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.

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

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