

**YOUR STROKE
RISK CATEGORY**

High Risk

**YOUR STROKE
RISK FACTORS**

3 High Risk

1 Moderate Risk

7 Low Risk

***You are at **high risk** of stroke, based on your stroke risk factors.
Talk to your doctor about ways to reduce your stroke risk.***

- Congratulations on 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)	High Risk
Age	High Risk
Cholesterol	High Risk
Weight	Moderate Risk
Atrial fibrillation	Low Risk
TIA symptoms	Low Risk
Prior stroke	Low Risk
Diabetes	Low Risk
Family history of stroke	Low Risk
Smoking	Low Risk
Physical activity	Low Risk

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



Terrible headache

thunder clap headache

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 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.

YOUR STROKE RISK CATEGORY

High Risk

YOUR STROKE RISK FACTORS

3 High Risk

1 Moderate Risk

7 Low Risk

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

175 lbs.
Moderate Risk

Recommended Goal

154 lbs. or less
Low Risk

For your height, 175 pounds is considered overweight.
Ask a health care professional to determine a healthy weight for you.

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 125 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 125 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

Unknown
High Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

DIASTOLIC BLOOD PRESSURE

Current

96 mm Hg
High Risk

Recommended Goal

Less than 80 mm Hg
Low Risk

You didn't know both of your blood pressure numbers. Unknown blood pressure is a high risk factor for stroke.

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

210 mg/dL
Moderate 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

57 years

Moderate 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 SYMPTOMS

None

Low 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

Unknown

Moderate 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

Prediabetes

Moderate 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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Name: _____ mm-dd-yyyy

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Mt. General Memorial Clinic

5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

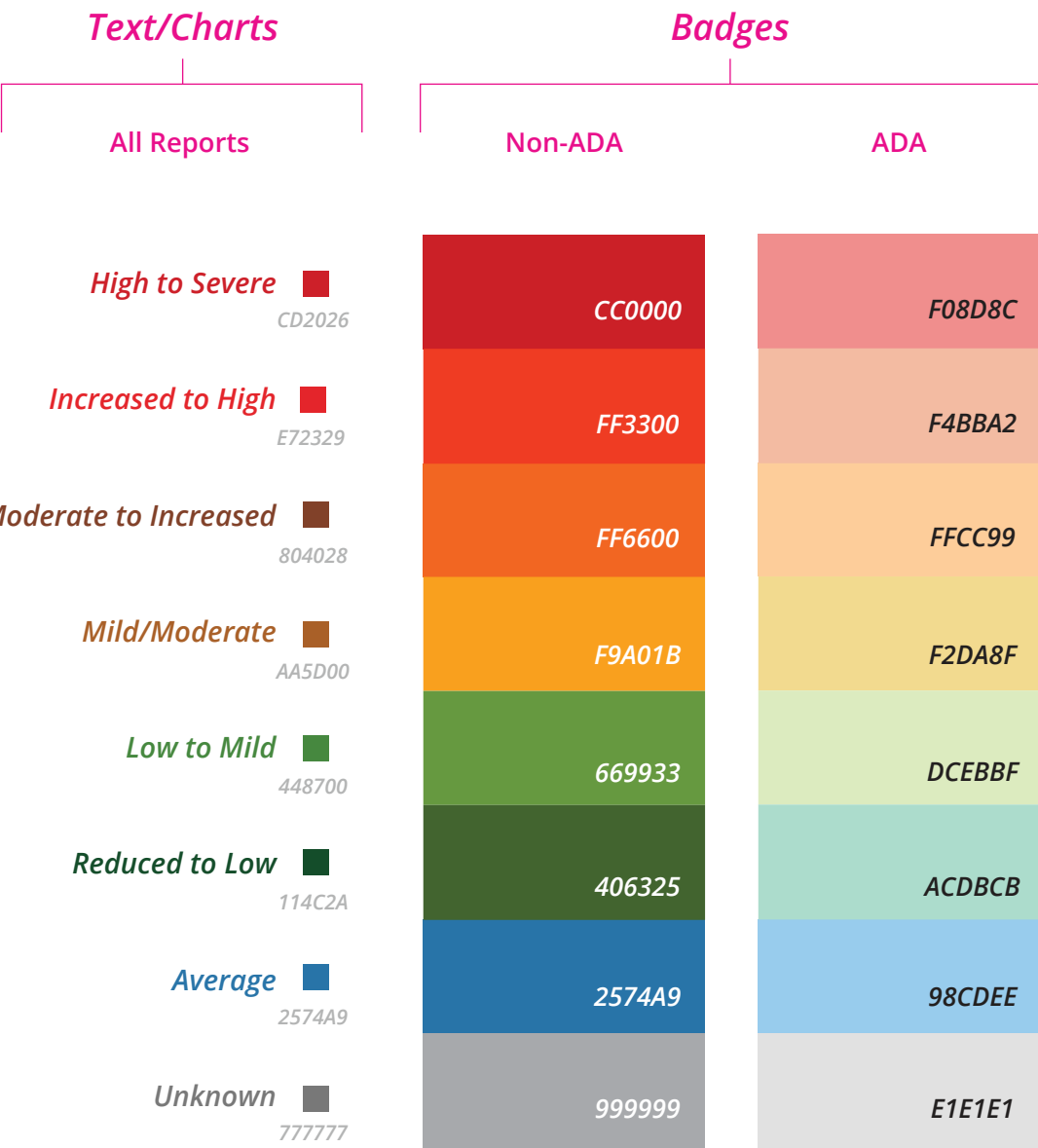
Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

Risk Palette



SMOKING

Current	Recommended Goal
text ??? Risk	Smoke-free at least 1 year Low Risk
Never smoked Low Risk	
Quit smoking (more than 1 yr) Low Risk	
Quit smoking (less than 1 yr) Moderate Risk	
Smoked within 30 days High Risk	

WEIGHT

Current

lbs.
?? Risk

For ###, show user's weight

Recommended Goal

lbs. or less
Low Risk

For ###, show ([bmi = 25] - 1 pound)

lbs.
Low Risk

lbs.
Moderate Risk

lbs.
High Risk

FOR CONDITIONAL SUBTEXT, SEE WEIGHT BADGE FORMATTER
([LC link](#) shown below)

SYSTOLIC BLOOD PRESSURE

Current

mm Hg
??? Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

For ### show user's sbp

mm Hg
Low Risk

mm Hg
Moderate Risk

mm Hg
High Risk

Unknown
High Risk



DIASTOLIC BLOOD PRESSURE

Current

mm Hg
??? Risk

Recommended Goal

Less than 80 mm Hg
Low Risk

For ### show user's dbp

mm Hg
Low Risk

mm Hg
High Risk

Unknown
High Risk

if sbp_known = false OR dbp_known = false, then show:
You didn't know both of your blood pressure numbers.
Unknown blood pressure is a high risk factor for stroke.

See LUCIDCHART:

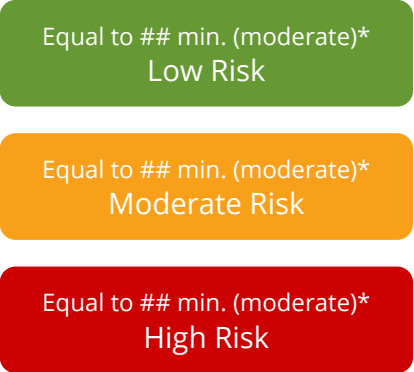
Stroke Result Badge Formatting --> "Diastolic Blood Pressure"

<https://www.lucidchart.com/documents/edit/2a4099ed-27b8-4baf-8586-ebe8535af2fb/4>

WEEKLY PHYSICAL ACTIVITY



For ## show exerciseModerateEquivalent



BADGE SUBTEXT

STATIC

*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.

DYNAMIC (show exerciseModerateEquivalent)

Your moderate exercise equivalent is ## minutes.

AGE

= 'age'

years
Low Risk

years
Moderate Risk

years
High Risk

See LUCIDCHART:

Stroke Result Badge Formatting --> "Age"

<https://www.lucidchart.com/documents/edit/2a4099ed-27b8-4baf-8586-ebe8535af2fb/1>



ATRIAL FIBRILLATION

Current

text
??? Risk

Recommended Goal

No atrial fibrillation
Low Risk

No atrial fibrillation
Low Risk

Atrial fibrillation
High Risk

Unknown
Moderate Risk

DIABETES



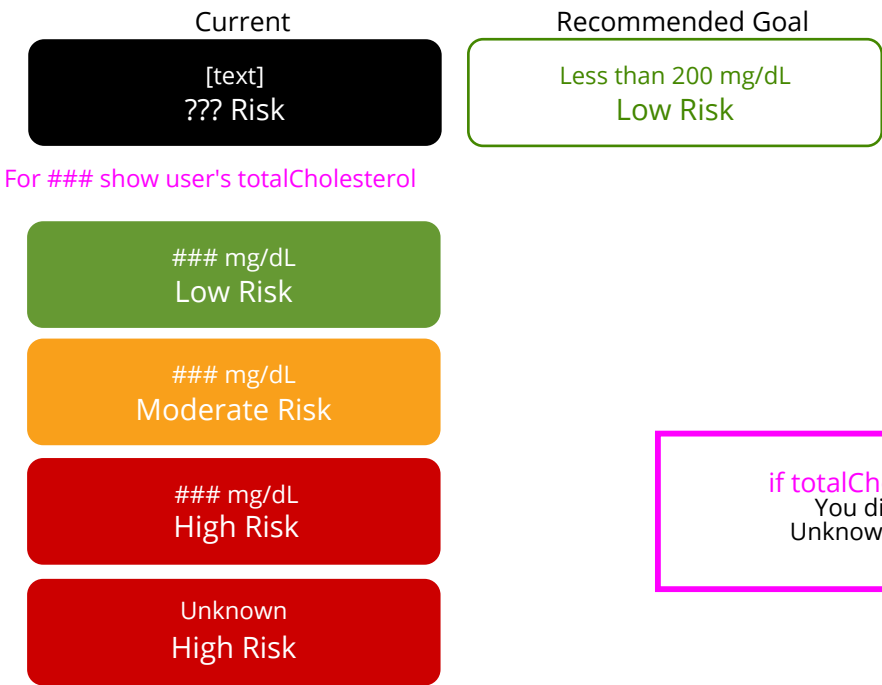
FAMILY HISTORY OF STROKE

None
Low Risk

Unknown
Moderate Risk

Yes
High Risk

TOTAL CHOLESTEROL



TIA SYMPTOMS

None
Low Risk

Yes
High Risk

PRIOR STROKE

No
Low Risk

Yes
High Risk

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Stroke Risk Factors	Your Risk	
Blood pressure (systolic & diastolic)	<i>High Risk</i>	bloodPressureRisk
Age	<i>High Risk</i>	ageRisk
Cholesterol	<i>High Risk</i>	totalCholesterolRisk
Weight	<i>Moderate Risk</i>	bmiRisk
Atrial fibrillation	<i>Low Risk</i>	atrialFibrillationRisk
TIA or “mini stroke” symptoms	<i>Low Risk</i>	priorSymptomsRisk
Prior stroke	<i>Low Risk</i>	priorStrokeRisk
Diabetes	<i>Low Risk</i>	diabetesRisk
Family history of stroke	<i>Low Risk</i>	strokeFamilyHistoryRisk
Smoking	<i>Low Risk</i>	smokerRisk
Physical activity	<i>Low Risk</i>	exerciseRisk