

**YOUR STROKE
RISK CATEGORY**

High Risk

**YOUR STROKE
RISK FACTORS**

2 High Risk

0 Moderate Risk

9 Low Risk

You are at High Risk for stroke because of your history of prior stroke, transient ischemic attack (TIA), or symptoms of TIA or "mini stroke."

- 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.
- Discuss this report with your primary care physician or specialist. It's never too late to start improving your health!

Lowering Your Stroke Risk

A stroke risk factor is something that influences your chance of having a stroke. The more High and Moderate risk factors you have, the more likely it is you will have a stroke.

Work with your doctor to improve the risk factors you can control. Your doctor may have you try lifestyle changes, like diet and exercise. They may also prescribe medication.

Also, follow your doctor's instructions for treating any other medical conditions. In most cases you can reduce your risk of stroke. It is never too late to start improving your health!

Note: For blood pressure, the highest risk factor for systolic or diastolic is rated. If you said "I don't know" for atrial fibrillation or family history of stroke, they're marked as Moderate Risks.

Stroke Risk Factors	Your Risk
Blood pressure (systolic & diastolic)	<i>High Risk</i>
TIA or "mini stroke" symptoms	<i>High Risk</i>
Age	<i>Low Risk</i>
Cholesterol	<i>Low Risk</i>
Weight	<i>Low Risk</i>
Atrial fibrillation	<i>Low Risk</i>
Prior stroke	<i>Low Risk</i>
Diabetes	<i>Low Risk</i>
Family history of stroke	<i>Low Risk</i>
Smoking	<i>Low Risk</i>
Physical Activity	<i>Low Risk</i>

In the United States, stroke is the #5 cause of death.

It is also a leading cause of serious long-term adult disability.
On average, every 40 seconds, someone in the United States has a stroke!

Results

What are "stroke risk factors?"

A stroke risk factor is something that increases your chances of stroke. Some risk factors, like your age, are beyond your control. These stroke risk factors you CAN control: weight, physical activity, smoking, blood pressure (systolic and diastolic), and total cholesterol. Work with your doctor to improve the risk factors you are able to change.

What is a stroke?

A stroke happens when a blood vessel in part of the brain is blocked (ischemic stroke) or bursts open (hemorrhagic stroke). Both are serious conditions. Lack of circulation to your brain starves brain cells of oxygen and kills them. This can cause permanent loss of movement, speech, or vision, or even death. Strokes may occur suddenly with no clear cause.

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.**



Balance

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



Time

if you observe any of these signs, call 9-1-1 immediately

What if I had a B.E. F.A.S.T. sign that went away?

Stroke symptoms that appear and then go away are called mini-strokes or transient ischemic attacks (TIAs). TIAs are often a warning sign for future strokes. It's important to tell your doctor if you've experienced any sign of stroke, even if it went away.

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Risk Factors You **CAN** Change

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.

WEIGHT

Current

180 lbs.
Low Risk

Recommended Goal

189 lbs. or less
Low Risk

For your height, 180 pounds is considered a healthy weight.

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.

SMOKING

Current

Never smoked
Low Risk

Recommended Goal

Smoke-free at least 1 year
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

WEEKLY PHYSICAL ACTIVITY

Current

Equal to 150 min. (moderate)*
Low Risk

Recommended Goal

90 min. or more (moderate)*
Low Risk

*The recommended goal can be met by a mix of moderate and vigorous exercise. Each minute of vigorous exercise is equivalent to 2 minutes of moderate exercise.

Your moderate exercise equivalent is 150 minutes.

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.

ATRIAL FIBRILLATION

Current

No atrial fibrillation
Low Risk

Recommended Goal

No atrial fibrillation
Low Risk

Risk Factors You **CAN** Change

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.

You can control your blood pressure by:

- Exercising
- Losing weight
- Eating a healthy diet, including reduced amounts of salt
- Drinking less alcohol
- Taking blood pressure medicine (if your doctor decides that this is right for you)

Blood pressure increases as you grow older. It should be checked:

- Every year if it is 120/80 mm Hg or higher
- Every 2 years if it is less than 120/80 mm Hg

SYSTOLIC BLOOD PRESSURE

Current

125 mm Hg
Moderate Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

DIASTOLIC BLOOD PRESSURE

Current

85 mm Hg
High Risk

Recommended Goal

Less than 80 mm Hg
Low 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.

TOTAL CHOLESTEROL

Current

180 mg/dL
Low Risk

Recommended Goal

Less than 200 mg/dL
Low Risk

Risk Factors You **CAN'T** Change

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.

AGE

35 years
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.

TIA OR "MINI STROKE" SYMPTOMS

Yes
High 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.

PRIOR STROKE

No
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.

FAMILY HISTORY OF STROKE

None
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.

DIABETES

None
Low Risk

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.

DISCLAIMER

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(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545

(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

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(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653

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