Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS

One in 5 women has a stroke.
About 55,000 more women than men have a stroke each year.

#4 cause of death
Stroke is the No. 4 cause of death in women.
Stroke kills over 80,000 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

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