

Stroke Prevention Worksheet

What is my risk?

Complete the following questions:

My Blood Pressure is _____.

A normal blood pressure should range between 130/80 and 90/40. Many people do not realize they have high blood pressure, which usually produces no symptoms but is a major risk factor for heart disease and stroke. Managing your high blood pressure is the most important thing you can do to avoid a stroke.

My LDL Cholesterol is _____.

LDL stands for Low Density Lipid. This is the level your doctor looks at when deciding if you have high cholesterol or not. The LDL is the bad cholesterol in your blood. Work with your doctor to control it. You may need to take medication if your cholesterol is not controlled with diet and exercise.

If you smoke, consider quitting. This will reduce the risk of another stroke.

My blood sugar is _____. My HgA1c is _____.

Normal blood sugar is less than 110 if you are fasting and less than 140 if you have already eaten. A normal HgA1c ranges between 4.6 and 6.2. If you have diabetes, learn how to manage these numbers. Similar to high blood pressure, diabetes causes no symptoms, but it increases the chance of stroke.

My current height and weight is _____.

A Body Mass Index (BMI) is a measurement of your body's fat. A normal BMI is calculated based on your height and weight. Refer to the chart on pages 14 and 15 to see how you are doing. If your BMI is high consider maintaining a healthy diet and exercising regularly.

I exercise _____ times each week.

If you are inactive, consider an exercise program. Even walking each day helps to prevent another stroke from occurring. Work with your healthcare provider to maintain safe blood pressure, cholesterol and blood sugar levels. Consult with your physician to determine the right amount of exercise for you.