CATEGORY, CONGRATULATIONS!**

You are doing very well at controlling your risk for stroke.

**Reduce your risk for stroke**

- ✓ Know your blood pressure. If it's high, work with your doctor to lower it.
- ✓ Ask your doctor to check for atrial fibrillation. The Lutheran Heart Center offers treatment for atrial fibrillation. Call (260) 435-2600 for more information.
- ✓ If you smoke or use other forms of tobacco, stop! Call Lutheran Hospital's Tobacco Intervention Program (TIP) at 435-7094 or toll-free at (800) 444-2001, ext. 7094 for information. (Medicare and Medicaid cover this service.)
- ✓ Drink alcohol in moderation.
- ✓ Find out if you have high cholesterol. If so, work with your doctor to control it.
- ✓ If you are diabetic, follow your doctor's recommendations carefully to control your diabetes. For assistance, contact Lutheran Diabetes Education at (260) 435-7844.
- ✓ Include exercise in your daily routine. The Lutheran Weight Management Center can help you develop a healthier lifestyle. Call (260) 435-7844 for more information.
- ✓ Lower the sodium (salt) and fat in your diet. For nutrition education, call a Lutheran Hospital dietitian at (260) 435-7991.

**Learn to recognize a stroke, because time lost is brain lost**

Make sure the people you care about learn to recognize a stroke and act quickly—call 9-1-1.

- Sudden numbness or weakness in face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

**Lutheran  Stroke Center**

A Joint Commission-certified primary stroke center • (260) 435-7026 • LutheranHospital.com

Information adapted from the National Stroke Association (stroke.org) and American Stroke Association (strokeassociation.org)

**HIGH RISK**

**IF YOU SCORED 3 OR MORE IN THE RED CATEGORY, YOU ARE AT HIGH RISK FOR STROKE.**

Take action now!  
Show your doctor this scorecard and discuss stroke prevention right away.

**CAUTION**

**IF YOU SCORED 4, 5 OR 6 IN THE YELLOW CATEGORY, YOU ARE OFF TO A GOOD START, BUT KEEP WORKING ON IT.**

Show your doctor this scorecard to see what you can do to move into the low risk category.

**LOW RISK**

**IF YOU SCORED 6, 7 OR 8 IN THE GREEN CATEGORY, CONGRATULATIONS!**

You are doing very well at controlling your risk for stroke.

**Reduce your risk for stroke**

- ✓ Know your blood pressure. If it's high, work with your doctor to lower it.
- ✓ Ask your doctor to check for atrial fibrillation. The Lutheran Heart Center offers treatment for atrial fibrillation. Call (260) 435-2600 for more information.
- ✓ If you smoke or use other forms of tobacco, stop! Call Lutheran Hospital's Tobacco Intervention Program (TIP) at 435-7094 or toll-free at (800) 444-2001, ext. 7094 for information. (Medicare and Medicaid cover this service.)
- ✓ Drink alcohol in moderation.
- ✓ Find out if you have high cholesterol. If so, work with your doctor to control it.
- ✓ If you are diabetic, follow your doctor's recommendations carefully to control your diabetes. For assistance, contact Lutheran Diabetes Education at (260) 435-7844.
- ✓ Include exercise in your daily routine. The Lutheran Weight Management Center can help you develop a healthier lifestyle. Call (260) 435-7844 for more information.
- ✓ Lower the sodium (salt) and fat in your diet. For nutrition education, call a Lutheran Hospital dietitian at (260) 435-7991.

**Learn to recognize a stroke, because time lost is brain lost**

Make sure the people you care about learn to recognize a stroke and act quickly—call 9-1-1.

- Sudden numbness or weakness in face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

**Lutheran  Stroke Center**

A Joint Commission-certified primary stroke center • (260) 435-7026 • LutheranHospital.com

Information adapted from the National Stroke Association (stroke.org) and American Stroke Association (strokeassociation.org)