

MEN: First Stroke Risk Test

Every year about 600,000 Americans suffer a stroke. To determine your level of risk for America's #1 cause of serious, long-term disability, take this test.

Systolic Blood Pressure If you **ARE NOT** taking blood pressure lowering medications and the first (highest) number from your most recent systolic blood pressure measurement is:

- (0 pts) 97 to 105
- (1 pt) 106 to 115
- (2 pts) 116 to 125
- (3 pts) 126 to 135
- (4 pts) 136 to 145
- (5 pts) 146 to 155
- (6 pts) 156 to 165
- (7 pts) 166 to 175
- (8 pts) 176 to 185
- (9 pts) 186 to 195
- (10 pts) 196 to 205

If you **ARE** taking blood pressure lowering medications and the first (highest) number from your most recent systolic blood pressure measurement is:

- (0 pts) 97 to 105
- (1 pt) 106 to 112
- (2 pts) 113 to 117
- (3 pts) 118 to 123
- (4 pts) 124 to 129
- (5 pts) 130 to 135
- (6 pts) 136 to 142
- (7 pts) 143 to 150
- (8 pts) 151 to 161
- (9 pts) 162 to 176
- (10 pts) 177 to 205

Diabetes

- (2 pts) You have a history of diabetes
- (0 pts) No history

Cigarette Smoking

- (3 pts) If you smoke
- (0 pts) If you don't smoke

Cardiovascular Disease

- (4 pts) If you have a history of coronary or cardiovascular disease (heart attack, chest pain, narrowed coronary blood vessels, narrowed arteries in the legs or congestive heart failure) other than stroke
- (0 pts) No history

Atrial Fibrillation

- (4 pts) If you have a history of this specific type of rapid, irregular heartbeat

(0 pts) No history

Physical Activity

(1 pt) If you rarely exercise or do anything physically demanding

(0 pts) moderate exercise

Now, scroll back up and count the points associated with the checkboxes you selected to find your total.

Scoring:

0-4 pts = Low Risk. 5-10 pts = Moderate Risk. 11 or more pts = High Risk.

Note: Your score is just an estimate of your possible risk compared to the general population.

This was provided as an education service from the American Heart Association.