

STROKE

Women's Health and Stroke

Heart disease isn't a 'man's disease'. Heart attack, stroke and other cardiovascular diseases can be devastating to women, too.

Coronary heart disease, which causes heart attack, is the leading cause of death for American women.

Many women believe that cancer is more of a threat, but they're wrong.

Nearly twice as many women in the United States die of heart disease and stroke as from all forms of cancer,

including breast cancer.

The more risk factors a woman has, the greater her risk of a heart attack or stroke. Some of these risk factors you can't control, such as increasing age, family health history, and race and gender. But you can modify, treat or control most risk factors to lower your risk.

What are the risk factors for heart disease and stroke that you can't control?

- Increasing age — The older women get, the risk of heart disease and stroke rises and keeps rising with age.
- Sex (Gender) - Each year about 40,000 more women than men have strokes, and more than 60 percent of total stroke deaths occur in women.
- Race is also a factor. Black women have a greater risk of heart disease and stroke than white women. Compared with whites, African-American men and women are more likely to die of stroke.

(reference: American Stroke Association)

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Risk Factors you can control: Reduce your risk!

Stop smoking and reduce your exposure to smoke

Ensure your blood pressure is well controlled.

Increase your activity to prevent obesity

Watch your cholesterol

If you have reached menopause and take hormonal therapy or you take birth control pills you should discuss your risks with your physician

If you are African-American, or Hispanic, your risks are even higher than Caucasians.

Know your risk factors and seek medical help to control and monitor your health.

www.strokeassociation.org



Know your risk! Follow up with your physician if you have 2 or more risk factors.



Know the warning signs of stroke and act quickly!

**Stroke is a medical emergency—
Time lost is brain lost!**

For more information go to the American Stroke Association website.



Know the sudden signs of stroke

If you see someone having any of these symptoms, call 9-1-1 immediately

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion or trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Do not wait to see if the symptoms will disappear! Even if the symptoms only last a short time, seek immediate medical help.