

# 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**

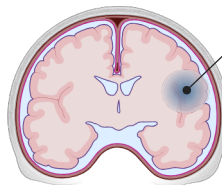
85%

**13.7M**  
STROKES PER  
YEAR

15%

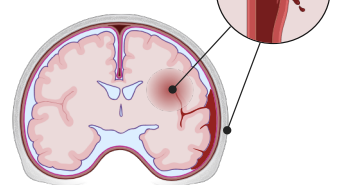
#### ISCHEMIC STROKE

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?

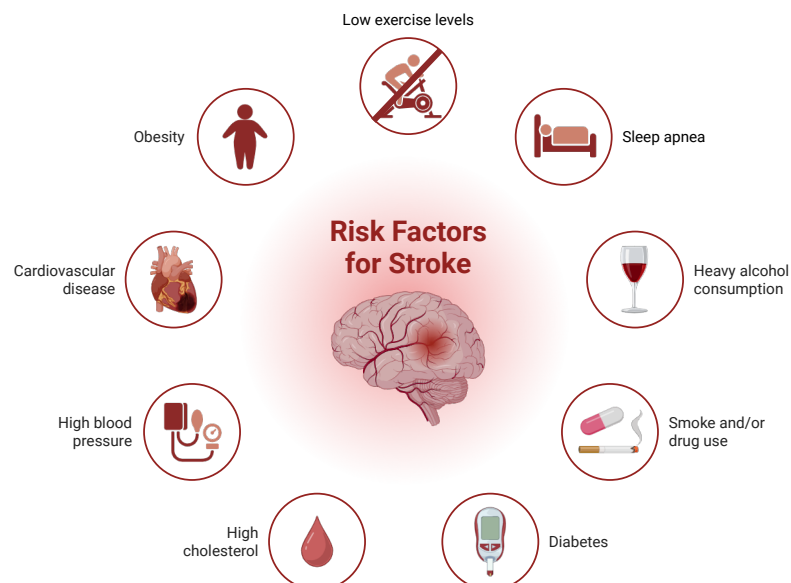
**A** **Arms**  
Can you raise both?

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

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

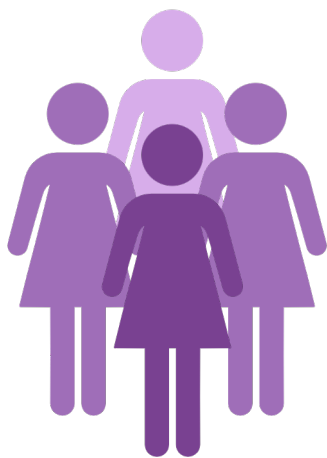
## Know the risks of stroke

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



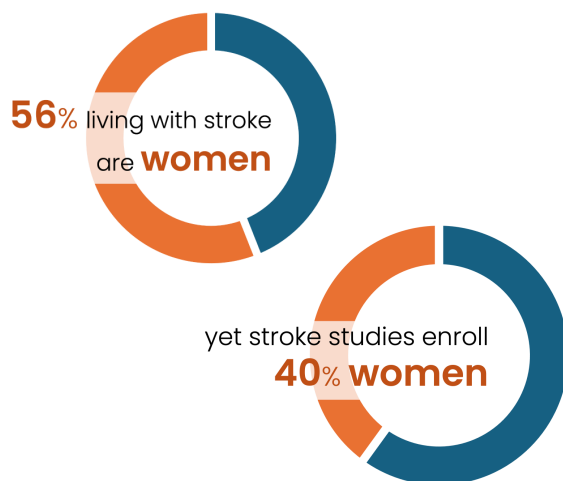
### What is sex?

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](http://www.csep.ca)

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

