

# What women should know about stroke

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Stroke is a medical emergency. The faster you get treatment, the better your chances are of recovering.

Mayo Clinic experts say women who have stroke symptoms should not

delay seeking treatment. They say some women don't realize the symptoms could be life-threatening, and don't get the care they need in time.

In this Mayo Clinic Minute, reporter Vivien Williams discusses what women need to know about stroke with Dr. Maisha Robinson, a Mayo Clinic neurologist.

Women—even [young women](#)—listen up, and learn about your risk of stroke.

"Risk factors for women are essentially the same as they are for men," says Dr. Robinson.

But there are differences, particularly for [pregnant women](#) and women on the pill because they have an increased risk of stroke.

"Sometimes, particularly in younger women, the [stroke symptoms](#) are not recognized as quickly as we would hope that they would be," says Dr. Robinson.

She says prompt treatment of symptoms improves your chances of recovery. Symptoms include difficulty talking, walking or thinking; sudden vision changes; sudden, severe headache; or numbness or paralysis. If symptoms happen, call 911—no matter how old you are.

And to prevent stroke, you should manage health issues that increase your risk, such as high blood pressure, high cholesterol, diabetes, excess weight and inactivity. And if you smoke, stop.

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