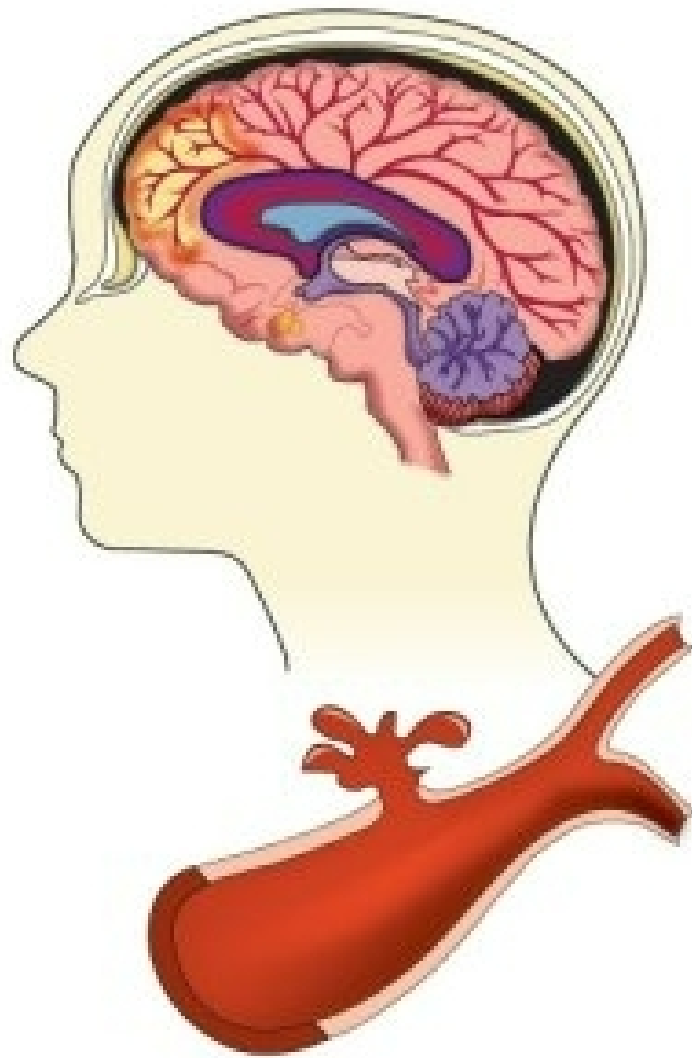
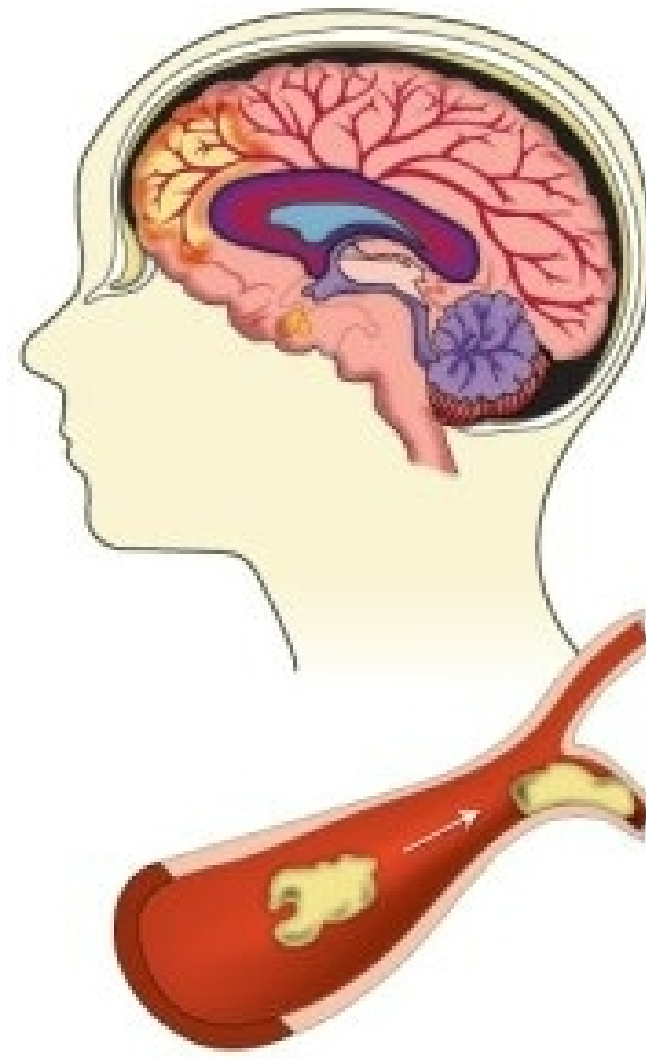


Stroke

**Save Yourself
or
Someone Else!**



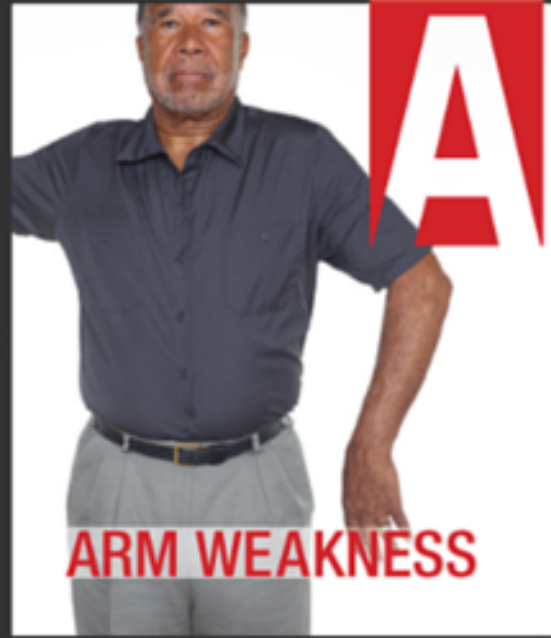
A hemorrhagic stroke occurs when a blood vessel bursts within the brain.



An ischemic stroke occurs when a blood clot blocks the blood flow in an artery within the brain.



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911

Learn the signs of stroke.

Understand your risk for stroke.

Every 40 seconds,
someone in the United
States has a stroke.



PAUL
Coverdell
NATIONAL ACUTE STROKE PROGRAM



Women and Stroke



1 in 5 women will have a **STROKE**.

Learn the risks,
know the signs.



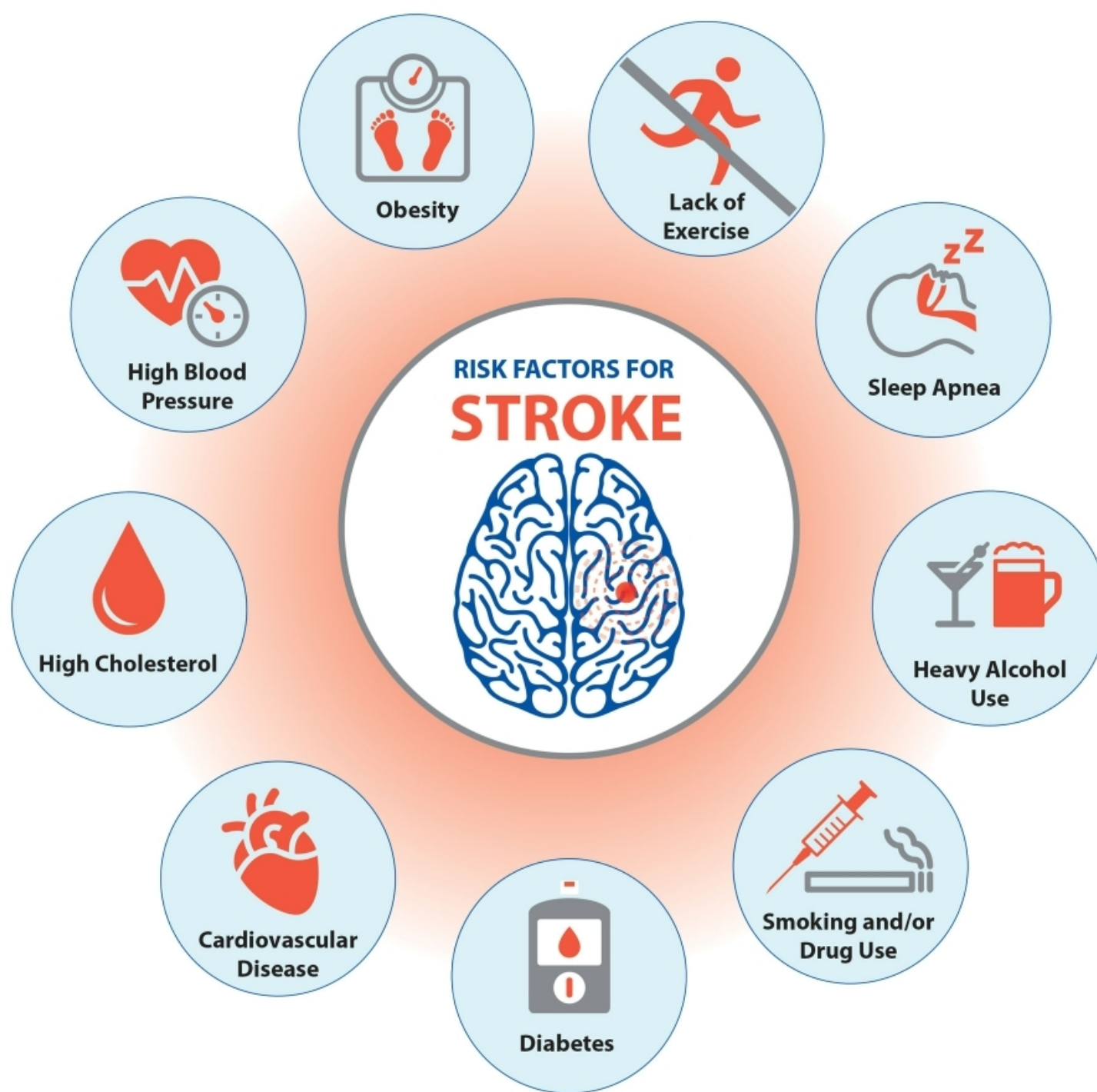


Women and Stroke

Each year,
STROKE
kills twice as
many women as
breast cancer.

Learn the risks,
know the signs.







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



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.

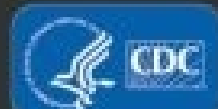
Learn more at stroke.org

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Women and Stroke

1 in 3 women with high blood pressure—
the biggest **STROKE** risk factor—
doesn't know she has it.

Learn the risks,
know the signs.



High blood pressure increases risk of stroke.

Normal
blood pressure
is below
120/80


**Stroke occurs
when a blood
vessel to the
brain is blocked
or bursts.**

Blood and oxygen flow
are interrupted, and
brain cells begin to die.

People with
high blood
pressure have
a significantly
higher risk of
stroke.¹



Up to
80%
of strokes may
be **prevented.**²

More than
1 in 3
American adults with
high blood pressure
don't know they have it.³



At age 50,
people without
high blood
pressure have a



life expectancy
5 YEARS
LONGER

than people with
high blood pressure.³

Have your
blood pressure
checked and
keep it in check to



REDUCE
your risk of stroke.

¹ Benjamin et al; Circulation, 2019;139:e56-528 // ² D'Agostino, R.B. et al. Stroke. 1994;25:40-43 // ³ Mozaffarian D et al. Circulation. 2017; 135:e135-139

Together to End Stroke™ before it happens. For more information, visit heart.org/HBP.

1 in 3 patients never calls 9-1-1.

**But an ambulance ride
could save a life.**

If stroke occurs, act F.A.S.T. and call 9-1-1
right away. Find stroke care resources
at **cdc.gov/stroke**.





F

FACE DROOPING



A

ARM WEAKNESS



S

SPEECH DIFFICULTY



T

TIME TO CALL 911

Learn the signs of stroke.

What IF

- Acute care - **HOSPITALIZATION**
 - Physical exams
 - Specialists/Consultants
 - Lab tests
 - Radiology studies
 - Medications
 - Surgery
 - Rehab Therapy assessments

What IF

- Post acute care - **REHABILITATION**
 - Home Health
 - Outpatient Clinic
 - Inpatient Hospital
 - Nursing Home

Inpatient Rehabilitation



Inpatient Rehabilitation





Stress Management Strategies

Stress can affect your mental and physical health in so many ways. Long-term activation of your body's stress response system, along with prolonged exposure to cortisol and other stress hormones, may put you at risk for health troubles like:

- digestive problems
- anxiety
- headaches
- depression
- sleep problems
- weight gain
- memory and concentration issues
- high blood pressure
- heart disease and stroke

So what can we DO about stress?

Get giggling. Make silly faces with the family, have a staring contest, watch videos of babies and puppies – whatever gets your belly moving, try blowing off some steam with some laughs! Bonus points if you laugh till you cry.

Let's list. Making a list can help you decide what's actually important to do today so you don't feel buried all the time. Added bonus? You'll feel a sense of accomplishment when you cross things off as "done."

Find a friend. Take a 60-second social break to message someone with a "Hello!" And hey, if it turns into a longer chat, we won't tell!

Move more. Movement is good for your heart and your mind. Dance like crazy to get the funk out, try hula hooping, briskly walk around the block and listen to the birds, or take that hip-hop class you've always wanted to try. Bonus points if you laugh while you're moving!

Get your butt in bed. Getting enough sleep can help you feel less cranky and overwhelmed, and more productive and creative. Sleep experts suggest aiming for about 7 to 9 hours of sleep a night.

Be with your breath. You've been breathing your whole life, but learning to focus on your breath can actually trigger your body's relaxation response. According to Dr. Herbert Benson, a cardiologist and Harvard Medical School professor of Mind Body Medicine, diaphragmatic (deep) breathing is one of several ways to elicit the relaxation response.



- Get comfy and take a normal breath.
- Next take a deep breath slowly through your nose, filling up your chest and belly. Let your belly really puff out
- Now breathe out slowly through your mouth (or nose, whichever) and repeat.

Meditate. Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life!

Recommended meditation or stress relief apps:

- Sanvello** – teaches mindfulness skills and provides mood and health tracking tools
- Headspace** – guided meditation
- Happify** – provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts
- Calm** – Sleep, meditation, and relaxation



F

FACE DROOPING



A

ARM WEAKNESS



S

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T

TIME TO CALL 911

Learn the signs of stroke.

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