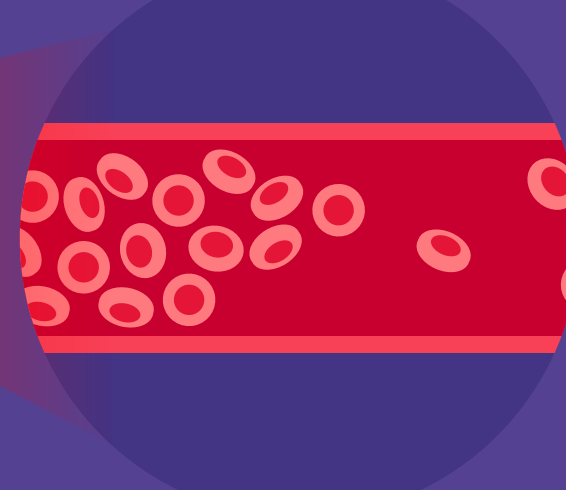


Stroke Risk for Women

Understanding stroke risk factors and signs may help save your life



What is a stroke?



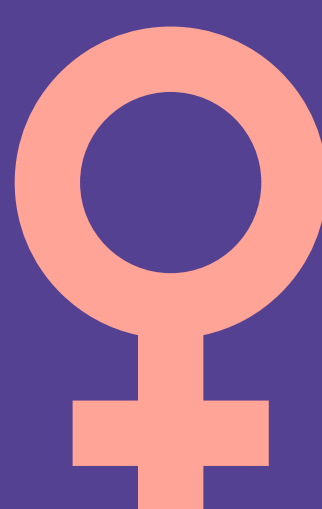
A stroke happens when blood flow to the brain is interrupted.

This prevents brain cells from getting oxygen and other nutrients, causing them to die.



1 in 5 women will have a stroke.

Stroke is



The **#3** cause of death for **women** overall.

The **#1** cause of death for **Black** women.

The **#3** cause of death for **Hispanic** women.

Stroke warning signs

The sooner a stroke is caught, the better your chances of surviving and healing.

Remember B.E.F.A.S.T. to help you spot the signs.

B.

Balance problems and dizziness

E.

Eye problems like blurred vision or trouble seeing out of one or both eyes

F.

Face drooping or numbness on one side

A.

Arm numbness or weakness in one arm

S.

Speech problems like slurring or trouble getting words out

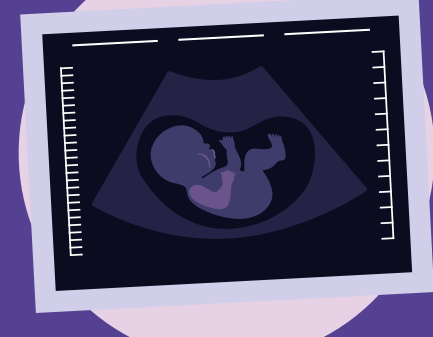
T.

Time to call 911 if you have any of these symptoms — even if they go away



Stroke risk factors

You may be more likely to have a stroke:



If you are pregnant

- Stroke risk is 3x higher for pregnant and postpartum people
- Risk is highest in the third trimester and the first 6 weeks after delivery



If you had preeclampsia (high blood pressure during pregnancy)

- Women who had preeclampsia are 3x more likely to have a stroke later in life



If you take oral contraceptives with higher estrogen levels or the birth control shot

- Low-dose estrogen or progestin-only birth control has little to no increased risk



If you take certain types of hormone therapy (HT) after the age of 60

- Using transdermal estradiol (patch or gel) or lower-dose estrogen with progesterone lowers the risk for stroke



If you have migraine with aura, especially if you smoke or take birth control

- This type of migraine may slightly raise your risk of stroke



If you have atrial fibrillation (Afib), a type of irregular heart rhythm

- People with Afib are 3-5x times more likely to have a stroke



If you have high blood pressure

- High blood pressure is the leading cause of stroke

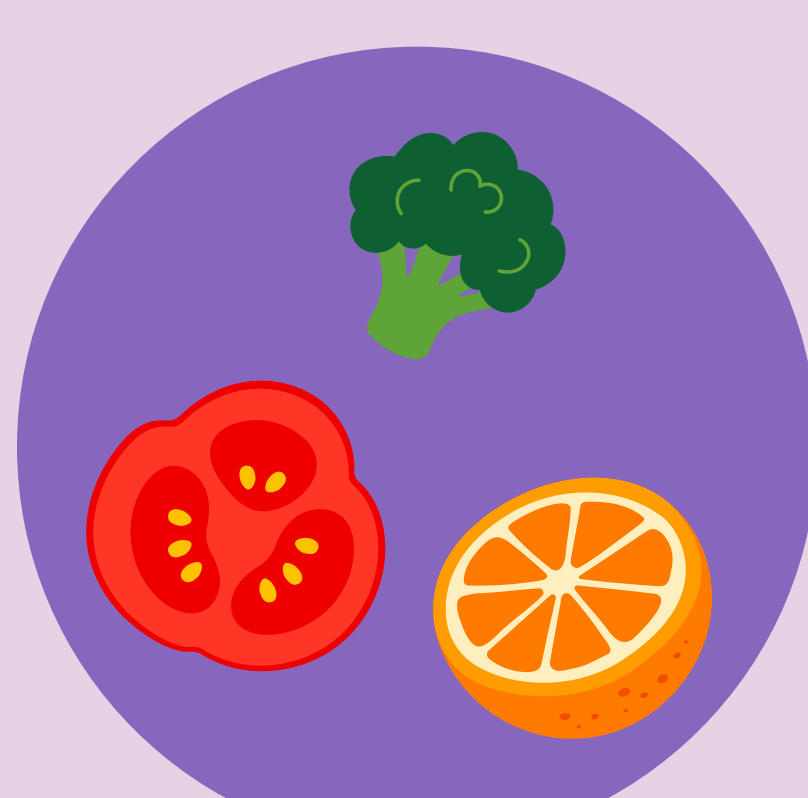
Lowering your risk

Good news! Up to 8 out of 10 strokes are preventable.

To lower your risk:



Don't smoke, or find help quitting.



Watch your diet. Try to eat less red meat and processed foods and get plenty of fiber from fruits and veggies.



If you have high blood pressure, ask your healthcare provider (HCP) about ways to lower it.



Move your body regularly. Just 30 minutes, 5 days a week can cut stroke risk by ¼.



To learn more about strokes and whether you're at risk, talk to your HCP.