

# Cerebrovascular risk factor assessment

## Nonmodifiable risk factors

- ☐ Age (doubles per decade over age 55)
- ☐ Sex (24%- 30% greater in men)
- ☐ Race (Higher in African Americans, Hispanics, and Chinese)
- ☐ Hereditary (Family history in first degree relatives)

## Modifiable risk factors:

- ☐ Atrial fibrillation
- ☐ Coronary artery disease
- ☐ Prior TIA
- ☐ Prior stroke
- ☐ Asymptomatic carotid artery disease
- ☐ Hypertension
- ☐ Diabetes mellitus
- ☐ Hyperlipidemia
- ☐ Smoking
- ☐ Moderate to severe alcohol use
- ☐ Sedentary lifestyle
- ☐ Diet
- ☐ Obesity (abdominal)

## Other nontraditional risk factors

- ☐ Mitral annular calcification
- ☐ Mitral valve prolapse
- ☐ Mitral stenosis
- ☐ Mechanical prosthetic valve
- ☐ Congestive heart failure
- ☐ Recent MI (<4 weeks)
- ☐ Aortic arch atherosclerosis
- ☐ Sick Sinus Syndrome
- ☐ Patent foramen ovale / Atrial septal aneurysm
- ☐ Complex aortic arch atheroma
- ☐ Sleep apnea
- ☐ Hyperhomocysteinemia (level \_\_\_\_\_)
- ☐ Exogenous estrogens
- ☐ Chronic infection
- ☐ Migraine
- ☐ Hypercoagulable state: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_