

Table 3**American Heart Association/American Stroke Association guidance for the prevention of stroke in women**

Risk factor	Stroke risk	Recommendations¹⁸
Pregnancy	Increases risk of ischaemic stroke ¹¹	Hypertension in pregnancy should be treated safely
Preeclampsia	Doubles risk of stroke in later life ¹⁸	Reduce risk of preeclampsia by use of low-dose aspirin from 2nd trimester
Oral contraception	Doubles risk especially with hypertension ¹⁸	Screen blood pressure prior to commencing hormonal contraception
Hormone replacement therapy	Increases risk by 44% ⁶	Should not be used to prevent stroke in postmenopausal women
Migraine with aura + smoking	Increases risk x2 ¹⁸	Strongly advise smoking cessation
Atrial fibrillation	Increases risk 4-5x ¹⁸	Screen women >75 years for atrial fibrillation