



Stroke Awareness

**Stroke is an emergency
Every minute counts
Act F.A.S.T.**

FACE

Ask the person to smile.
Does one side of the face droop?

ARMS

Is one arm weak or numb?
Ask the person to raise both arms.
Does one arm drift downward?

SPEECH

Is speech slurred?
Ask the person to repeat a simple sentence.
Is the sentence repeated correctly?

TIME

Is the person shows any of these symptoms,
call 9-1-1 immediately.
Have the ambulance go to the nearest stroke center.

Do you know your Stroke Risk?

Stroke Risk Scorecard

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk level below.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 140-139/80-90	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular Heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular Heartbeat
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
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
TOTAL SCORE	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution	<input type="checkbox"/> Low Risk

Risk Scorecard Results

High Risk >3: Ask about stroke prevention right away.
Caution 4-6: A good start. Work on reducing risk.
Low Risk 4-6: You're doing very well at controlling stroke risk!

Contact the National Stroke Association
www.stroke.org or see your healthcare
provider for more information on reducing
your risk of stroke.



Dignity Health™

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St. Mary is a Joint Commission Certified
Advanced Primary Stroke Center



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