

# Are you worried about

# your risk of **stroke**?

There are many risk factors for a Stroke including:

- Tobacco Use
- High Blood Pressure
- Diabetes
- High Cholesterol
- Family History
- Heart Disease
- Age
- Obesity

## **Know Your Risk!**

### **Ask your healthcare provider about your 10 year CVD risk**

For more information see the VA/DoD Clinical Practice Guideline: Management of Stroke Rehabilitation  
<https://www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/VADOD-CPGs>

Additional calculators are available from the American Heart Association and the American College of Cardiology

<https://professional.heart.org/en/guidelines-and-statements/prevent-calculator>

<https://tools.acc.org/ascvd-risk-estimator-plus/#!/calculate/estimate/>

## What can I do to reduce my risk?



Quit Smoking



Eat a Healthy Diet



Increase Physical Activity



Follow Recommended Treatment Plan



Achieve Optimal Weight



Control Blood Pressure

Know your risk

**-And lower it!**



Stroke Rehab Patient Summary

