


# 1 IN 5 U.S. WOMEN WILL HAVE A STROKE

4 Out of 5 Strokes Are Preventable









## WOMEN VETERAN RISK FACTORS

-  **High blood pressure/cholesterol**
-  **Diabetes**
-  **Obesity**
-  **Substance use**
-  **Poor diet and exercise**
-  **Family history and race**
-  **History of preeclampsia**
-  **Mental health (PTSD, depression)**

## SYMPTOMS OF STROKE

If you experience these symptoms, **call 911.**

-  **Face drooping**
-  **Numbness or weakness of limbs**
-  **Difficulty speaking and confusion**
-  **Sudden trouble seeing**
-  **Dizziness and trouble walking**
-  **Severe headache**

Speak to your VA health care provider about your risks.



WOMEN VETERANS CALL CENTER  
**855.VA.WOMEN**

[www.womenshealth.va.gov/topics/heart-health.asp](http://www.womenshealth.va.gov/topics/heart-health.asp)

**VA**



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