

# **A Female Brain Attack = Call 911**

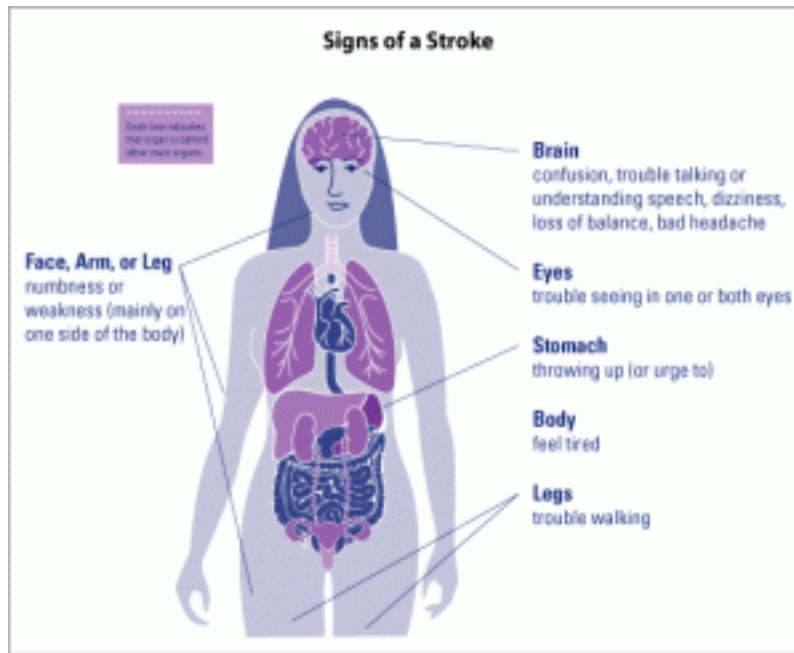
**Could you be one of the 425,000 women who experience a brain attack/stroke each year?**

Yesterday, we covered Your Chances for Having a Female Brain Attack. Today is a follow-up to recognizing the symptoms.

There are two sets of brain attack/stroke symptoms to be aware of. The first is five classic symptoms that are usually associated with both men and women. The second is seven symptoms that are unique to women and often go unrecognized for their potential danger. Women lacking awareness of these unique symptoms often dismiss them and delay seeking critical medical assistance.

**The five classic brain attack/stroke symptom to be aware of are:**

1. Weakness or numbness occurring in the face, arm, leg (usually on only one side of the body)
2. Mental confusion, inability to speak or understand coherently
3. Blurring of vision in either both or one eye
4. Inability to walk, onset of dizziness or loss of balance and/or coordination
5. Severe headache without a known cause



Female Stroke Signs –  
womenshealth.gov

**The Seven unique brain attack/stroke symptoms for women are:**

1. Sudden onset pain in the face and limb
2. Sudden onset of hiccups
3. Sudden onset of nausea
4. Sudden onset of a general weakness
5. Sudden onset of chest pain
6. Sudden onset of shortness of breath
7. Sudden onset of palpitations

## **The Four Reasons why you immediately call 911**

1. **Medical treatment needs to begin within three hours** of experiencing a brain attack/stroke for maximum recovery
2. A brain attack/stroke is the **leading cause of adult disability**
3. A brain attack/stroke is the **third cause of death** after heart disease and cancer
4. Time is of the essence, for every minute the brain goes without oxygen, **it loses up to 1.9 million brain cells**

[I'm reinterpreting the phrase a mind is a terrible thing to waste from the United Negro College Fund campaign but it is most apropos here.]

**Remember, the function of your female brain is a terrible thing to lose. Don't wait – Call 911**

by Joyce Hansen