Mayo Clinic Minute
What Women Need to Know About Stroke

Maisha Robinson, M.D.
Neurology
Mayo Clinic

“Sometimes, particularly in younger women, the stroke symptoms are not recognized as quickly as we would hope that they would be.”

To graphics:
Stroke symptoms
• Difficulty talking, walking, thinking
• Sudden vision changes
• Sudden, severe headache
• Numbness, paralysis

Prevent stroke
• Blood pressure
• Cholesterol
• Diabetes
• Weight and inactivity

Mayo Clinic neurologist Dr. Maisha Robinson 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, manage health issues that increase your risk: high blood pressure, high cholesterol, diabetes, excess weight and inactivity. And if you smoke, stop. For the Mayo Clinic News Network, I’m Vivien Williams.