



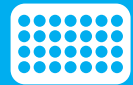
8 OUT OF **10**
STROKES CAN BE PREVENTED

- Stroke kills 2x as many women as breast cancer each year
 - Women account for 60% of all stroke deaths
- 1 in 5 women in the U.S. will experience a stroke in their lifetime

Women have more risk factors for stroke than men

MIGRAINES: A history of migraines with auras (visual disturbances such as flashing dots or blind spots) can increase a woman's stroke risk 3-6 times.

BIRTH CONTROL PILLS: Women who take even a low-estrogen birth control pill may be twice as likely to have a stroke than those who don't. The risk may increase more if other risk factors are present.



PREGNANCY: Dangerously high blood pressure during pregnancy (preeclampsia) increases the risk of stroke during the first six weeks after giving birth.



MENOPAUSE: Menopause increases the risk of cardiovascular disease in general, but women who start menopause early (before the age of 45) are twice as likely to suffer from stroke.

HORMONE REPLACEMENT THERAPY: Women who take hormone replacement therapy may have a slightly increased stroke risk.



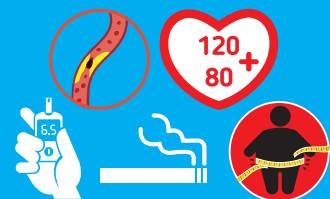
OTHER CONDITIONS: Autoimmune diseases such as lupus or rheumatoid arthritis can increase the risk of stroke.



CLOTTING DISORDERS: Women who've had more than one miscarriage may be at higher risk for blood clots, which can increase their chance of stroke.



MANAGE YOUR RISK: If you have one of these added risk factors, it is even more important to control conditions that increase your risk of stroke: high blood pressure, high cholesterol, diabetes, smoking, and obesity.



Talk to your doctor about your risk.

To find out more visit www.cdc.gov and www.stroke.org

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