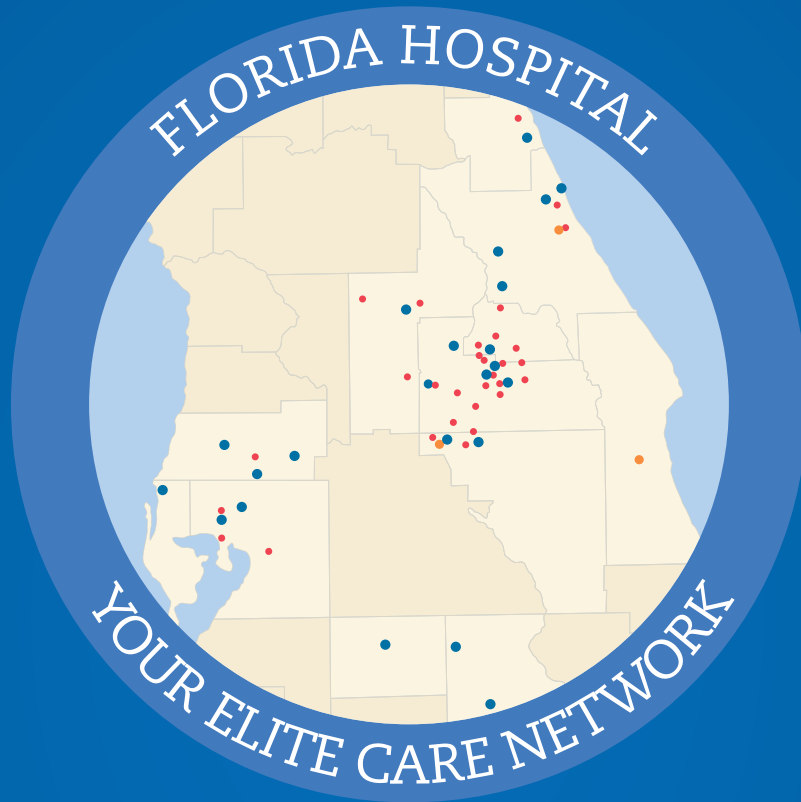


# Stroke Risk Guide



The Florida Hospital Neuroscience Institute is a trusted member of one of America's largest, not-for-profit healthcare systems.



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*At Florida Hospital, it's our hope that by understanding the warning signs and risk factors for stroke, we can help you and your family members prevent one. With your help, we can continue our work to decrease the number of Central Florida residents affected by stroke and become a healthier community overall.*



## Making a Difference Preventing and Treating Strokes

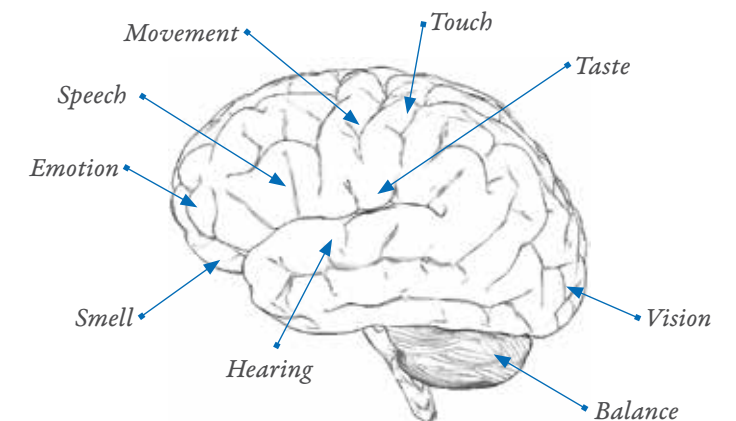
In the United States, someone has a stroke every 40 seconds, and every four minutes someone dies as result.\* The Florida Hospital Care Network has designated Comprehensive and Primary Stroke Centers with highly experienced staff utilizing the latest advanced treatments and specialized care to achieve the best possible results for all stroke patients.

### What is a stroke?

A stroke occurs when blood flow to a part of the brain suddenly decreases or stops due to a blocked or burst blood vessel. When oxygen-rich blood cannot reach your brain, tissue may become damaged, and within minutes, millions of brain cells can die. Quick and proper treatment can prevent additional brain cells from being damaged, and in the case of a severe stroke, it can mean the difference between life and death.

### How does a stroke affect my brain?

The brain controls functions that we perform every day and often take for granted. The ability to smoothly lift a cup of coffee, for example, is controlled by areas of the brain in charge of motor movement and coordination. Brain injury from stroke can cause changes in movement, speech, vision, touch, hearing, smell, behavior, thought patterns, memory and emotions. The effects of a stroke vary, depending on the type of stroke, the area of the brain affected and the amount of brain tissue injured.



LEARN MORE [FloridaHospitalNeuro.com](https://www.floridahospitalneuro.com)

*\*Source: American Stroke Association*



# Stroke-Risk Survey

It is our hope that you or someone you know will complete this stroke-risk survey and take the steps necessary to reduce your chance of having a stroke. Many risk factors can be managed through proper diet and a healthy lifestyle, but some are out of your control. Check the factors below that pertain to you. After you have completed the survey, total your check marks and see the instructions that follow.

## Controllable Factors

### Tobacco

- You smoke or live and/or work with people who smoke around you every day.
- Your total cholesterol level is 240 mg/dl or higher.
- Your HDL (good) cholesterol level is less than 40 mg/dl if you are a man, or less than 50 mg/dl if you are a woman.
- You don't know your total cholesterol or HDL levels.

### Blood Pressure

- Your blood pressure is 140/90 mm Hg or higher, or you have been told by a physician that your blood pressure is too high.
- You don't know your blood pressure.

### Physical Inactivity

- You get less than 30 minutes (accumulated) of physical activity on most days of the week.

### Excess Body Weight

- You are 20 or more pounds overweight.

### Diabetes

- You have diabetes or take medicine to control your blood sugar.

## Uncontrollable Factors

### Age

- You are a man over age 45, or a woman over 55.

### Race

- You are an African American.

### Family History

- One of your parents or siblings has had a stroke or heart attack.

### Medical History

- You have coronary artery disease, or you have had a heart attack.
- You have had a stroke.
- You have an abnormal heartbeat.

## Score \_\_\_\_\_ (enter the number of checks from above)

If you checked more than two items or any items in the Controllable Factors section, see a health care professional for ways to lower your risk for stroke. The following information may help you identify ways to change your lifestyle and reduce your risk.

**It is very important to call 9-1-1 right away if you or someone you know has any signs or symptoms of a stroke, even if the symptoms go away.**



## Warning Signs of a Stroke

The warning signs and symptoms of a stroke can occur unexpectedly. **It is vitally important to call 9-1-1 immediately if you or someone you know has sudden onset of any of the following signs or symptoms, even if they go away:**



### Weakness

Sudden weakness or numbness of the face, arm or leg on one side of the body



### Slurred Speech

Sudden trouble speaking or understanding conversation



### Blurred Vision

Sudden visual impairment in one or both eyes



### Dizziness

Sudden trouble walking, dizziness, or loss of balance or coordination



### Headache

Sudden severe headache with no known cause

