



Med Center Health®

## Stroke in Women

[MUSIC]

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Stroke is a major problem for women. As per the American Stroke Association, one in five women are affected by stroke. There are many causes for a stroke – 95% percent of stroke is caused by high blood pressure, cholesterol, kidney dysfunction, and high blood glucose. Seventy-five percent is also attributed to low exercise, smoking and diet.

High blood pressure and high cholesterol are not something which are going to produce symptoms. This means it's not going to cause any changes in your body so that you are going to become unwell.

Stroke in the worst case scenario can also lead to death. And this is the reason prevention is the best cure. Keep your doctor's appointment, make sure you check your blood pressure and also make sure you get your blood work done as needed.

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