

# Think Stroke. Think F.A.S.T. Think Lourdes.



## Are you at risk for stroke? Take this quiz to find out.

Find out if you are at risk by taking our Stroke Risk Assessment Quiz, a guide that outlines risk factors commonly associated with stroke. Simply check the appropriate response for each, then add up your totals from the high-risk, caution and low-risk columns (one point each). Next, look to the results section to find out your level of risk. This assessment serves as a general guide; you should consult your physician or contact Our Lady of Lourdes Regional Medical Center at 337-289-2960 if you feel you are at risk.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	<input type="checkbox"/> >140/90 or I don't know.	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Cholesterol	<input type="checkbox"/> >240 or I don't know.	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes.	<input type="checkbox"/> Borderline.	<input type="checkbox"/> No.
Smoking	<input type="checkbox"/> I still smoke.	<input type="checkbox"/> I'm trying to quit.	<input type="checkbox"/> I am a non-smoker.
Atrial Fibrillation	<input type="checkbox"/> I have an irregular heartbeat.	<input type="checkbox"/> I don't know.	<input type="checkbox"/> My heartbeat is not irregular.
Diet	<input type="checkbox"/> I am overweight.	<input type="checkbox"/> I am slightly overweight.	<input type="checkbox"/> My weight is healthy.
Exercise	<input type="checkbox"/> I am a couch potato.	<input type="checkbox"/> I exercise sometimes.	<input type="checkbox"/> I exercise regularly.
I have stroke in my family	<input type="checkbox"/> Yes.	<input type="checkbox"/> Not sure.	<input type="checkbox"/> No.
	<input type="checkbox"/> Total	<input type="checkbox"/> Total	<input type="checkbox"/> Total

Each year, about 700,000 Americans suffer a new or recurrent stroke. More than 150,000 of these people die, making stroke the nation's third leading cause of death.

### RESULTS:

**If your RED score totals 3 or more,** ask your doctor about ways you can adopt a healthier lifestyle and attend our Strike Out A Stroke event, May 14 at Tigie Moore Field. Depending on your score, you may qualify for a FREE advanced stroke screening on the Lourdes Health Bus. We will have physicians and nurses on hand to review your results and help you identify ways to lower your risk for stroke.

**If your ORANGE score is 4-6,** you're off to a good start. Come out to Tigie Moore Field on May 14 and have a conversation with our Stroke Team to learn ways to modify your lifestyle and reduce your risk of stroke.

**If your GREEN score is 6-8,** congratulations — you're doing very well at controlling your risk for stroke! Come out to the Tigie Moore Field on May 14 to find out how to identify the signs and symptoms of stroke — you could just save the life of another.

Risk Assessment source:  
National Stroke Association  
[www.stroke.org](http://www.stroke.org)

Stroke facts source:  
American Heart Association