



Date: 05-16-2023

## Your Result

**High Risk**

You are at High Risk for stroke due to certain risk factors. Talk to your doctor about ways to reduce your stroke risk.

- It is important to know all your blood pressure and cholesterol numbers. Not knowing is considered a High Risk.
- Be very aware of your High and/or Moderate risk factors, especially those risk factors you can change.

### 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.

	<b>Balance</b>	dizziness or trouble walking
	<b>Eye</b>	trouble seeing in one or both eyes
	<b>Face</b>	face looks uneven
	<b>Arm or leg</b>	arm/leg numb, weak, or hanging down
	<b>Speech</b>	trouble speaking or confusion
	<b>Terrible headache</b>	thunder clap headache

## View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Age

Moderate Risk 

### Age

Moderate Risk

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.

Atrial Fibrillation

Low Risk 

### Atrial Fibrillation

Low Risk

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.

Blood Pressure

*High Risk* ▾

### Systolic Blood Pressure

Current

140-149 mm Hg  
**High Risk**

Recommended Goal

Less than 120 mm Hg  
**Low Risk**

### Diastolic Blood Pressure

Current

80-89 mm Hg  
**High Risk**

Recommended Goal

Less than 80 mm Hg  
**Low Risk**

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.

Cholesterol

High Risk 

### Cholesterol

High Risk

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.

Diabetes

Low Risk 

### Diabetes

No diabetes  
Low 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.

Exercise

Low Risk 

### Weekly Exercise

Current

Equal to 150 min. (moderate)\*

**Low Risk**

Recommended Goal

150 min. or more (moderate)\*\*

**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

Family History of Stroke

Low Risk 

### Family History of Stroke

**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.

Prior Stroke

Low Risk 

### Prior Stroke

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.

TIA Symptoms

Low Risk 

### TIA Symptoms

Low 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.

Tobacco Use

High Risk ∨

Tobacco Use

Current

Current User of Tobacco  
**High Risk**

Recommended Goal

Tobacco-free at least 1 year  
**Low Risk**

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.

Weight

Moderate Risk ∨

Weight

Current

185 lbs.  
**Moderate Risk**

Recommended Goal

183 lbs. or less  
**Low Risk**

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.

Take Your Next Steps

Based on your results, you are eligible for a FREE scan.

[Call Me to Schedule](#)

You are eligible for our Smoking Cessation program

[Learn More About Quitting](#)

Based on your results, we recommend starting a conversation with a cardiologist. Let us help you find one.

[Help Me Find a Cardiologist](#)

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## National Health

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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.

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