

Stroke IN WOMEN

A visual guide to stroke awareness and prevention

In the intricate tapestry of women's health, there exists a critical thread that often goes unnoticed but demands our attention: stroke. This silent and often underestimated threat can strike with devastating consequences.

In our quest to raise awareness and empower women to take charge of their health, we present an illuminating infographic that sheds light on the unique risks and facts related to stroke in women.



FACT:

GLOBALLY, WOMEN FACE AN ELEVATED RISK OF STROKE COMPARED TO MEN.

Why?



ORAL CONTRACEPTIVES



REPRODUCTIVE HEALTH



HIGHER LIFE EXPECTANCY



PREGNANCY -
PREECLAMPSIA,
ECLAMPSIA, OR
GESTATIONAL
DIABETES



POST-MENOPAUSAL
HORMONE THERAPY

TAKEAWAY: Given that the risk of stroke tends to rise with age, this means that women also face a higher lifetime risk of experiencing a stroke.

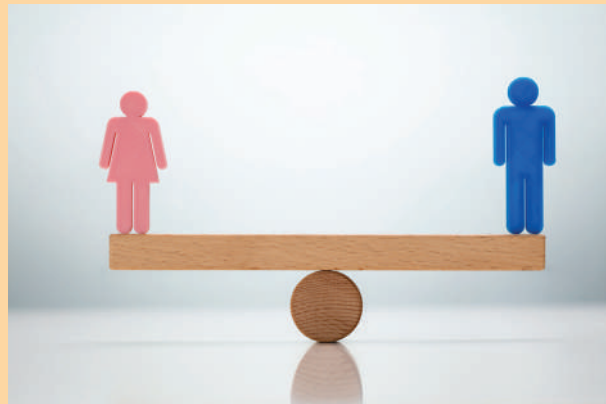


5 FACTS ABOUT WOMEN & STROKE



Fact #1:

While the risk of stroke does increase with age, **stroke can occur at any age**, including in young women.



Fact #4:

Gender does not determine the ease or difficulty of stroke recovery.



Fact #2:

Pregnancy can increase the risk of stroke, especially in women with certain conditions like preeclampsia.



Fact #5:

A family history of stroke can increase a woman's risk of having a stroke. ❤️



Fact #3:

Stroke symptoms can be similar in both men and women, although **women may also experience unique symptoms** such as hiccups and sudden behavioral changes.

Sources:

1. Mayo Clinic Health System. (2023, May 19). Women and Stroke: What You Need to Know. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/women-and-stroke-what-you-need-to-know>
2. National Stroke Association. (2023.). Women Have a Higher Risk of Stroke. <https://www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke>
3. American Heart Association. (2019, August 13). Rising Blood Pressure Puts Women at Greater Stroke Risk Than Men. <https://www.heart.org/en/news/2019/08/13/rising-blood-pressure-puts-women-at-greater-stroke-risk-than-men>