

## WOMEN: 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) 85 to 94
- (1 pt) 95 to 106
- (2 pts) 107 to 118
- (3 pts) 119 to 130
- (4 pts) 131 to 143
- (5 pts) 144 to 155
- (6 pts) 156 to 167
- (7 pts) 168 to 180
- (8 pts) 181 to 192
- (9 pts) 193 to 204
- (10 pts) 205 to 216

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

- (0 pts) 85 to 94
- (1 pt) 95 to 106
- (2 pts) 107 to 113
- (3 pts) 114 to 119
- (4 pts) 120 to 125
- (5 pts) 126 to 131
- (6 pts) 132 to 139
- (7 pts) 140 to 148
- (8 pts) 149 to 160
- (9 pts) 162 to 204
- (10 pts) 205 to 216

### Diabetes

- (3 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

- (2 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

(5 pts) If you have a history of this specific type of rapid, irregular heartbeat  
(0 pts) No history

**Physical Activity**

(0 pts) Low, moderate or heavy exercise

Note: In the Framingham Heart Study, risk reduction for stroke associated with physical activity is not statistically significant for women.

**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.*

***At no time should any individual use this information to diagnose or treat themselves. Any questions or concerns which may arise from any of this material should be discussed with your family physician. Use these tests as a general guide. Your doctor may perform additional tests to assess your risk. Only your doctor can evaluate your risk. If you don't know your blood pressure, ask your doctor if your levels should be checked.***