

Your Chances of Having a Female Brain Attack



Is it a headache, a migraine or a brain attack?

Is this woman experiencing a headache, a migraine or a brain attack?

If you answered headache or possibly a migraine you would find yourself among 70% of women who don't know a severe headache could also be a symptom of a stroke or the more accurate term "brain attack."

While women have become savvy about the health implications of breast cancer and heart disease, many unfortunately do not have the same **self care knowledge when it comes to a brain attack.**

10 Things You Should Know About a Female Brain Attack (stroke)

- 1. US women are three times more likely to experience a stroke than men**
2. Only one in four women can recognize more than two stroke symptoms
- 3. Twice as many women die of a stroke than breast cancer**
4. There is a 10% increase in stroke potential for every

decade after age 55

5. **Women can have a stroke at any age**
6. Pregnancy can increase the risk of a stroke
7. **Women may also experience stroke symptoms that differ from men**
8. A stroke can be preceded by symptoms that briefly appear but then disappear for hours, days or months
9. **Abdominal fat seems to be a greater stroke indicator in women than men**
10. A stroke is the leading cause of death for Hispanic women, and African-American women experience a higher stroke rate than Caucasian women

Stay tuned our next posting will tell you what are the unique brain attack symptoms every women should know.

– by Joyce Hansen