

## **Strokesafe Test: (National Stroke Foundation)**

Take the stroke safe test and consider your risk of stroke.

- I am over 50 years of age.
- I have a family history of stroke, have heart disease or have had a stroke.
- I have elevated or high blood pressure (greater than 140/90) or do not know my blood pressure.
- I currently smoke.
- I have high cholesterol (total greater than 4.0mmol/L) or do not know my cholesterol level.
- I have more than 2 standard alcoholic drinks per day.
- I am overweight.
- I do not go for a 30 minute brisk walk or an activity of the like on most days of the week (includes work, domestic duties or leisure time).
- I do not eat a diet high in fruit and vegetables and low in fat, sugar and salt.
- I have diabetes or impaired glucose intolerance.
- I have atrial fibrillation (irregular heartbeat)

If you have ticked one or more of the boxes you have an increased risk of stroke. It is advised that you talk to your doctor about your stroke risk and ways to minimise your risk.