

Women and Stroke

Stroke by the numbers



1 out of 4
will have a stroke
in their lifetime



1 stroke
occurs every
4 minutes



63% of people
with stroke are
under **70**

What is stroke?

A **disruption** in
blood flow to
the **brain**

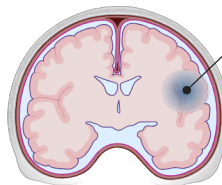
85%

13.7M
STROKES PER
YEAR

15%

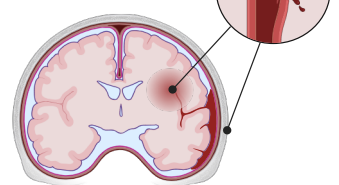
ISCHEMIC STROKE

Permanent or transient
blockage of an artery by a clot



HEMORRHAGIC STROKE

Rupture of an artery
in the brain



Know the signs of stroke

Because "time is brain"

F **Face**
Is it drooping?

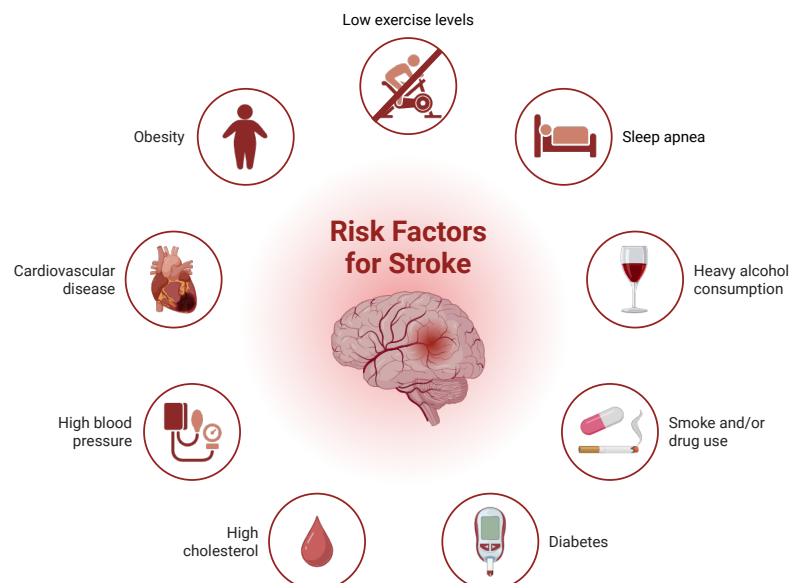
A **Arms**
Can you raise both?

S **Speech**
Is it slurred or jumbled?

T **Time**
To call 9-1-1

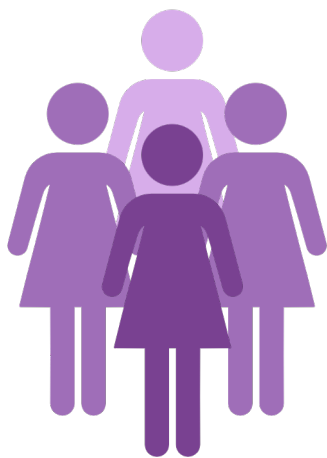
Know the risks of stroke

Many risk factors are modifiable



Beat stroke, call 9-1-1 FAST

Women are affected differently by stroke



Some stroke risk factors are unique to women and happen across life stages:

- Pregnancy
- Menopause
- Older age

Oral contraception and hormone replacement therapy both increase the risk of stroke

Women are more likely to experience

- Atrial fibrillation
- Greater post-stroke disability and mortality

Researchers are trying to understand how sex and gender factors affect risk of stroke and recovery post-stroke



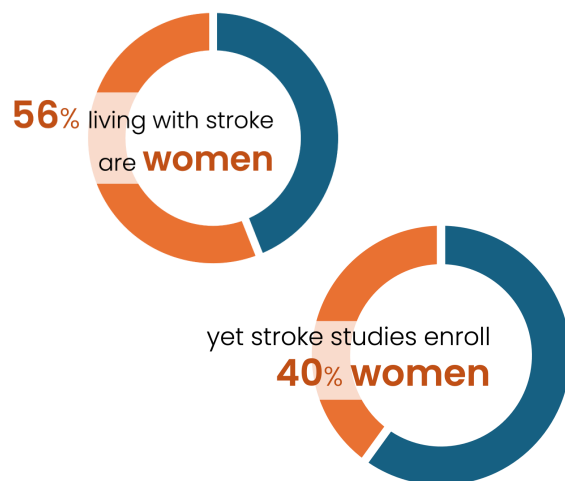
What is sex?

Refers to our biology, such as genes and hormones

What is gender?

Related to sociocultural factors
Can include how we see ourselves (identity and expression) and our roles at home and in society

Both can affect women's health including stroke risk and stroke recovery



Despite sex differences in stroke, lifestyle modifications including exercise can benefit everyone

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance



- Several hours of **light physical activities**, including standing

SLEEP



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible

Visit the Canadian Society for Exercise Physiology website to learn more about exercise and physical activity
www.csep.ca

Want more info about stroke in women?
Visit Heart & Stroke to learn more

