

What is your stroke risk?



About You

Are you aged over 45 years?

Y	N
<input type="checkbox"/>	<input type="checkbox"/>

Are you male?

<input type="checkbox"/>	<input type="checkbox"/>
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About your lifestyle risks

Do you smoke?

<input type="checkbox"/>	<input type="checkbox"/>
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Do you have more than two standard alcoholic drinks on any day?

<input type="checkbox"/>	<input type="checkbox"/>
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Is your waist measurement

- Men 102cm (clothing size L) or more
- Women 88cm (clothing size 14) or more

<input type="checkbox"/>	<input type="checkbox"/>
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Do you raise your heart rate through exercise **more than** 2.5 hours per week?

<input type="checkbox"/>	<input type="checkbox"/>
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Do you eat a **daily** healthy diet of fruit/vegetables, lean meats and poultry, grain foods and reduced fat dairy?

<input type="checkbox"/>	<input type="checkbox"/>
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About your medical risks

Have you had a stroke, heart attack or transient ischaemic attack (TIA) before?

<input type="checkbox"/>	<input type="checkbox"/>
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Do you have a family history of stroke (mother/father/brother/sister)?

<input type="checkbox"/>	<input type="checkbox"/>
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Has your doctor diagnosed you with **any** of the following

<input type="checkbox"/>	<input type="checkbox"/>
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- high blood pressure (hypertension)
- high blood cholesterol
- type 2 diabetes
- irregular heart beat (atrial fibrillation/AF)

The more red shaded boxes you have ticked, the higher your risk of stroke and heart disease. For an interactive initial risk assessment see strokeriskometer.com.

Whether your risk is high or low, see your doctor to discuss your personal circumstances and ask for a full stroke risk assessment.

Questions or concerns? See your Doctor or call StrokeLine on **1800 STROKE** (1800 787 653).

Please note – This is not a conclusive test, rather a guide to advise you on whether you should visit your doctor to discuss further.

“The number of strokes would be practically cut in half (48%) if high blood pressure was eliminated.”

– World Health Organisation

Did you know more than 80% of strokes can be prevented?

High blood pressure is the key risk factor for stroke. It's a hidden risk. There are no immediate symptoms so the only way you know you have it is to get checked by a doctor or pharmacist.

You can also access a free health check at more than 300 digital health check stations around Australia.

Find your nearest one at strokefoundation.org.au/abbpc



About Stroke Foundation

The Stroke Foundation is a national charity that partners with the community to prevent, treat and beat stroke.

Contact:

 **StrokeLine 1800 STROKE (1800 787 653)**

 **strokefoundation.org.au**

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