

UNIQUE STROKE RISK FACTORS FOR WOMEN

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Birth control pills

The risk associated with oral contraceptives increases with additional factors such as age, smoking, high blood pressure or diabetes.

Pregnancy

Stroke risk increases during pregnancy due to natural changes in the body, such as increased blood pressure and stress on the heart.

Hormone replacement therapy (combination of progestin and estrogen)

to relieve menopausal symptoms increases risk.

Migraine headaches with aura

Migraines can more than double a woman's stroke risk. The majority of people in the United States who suffer from migraines are women.

Stress factors and depression affect heart health (stroke risk) at greater rates than men. High levels of emotional and physical stress long term - which can come with a woman's role as caregiver for their children, elderly parent or family member - increases risk.

STROKE RISK FACTORS FOR EVERYONE

High blood pressure

High blood pressure is the number one cause of stroke. Regularly monitor blood pressure and always take prescribed medication.

Diabetes

Diabetes increases the risk for both heart disease and stroke. Reduce the risk with well-controlled blood sugar.

Obesity

Being just 20 pounds overweight, especially around the waist, increases risk of stroke or heart disease.

Smoking

Smoking increases risk of stroke by 2 to 3 times.



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