



Fact Sheet

Stroke strikes suddenly – know the signs

Sudden headache, confusion or dizziness – many women might brush these symptoms off, but they can be signs of a stroke which can be a life-threatening emergency.

Strokes kill more women than breast cancer, so they must be taken seriously. Women at higher risk of stroke are those who smoke or who have high blood pressure, atrial fibrillation (a kind of irregular heart beat), heart disease, or diabetes. Women experiencing hormonal changes due to pregnancy, childbirth, or menopause are also at increased risk of stroke.

A stroke occurs when part of the brain doesn't get enough blood. It is sometimes called a "brain attack" because it injures the brain like a heart attack injures the heart. Stroke symptoms come on suddenly:

- sudden numbness or weakness in face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking, or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden severe headache with no known cause

The most effective stroke treatments are only available if the stroke is diagnosed within three hours of the first symptoms starting, so it is vital to get to an emergency room immediately.

Experts believe 8 in 10 strokes can be prevented. Some risk factors can't be changed, such as your age, family history, and ethnicity, but you can lower your risk for stroke by making healthy lifestyle choices.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



Public Health
Prevent. Promote. Protect.



Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401

(573) 458-6010 office

www.phelpscountyhealth.com