

**Monitor Your Stroke Risk** Because you have atrial fibrillation (Afib), your risk of stroke is increased by at least five times. Bring this card with you to each healthcare appointment. Mark the appointment date and fill out the notes portion with your healthcare professional to manage your risk of stroke.



	Date	Notes	Date	Notes	Date	Notes
<b>Blood Pressure</b>						
<b>Atrial Fibrillation</b>						
<b>Smoking</b>						
<b>Cholesterol</b>						
<b>Diabetes</b>						
<b>Exercise</b>						
<b>Diet</b>						
<b>Stroke in Family</b>						



## Monitor Your Stroke Risk (cont.)

See instructions on opposite side. Also, make copies of the blank chart for future use.

	Date	Notes	Date	Notes	Date	Notes
<b>Blood Pressure</b>						
<b>Atrial Fibrillation</b>						
<b>Smoking</b>						
<b>Cholesterol</b>						
<b>Diabetes</b>						
<b>Exercise</b>						
<b>Diet</b>						
<b>Stroke in Family</b>						