"I will not have a(nother) stroke."

January 2022

Stroke Risk Scorecard

NATIONAL STROKE ASSOCIATION

Stroke Risk Scorecard

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels on the back.

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Stroke Awareness

I will not have a stroke

1. What is your overall risk level?
   ☐ HIGH: 3 or more high risk factors ☐ CAUTION: 4-6 Caution risk factors ☐ LOW: 6-8 Low risk factors
2. If you are interested in actively reducing your risk of stroke over the next year, please select one or more areas you'd like to address:
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4. If you would like to receive quarterly DOH emails on stroke news please share your email address:

Participant _____ Date _____

These worksheets can be accessed by going to:

https://health.hawaii.gov/nt/stroke/

Agenda

- Types of stroke
- Stroke statistics
- Effects of stroke
- Signs and symptoms of stroke and what to do
- Risk factors & stroke risk assessment
- Ways to reduce your stroke risk

DOH Neurotrauma Program

- Traumatic Brain Injury, Spinal Cord Injury, and Stroke
- Contact information:

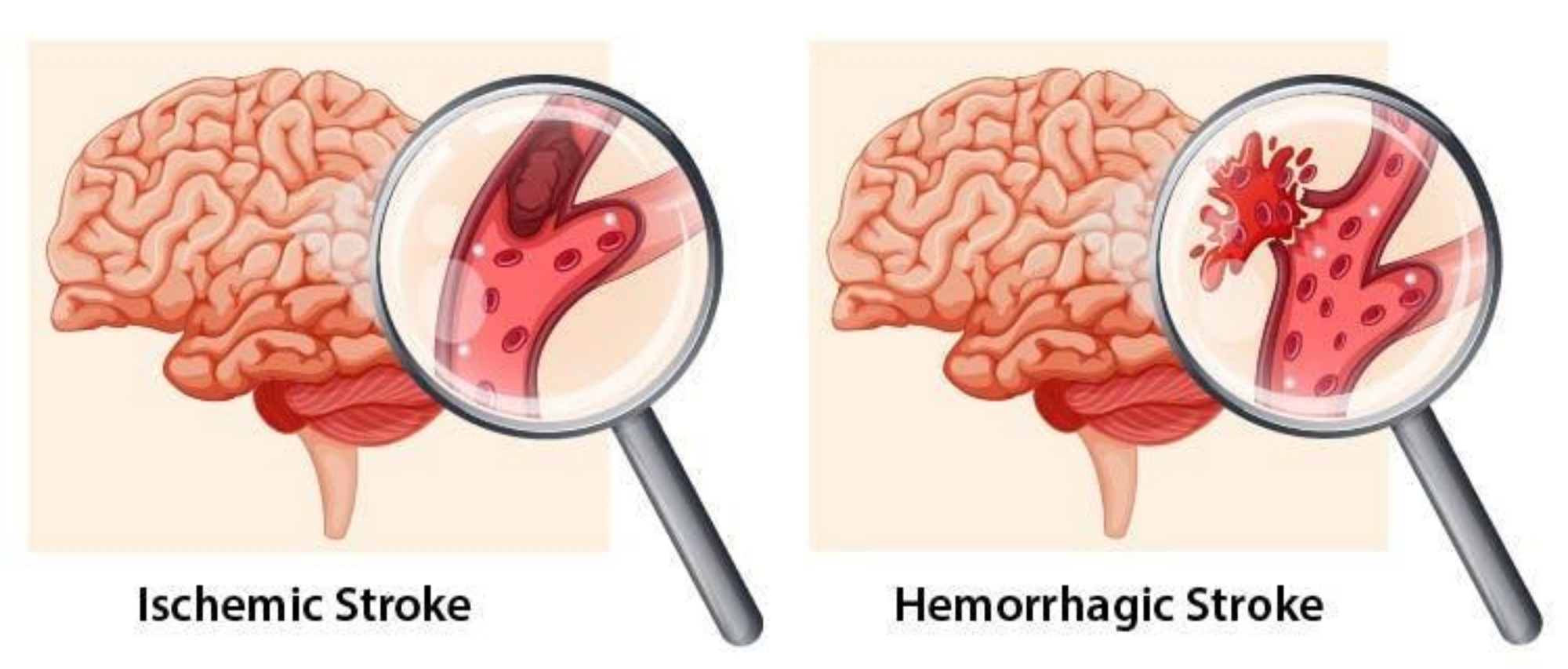
Oahu: (808) 733-2155

ntrauma@doh.hawaii.gov

https://health.hawaii.gov/nt/

Strokes Can Happen to Anyone

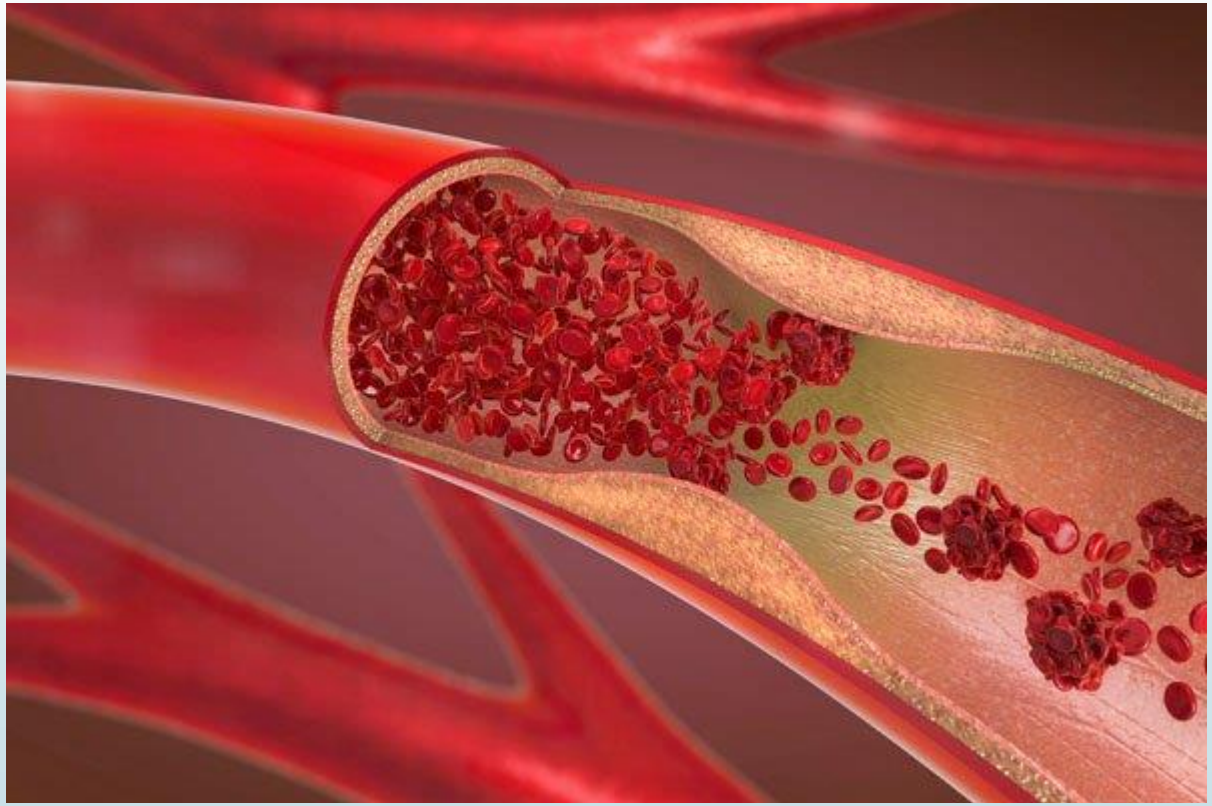
Stroke: A blockage of blood to the brain



Ischemic Stroke - 74% Incidence Rate

Hemorrhagic Stroke - 20% Incidence Rate

Transient Ischemic Attack



Transient Ischemic Stroke - 6% Incidence Rate

Stroke by the numbers

- 5th leading cause of death in the U.S.
- 3rd leading cause of death in HI
- #1 cause of chronic disability
- Incidence: ~ 3500 per year
- Prevalence: ~ 3% of the population in HI
- 1.9 million brain cells die every minute during a stroke = brain aging by 3 weeks per minute or 3.6 years per hour

Stroke Impact

Effects of stroke	Percent affected
Unable to return to work	30-50%
Fatigue	41%
Decreased cognitive functioning	40%
Sexual dysfunction	33%
Compromised independence/movement	20-30%
Depression	29%
Pain	15-20%
Epilepsy	12%

F
FACE DROOPING
A
ARM WEAKNESS
S
SPEECH DIFFICULTY
T
TIME TO CALL 911

Call 9-1-1

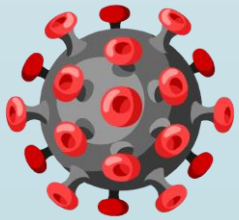
- Time is brain

- EMT staff are trained to take you to the nearest hospital that can provide appropriate treatment.

- Treatment starts in the ambulance.

- Cost of possible disability higher than cost of ambulance

- Hospitals take precautions to prevent transmission of COVID-19.



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Stroke Risk Worksheets

NATIONAL STROKE ASSOCIATION®

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NATIONAL STROKE ASSOCIATION

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Risk Scorecard Results

NATIONAL STROKE ASSOCIATION®

Risk Scorecard Results

High Risk ≥ 3: Talk to your healthcare provider immediately and ask about a stroke prevention plan. Make an appointment today.

Caution 4-6: You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.

Low Risk 6-8: You're doing well at controlling stroke risk! Continue to stay informed about your numbers. Get tips at www.stroke.org.

Ask your healthcare professional how to reduce your risk of stroke.

To reduce your risk:

1. Know your blood pressure.
2. Find out whether you have atrial fibrillation.
3. If you smoke, stop.
4. Find out if you have high cholesterol.
5. If diabetic, follow recommendations to control your diabetes.
6. Include exercise in your daily routine.
7. Enjoy a lower-sodium (salt), lower-fat diet.

Use FAST to remember warning signs of stroke:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, **call 9-1-1 immediately.**

1-800-STROKES (787-6537) • www.stroke.org

Stroke Awareness Worksheet

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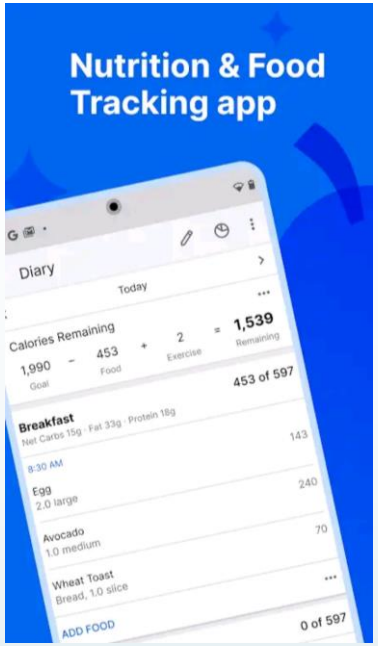
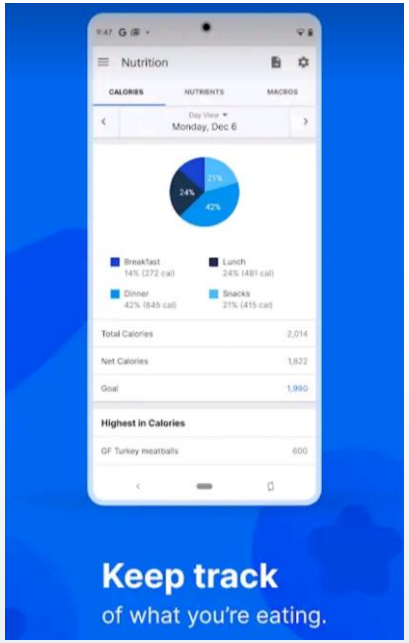
Calorie Counter - MyFitness Pal

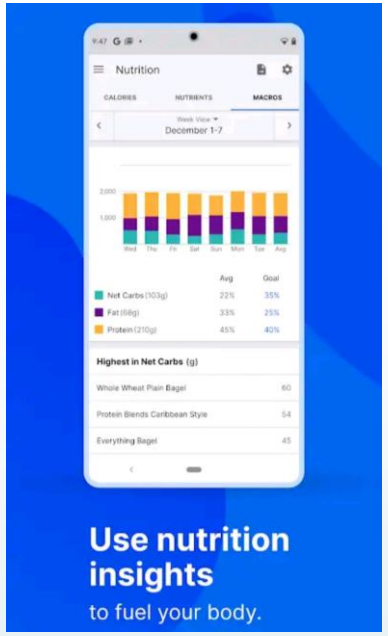
MyFitnessPal, Inc.

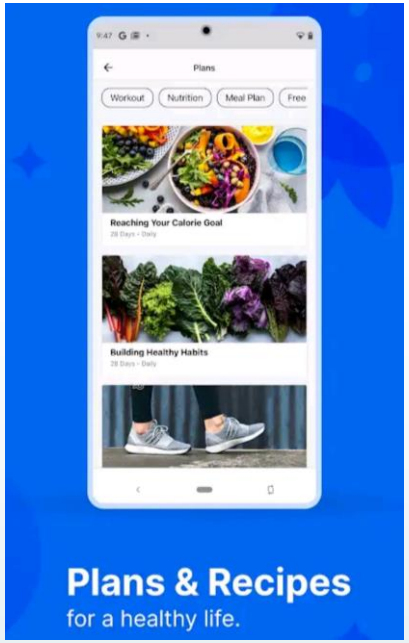
Contains ads • In-app purchases

4.5★ 2M reviews | 50M+ Downloads | Editc







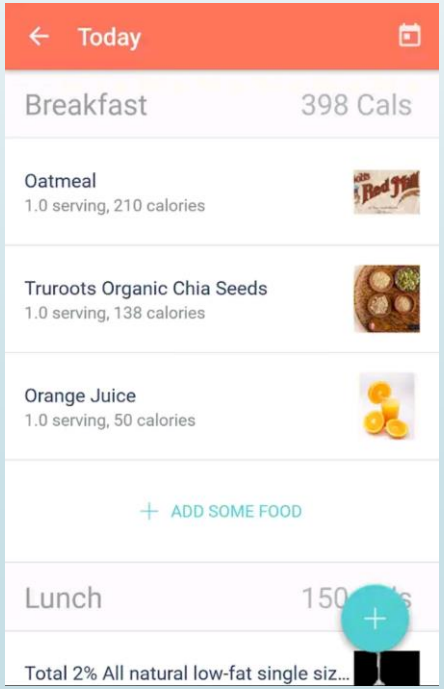


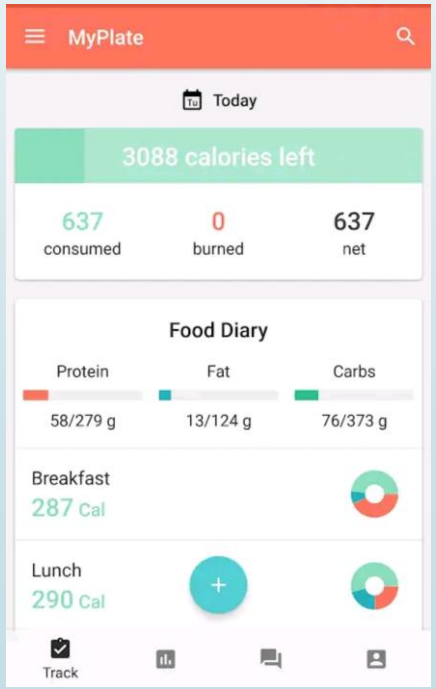
MyPlate Calorie Tracker

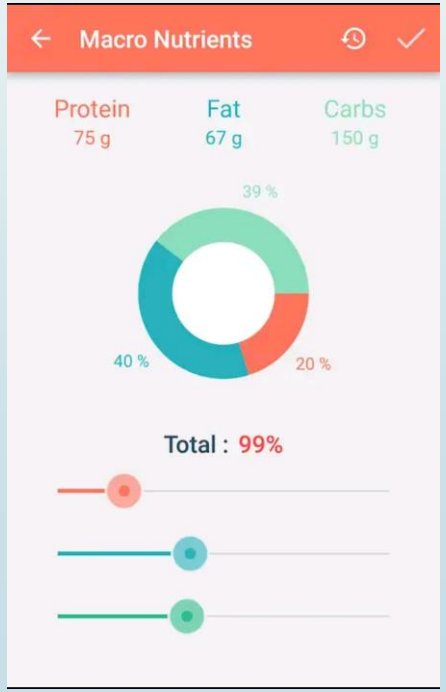
LIVESTRONG

In-app purchases

4.6★ 43K reviews | 1M+ Downlo ads | E Everyon e







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StrokeAssociation.org
American Heart Association
American Stroke Association
Together to End Stroke™
Nationally sponsored by
Medtronic

Contact the Hawaii Neurotrauma Program

ntrauma@doh.hawaii.gov

Developmental Disabilities Division

Community Resources Branch

Neurotrauma Program

3627 Kilauea Avenue Suite 411

Honolulu, HI 96816

(808) 733-2155

Jan 2022