



MedStar Health

Do you know your Stroke Risk?

Risk Factors	High Risk	Caution	Low Risk
Blood Pressure	(higher than) > 140/90 or I do not know	120 to 139/80 to 89	(lower than) < 120/80
Cholesterol	(higher than) > 240 or I do not know	200 to 239	(lower than) < 200
Diabetes	Yes	Borderline	No
Smoking	I still smoke.	I am trying to quit.	I do not smoke.
Atrial Fibrillation	I have an irregular heartbeat.	I do not know.	I have a normal heartbeat.
Diet	I am overweight.	I am slightly overweight.	My weight is healthy.
Exercise	I am a couch potato.	I exercise sometimes.	I exercise regularly.
Family History	Yes	No	No



Courtesy of the **Comprehensive Stroke Center** at MedStar Franklin Square Medical Center