

## Stroke Risk Assessment

Take the risk assessment quiz to determine if you're at risk for stroke.

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

Yes  No

Your father or brother had a heart attack before age 55 or your mother or sister had one before age 65.

Yes  No

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

Yes  No

You have had a stroke.

Yes  No

You have an abnormal heartbeat.

Yes  No

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

Yes  No

Your blood pressure is 140/90 mm Hg or higher, or you've been told that your blood pressure is too high.

Yes  No

You don't know what your blood pressure is.

Yes  No

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

Yes  No

You are 20 pounds or more overweight.

Yes  No

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

Yes  No

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If you answered "Yes" to two or more, please see your healthcare professional and determine what you can do to lower your risk. If you do not have a healthcare professional, [click here](#) to find a physician near you.