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.

Learn more at stroke.org