

Stroke risk factors for women to know

Run time - :36

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A longtime stroke coordinator at OSF HealthCare, Leslie Ingold has seen a problematic nationwide trend: a gap in stroke treatment for women compared to men. It doesn't mean health systems aren't striving to provide the best care. Rather, Ingold says women – specifically those 80 and up – may be unaware of stroke risk factors that greatly impact them. Tim Ditman of OSF has more.

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Risk factors include hypertension, AFib, diabetes, being physically inactive, stress and depression, abnormal cholesterol, and smoking.

Bad headaches and hiccups can even be a sign.

Aside from healthy living, Ingold says a good step to prevent a stroke is for women to see a primary care provider. Don't rely on an O-B-G-Y-N for your care.

**\*\*\*SOUNDBITE\*\*\***

**Leslie Ingold**

**OSF HealthCare stroke coordinator**

**"Make an annual appointment with your primary. Know what your blood pressure is. Get annual lab work. Then discuss it all with your provider, and see if you need to make some lifestyle modifications." (:10)**

I'm Tim Ditman.

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Ingold adds if you have stroke symptoms, don't sleep them off. Call 9-1-1 and have a doctor evaluate you.