

# HOPE AFTER STROKE

At Hackensack Meridian *Health*, our stroke centers provide a full complement of services for the crucial hours, days and even years following a stroke.

Our primary and comprehensive stroke centers are among the largest in New Jersey.

Certified by the Joint Commission and New Jersey Department of Health and Senior Services, we care for thousands of stroke patients annually.

Providing the most advanced treatment options and stroke rehabilitation, we're offering hope after stroke.

Visit [HackensackMeridianHealth.org/Stroke](https://HackensackMeridianHealth.org/Stroke) or call 844-HMH-WELL to find a neurologist or a stroke support group near you.

## SUSPECT STROKE? ACT **F.A.S.T.**

Strokes come on quickly, so it's important to act FAST. FAST is a short acronym to identify symptoms of stroke.



### **Face.**

Ask the person to smile. Facial drooping may occur, and it can be more easily recognized if the person's smile is drooped to one side.



### **Arms.**

Ask the person to raise both arms. Does one arm drift downward? Are they experiencing numbness or weakness?



### **Speech.**

Is the person having trouble speaking?



### **Time.**

If you observe any of these signs, call 9-1-1 right away.



Hackensack  
Meridian *Health*



# HOW DOES STROKE DIFFER FOR WOMEN?

## UNDERSTANDING RISK FACTORS AND PREVENTION

### Q&A

#### **Q: What is the impact of stroke on women as compared to men?**

**A:** We know that 50,000 more women die of stroke each year compared to men. Women typically live longer than men and advancing age increases stroke risk. Women are also at risk due to hormones, pregnancy, childbirth, and migraines. Older women are more frequently diagnosed with Atrial fibrillation (AFib), another risk factor.

#### **Q. Where does stroke rank in terms of mortality for women and what are common symptoms for women?**

**A:** Stroke is the third leading cause of death for women and kills twice as many women as breast cancer. Common classic symptoms of stroke include sudden weakness or numbness on one side of the face, arm or leg, drooping of the face, speech problems, vision changes, difficulty walking or keeping balance, or excruciating headache without a known cause.



**Spozhmy Panezai, M.D.**  
Associate Professor, Seton Hall University  
Clinical Director of the  
Comprehensive Stroke Program  
Stroke and Neurovascular Center (SNC) at  
Hackensack Meridian Health  
JFK University Medical Center  
Neuroscience Institute

#### **Q: Do the symptoms of stroke differ for men and women?**

**A:** Women may experience the same symptoms as men, like the classic symptoms mentioned above, but they also tend to have other problems as well. Women are more likely than men to present with more subtle stroke symptoms including generalized weakness, fainting, difficulty breathing or shortness of breath, agitation, hallucinations, hiccups, or nausea and vomiting.

#### **Q: What can women do to prevent stroke?**

**A:** They should work closely with their doctors to identify and address any medical risk factors they may have. Common stroke risk factors include high blood pressure, high cholesterol, smoking, diabetes, being overweight and physically inactive, carotid artery disease, using birth control pills or hormone replacement therapy, and atrial fibrillation. Modifications in their lifestyle should also be addressed. This may include changing their dietary habits, engaging in regular physical activity, stop smoking, and reducing alcohol consumption.

#### DID YOU KNOW?

- 80% of strokes are preventable
- About every 40 seconds, someone in the U.S. has a stroke
- Stroke accounts for one out of every 20 U.S. deaths
- Stroke is sometimes referred to as a “brain attack,” when blood flow to an area of the brain is cut off
- High blood pressure is major risk factor for stroke, but one in three women does not know she has it



Hackensack  
Meridian Health