

# 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.