

# Stroke

## Are You at Risk?




You cannot change some factors that put you at risk for stroke like your age (over 55), your gender (male), your ethnicity (African American, Hispanic or Asian/Pacific Islander) or even your family medical history.

However, there are many risk factors that you can control.

Place a  next to the statements below that apply to you.

- My blood pressure is higher than 130/80.**
- My cholesterol is more than 200.**
- I have pre-diabetes or diabetes.**
- I am a smoker.**
- I drink alcohol.**
- I have an irregular heart beat.**
- I am overweight or obese.**
- I don't exercise or only exercise a little.**
- I have circulation problems.**

If you checked () any of the boxes above, take this with you and talk to your doctor about how to lower your risk for stroke.



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