

# 4 OUT OF 5 STROKES ARE PREVENTABLE

## WOMEN VETERAN RISK FACTORS



High blood pressure/  
cholesterol



Diabetes



Obesity



Substance  
use



Poor diet  
and exercise



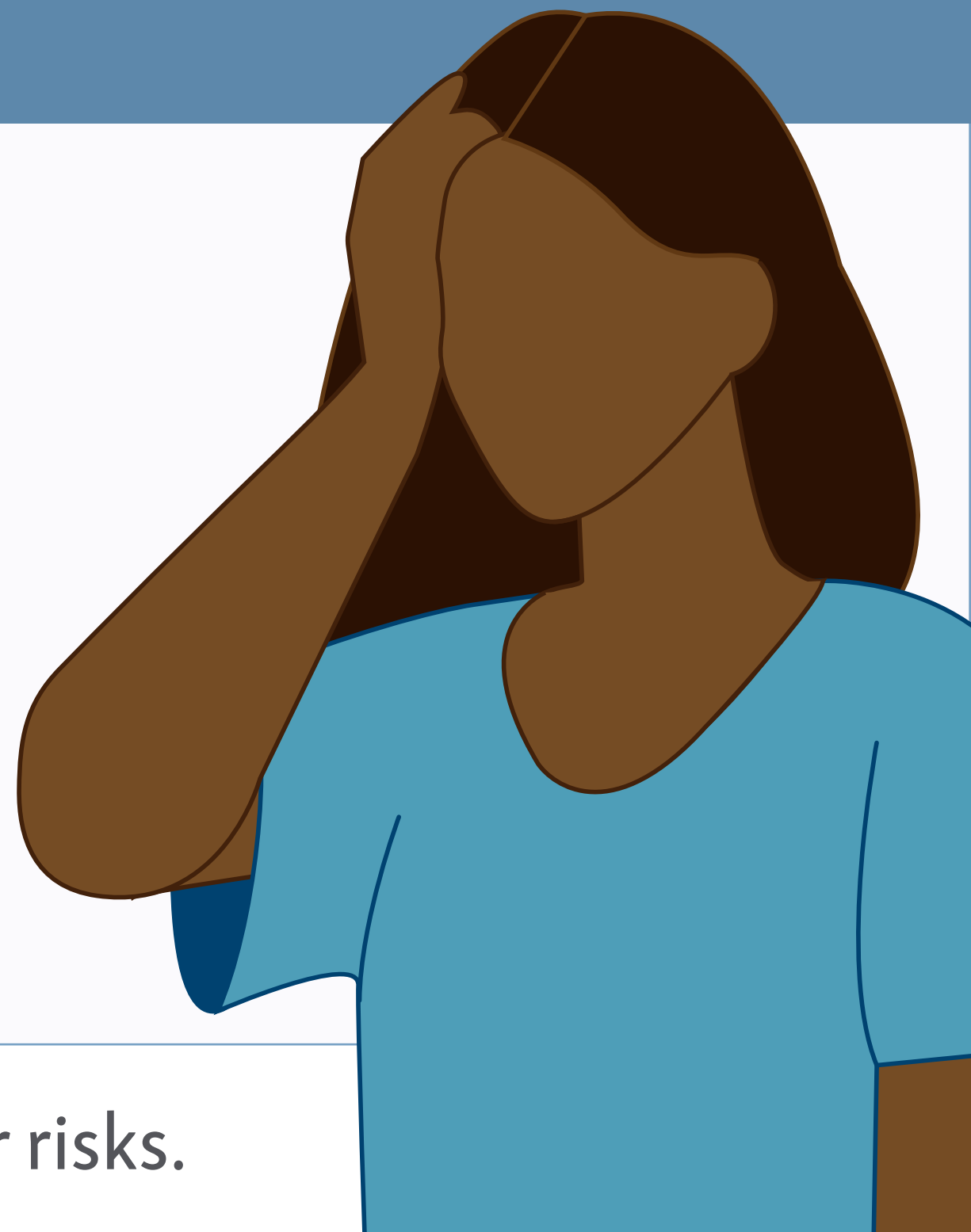
Family history  
and race



History of  
preeclampsia



Mental  
health (PTSD,  
depression)



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**



U.S. Department  
of Veterans Affairs