



# STROKE AWARENESS WEEK

(23rd Oct. - 29th Oct.) Education Programme

## KNOW YOUR STROKE RISK

### PARALYSIS - RISK SCORE

*Please Round Whatever Applies*

- |   |   |
|---|---|
| 1) Blood Pressure                                       |   |
| a. < 120 / 80   | 1 |
| b. Between 120/80 & 140/90 / Don't Know                 | 2 |
| c. > 140/90   | 3 |
| 2) Cholesterol  |   |
| a. < 200 mg/dl.   | 1 |
| b. Between 200 & 240 / Don't Know                       | 2 |
| c. > 240  | 3 |
| 3) Diabetes   |   |
| a. Not a Diabetic                                       | 1 |
| b. Borderline Diabetes / Don't Know                     | 2 |
| c. Definite Diabetes (HbA1C >7)                         | 3 |
| 4) Smoking  |   |
| a. Non Smoker   | 1 |
| b. Occ Smoking or Trying to Stop                        | 2 |
| c. Continuous Smoking                                   | 3 |
| 5) Atrial Fibrillation / Heart Disease                  |   |
| a. Normal   | 1 |
| b. Occasional Irregular heart beat / Some heart disease | 2 |
| c. Definite A.F./Significant IHD - LVD                  | 3 |



2009 WSD - SLOGAN "STROKE - WHAT CAN I DO"  
ANKINEEDU STROKE UNIT, Heart & Brain Centre,  
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- |  |   |
|--|---|
| 6) Weight                                  |   |
| a. Normal (BMI < 25)                       | 1 |
| b. 5-10 Kg. Over Weight (BMI 25 - 29.9)    | 2 |
| c. > 20 Kg Over Weight (BMI 30)            | 3 |
| 7) Exercise                                |   |
| a. Regular (5 days a week)                 | 1 |
| b. Occasional Exercise                     | 2 |
| c. No exercise at all                      | 3 |
| 8) Family History                          |   |
| a. No one in family had a stroke           | 1 |
| b. Distant relatives / not sure            | 2 |
| c. At least one family member had a stroke | 3 |

TOTAL SCORE \_\_\_\_\_

**SCORE 8-11 LOW RISK :**

Know your numbers for B.P., Sugar & Cholesterol.

**SCORE 12-16 MODERATE RISK :**

Life style modification (Diet, Exercise). Get checked by Physician / Neurologist. Control HT, DM, Lipids.

**SCORE 17-24 HIGH RISK :**

Evaluate by complete stroke checkup. Use regular medication, make healthy Life style changes. Risk factor control.

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Stroke Neurologist



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