American Stroke Association®
A division of the American Heart Association.

American Heart Association®
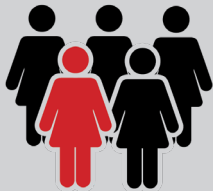Go Red for women®

Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS

One in 5 women will have a stroke.
About 55,000 more women than men have a stroke each year.

#3 cause of death

Stroke is the No. 3 cause of death in women.
Stroke kills over 85,000 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	**Have preeclampsia**	**Take birth control pills**	**Use hormone replacement therapy**	**Have migraines with aura and smoke**	**Have atrial fibrillation**
Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.	This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.	These can double the risk of stroke, especially in women with high blood pressure.	It doesn't lower stroke risk if postmenopausal, as once thought.	Strokes are more common in women who have migraines with aura and smoke, compared with other women.	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