

Stroke risk factors for women to know

SOT

Leslie Ingold

OSF HealthCare stroke coordinator

“Women are less likely to be well-controlled in their blood pressure.” (:04)

SOT

Leslie Ingold

OSF HealthCare stroke coordinator

“AFib-related strokes in women are usually more severe and more often deadly.” (:05)

SOT

Leslie Ingold

OSF HealthCare stroke coordinator

“Women have an increased prevalence of depression over men. It’s associated with worse outcomes post-stroke. And higher stress jobs for women mean a higher stroke risk. That’s not seen in men.” (:17)

SOT

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)