

Today is World Stroke Day



Today, the 29th of October, 2015 is [World Stroke Day](#), an annual event organised by the The World Stroke Organization. This year's theme is "I am Woman" as it focuses on women and their risk of stroke.

Some key points that will be highlighted include the fact that women are not only more at risk of having a stroke but also more likely to die from it. They are also less likely to receive acute care and rehabilitation as compared to men despite the fact that women respond equally well to treatment. In addition, women are more likely to experience severe decline in cognitive function and are at a higher risk of post-stroke depression and institutionalisation. They are more likely to experience hypertension, atrial fibrillation, diabetes, depression and obesity, factors that increase the risk of stroke.

There are other stroke risks that are specific to women including pregnancy related diabetes, preclampsia, birth control pills, hormone replacement therapy and hormonal changes.

By focusing on this theme this year, it is the organisation's goal to make women understand these risks so that they can take steps that would help in preventing stroke. Women are begin encouraged to adopt healthier lifestyle and to ensure they get regular checks from their healthcare provider.

On this day, the World Stroke Organization is calling out to communities and individuals to show that they care and to share information about stroke prevention for women in their communities.

You can also be part of this event. Click [here](#) to find out more about the World Stroke Organization and how you can also be part of this campaign.

Source: [The World Stroke Organization](#).

Image Credit: American Heart Association

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