

"I am Woman"

Stroke affects me, Stroke affects everyone.



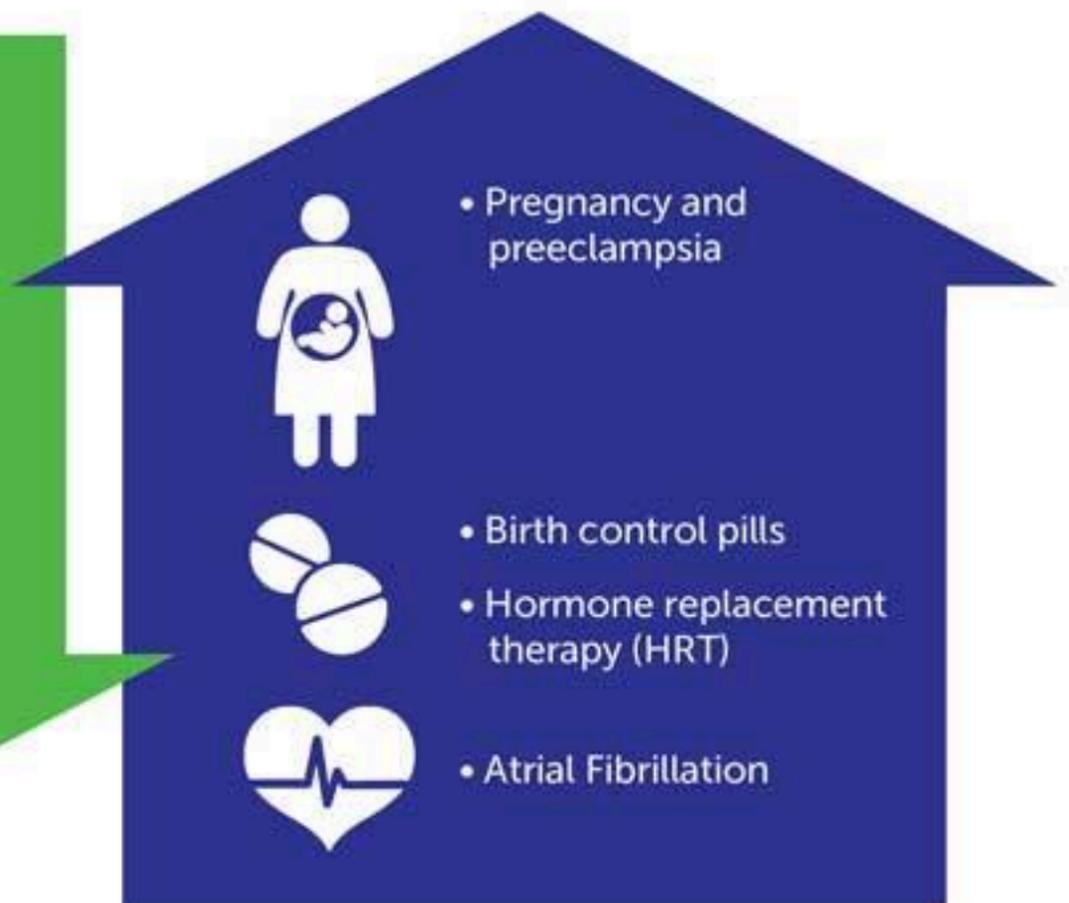
- 1 in 5 women will have a stroke in their lifetime, compared to 1 in 6 men.
- 60% of people who die from stroke will be women.
- Around 50% of all strokes could be prevented.

What Reduces Women's stroke risk



- Eating healthily
- Staying active
- Controlling your weight
- Stopping smoking
- Moderating your alcohol consumption
- Reducing stress
- Getting a health check - so you and your health professional can assess your risk.

What Increases Women's stroke risk



- Pregnancy and preeclampsia
- Birth control pills
- Hormone replacement therapy (HRT)
- Atrial Fibrillation

Talk to your health professional about stroke

- High blood pressure
- Obesity
- Depression
- Atrial fibrillation (irregular heartbeat)
- Diabetes
- Transient ischemic attack (mini-stroke)

All increase your risk of stroke. If you are diagnosed with any of these conditions, talk to you health professional about prevention steps and treatments that can help you reduce your risk.

Know the signs

Knowing the signs of stroke and acting quickly can save lives and improve recovery.

Face-is the face drooping to one side?

Arms-is one arm weak or numb?

Speech-is speech slurred or confused?

Time-get emergency help as quickly as possible.