

When Stroke Affects Women



2,970 women in Northern Ireland will have a stroke this year

900 will die as a result and of these
360 could have been saved by simply **controlling their blood pressure**



55% of women in Northern Ireland don't even **know what their blood pressure** is and **56%** are unaware what an 'optimal' reading should be

Young women today may be up to **50% more likely to have a stroke** than twenty years ago

Women can **dramatically reduce their risk of a stroke** by having their **blood pressure** taken **regularly**, **taking moderate exercise**, **cutting down on alcohol** intake, **stopping smoking** and eating your '**five-a-day**'

The Stroke Association Northern Ireland is the only organisation in Northern Ireland solely dedicated to the needs of stroke survivors and people living with aphasia.

The Stroke Association NI is a community based charity, providing vital professionally led services such as speech & language therapy, family and carer support, training, information and advice to stroke survivors and people living with aphasia, their carers and families' right across Northern Ireland.

The
STROKE
Association
Northern Ireland

www.strokeni.org.uk

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