

Risk Factors Checklist¹



Are you at risk for having a transient ischemic attack (TIA)?

Find out! Bring this checklist with you to your next check-up. Ask questions about each topic on the list so you and your doctor can see if you may be at risk for TIA.

Do you smoke? Smoking increases your risk for stroke by elevating blood pressure and increasing the tendency for blood to clot. Ask your doctor about ways to help you quit smoking.

Are you overweight? Being overweight (body mass index, or BMI of 25 or higher) or obese (BMI of 30 or higher) increases your risk for a number of health problems, including stroke. Ask your doctor about ways to get to and maintain a healthy weight.

Is your diet high in sodium, trans or saturated fats? A regular diet high in sodium, trans fat and saturated fat increases your risk for stroke. Ask your doctor about ways to improve your diet.

Do you consume alcohol excessively? Excess alcohol consumption increases your risk for stroke. Talk to your doctor about drinking in moderation.

Do you have high blood pressure? High blood pressure is a major risk factor for stroke and should be monitored a few times each year. Ask your doctor how diet, exercise, and medical treatment can lower your blood pressure to a healthy level (for most people, 120/80 mm/Hg or lower).

Do you have high cholesterol? High cholesterol increases your risk for stroke and should be monitored a few times each year. Ask your doctor how diet, exercise, and medical treatment can lower your total cholesterol to a healthy level (for most people, 200 mm/dL or lower).

Do you have type 2 diabetes? Type 2 diabetes increases your risk for stroke. Ask your doctor how diet, exercise and medical treatment can keep your condition in control.

Learn more at TalkAboutTIA.com

1. Stroke Risk Factors. American Heart Association Web site <http://www.strokeassociation.org/presenter.jhtml?identifier=4716>. Accessed September 19, 2008.