

UNDERSTANDING STROKE RISK IN WOMEN

ARE YOU AT RISK?



In the United States,

1 in 5
women will have a stroke.

Each year, stroke kills
2x as many
women as breast cancer.

Not all women are equally affected by stroke.

African-American women are more likely than other groups of women to have a stroke, mainly because of having high blood pressure, being overweight or obese, and having diabetes.

Women have **UNIQUE RISK FACTORS** for stroke.

- Stroke risk increases with **age**, and women often live longer than men. This is largely why **6 in 10** people who die from stroke are women.
- Stroke risk doubles in women at **midlife** and roughly doubles during the 10 years after **menopause**.
- Stroke risk increases during **pregnancy**.
- Taking **birth control pills** may double stroke risk, especially in women with high blood pressure.



All women can take 5 steps to reduce their risk for high blood pressure.

- 1** Know your family history.
- 2** Be physically active.
- 3** Eat a healthy diet that's low in sodium.
- 4** Limit alcohol intake.
- 5** Avoid smoking.

High blood pressure is a major risk factor for stroke.

1 in 3 women
has high
blood pressure.

Check your blood pressure frequently. If you have high blood pressure, work with your doctor to keep it under control.



TALK TO YOUR DOCTOR ABOUT REDUCING YOUR RISK OF STROKE



When a stroke happens, every minute counts. If you think you or someone you know may be having a stroke, **act F.A.S.T.** and do the following simple test:



F—Face

Ask the person to smile. Does one side of the face droop?



A—Arms

Ask the person to raise both arms. Does one arm drift downward?



S—Speech

Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T—Time

If you observe any of these signs, call 911 immediately.



Learn more by visiting
www.cdc.gov/stroke.

www.bylfitandrec.org

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention

