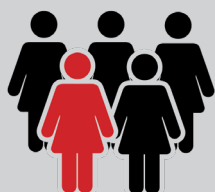


Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS



**One in 5 women
will have a stroke.**

About 55,000 more
women than men have
a stroke each year.



#3
cause
of death

**Stroke is the No. 3
cause of death in
women.**

Stroke kills over
90,000 women a year.



**Among women,
Black women
have the highest
prevalence of
stroke.**

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:



Are pregnant

Pregnant women
are three times
more likely to
have a stroke as
non-pregnant
women of the
same age.



Have preeclampsia

This dangerous
condition of high
blood pressure
during pregnancy
doubles stroke risk
later in life.



Take birth control pills

These can double
the risk of stroke,
especially in women
with high blood
pressure.



Use hormone replacement therapy

It doesn't lower
stroke risk if
postmenopausal,
as once thought.



Have migraines with aura and smoke

Strokes are more
common in women
who have migraines
with aura and smoke,
compared with other
women.



Have atrial fibrillation

This quivering or
irregular heartbeat
can increase stroke
risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health
care professional
to **determine
safest medication**
if pregnant
with high blood
pressure.

Discuss with
their health care
professional
**low-dose aspirin
guidelines**
starting in the
second trimester
(week 12) to lower
preeclampsia risk.

**Get their blood
pressure checked**
before taking birth
control pills and
monitor every six
months.

**Review the risk
and benefits**
of hormone
replacement
therapy with
their health care
professional and
discuss if the benefit
outweighs the risks.
For some women, it
might not.

Quit smoking.
All women who
experience
migraines and
smoke should
avoid smoking,
nicotine use,
vaping and
e-cigarettes.

**Get screened for
atrial fibrillation**
if over the age of
75 as this condition
then becomes
more common in
women.