



ARE YOU AT RISK FOR A STROKE?

Check all that applies to you. If you check two or more, please see a healthcare professional and determine what you can do to lower your risk.

AGE

You are a man over 45 or a woman over 55 years old.

FAMILY HISTORY

Your father, mother, brother, or sister had a heart attack or stroke.

MEDICAL HISTORY

You have coronary artery disease, or you have had a heart attack.

You have had a stroke.

You have an abnormal heartbeat.

Tobacco SMOKE

You smoke, or live or work with people who smoke every day.

DIABETES

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

CHOLESTEROL

Your LDL (“bad”) cholesterol level is greater than 100 mg/dL.

Your HDL (“good”) cholesterol level is less than 40 mg/dL if you’re a man or less than 50 mg/dL if you’re 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’ve been told that your blood pressure is too high.

You don’t know what your blood pressure is.

PHYSICAL INACTIVITY

You don’t accumulate at least 30 minutes of physical activity on most days of the week.

Excess BODY WEIGHT

You are 20 pounds or more overweight.

For more information, please contact the following:

Melissa Freese St. Cloud Hospital Stroke Care Specialist
www.centracare.com/services/stroke-care

320-255-5772

American Stroke Association
www.StrokeAssociation.org/power

1-888-4-STROKE (477-8653)