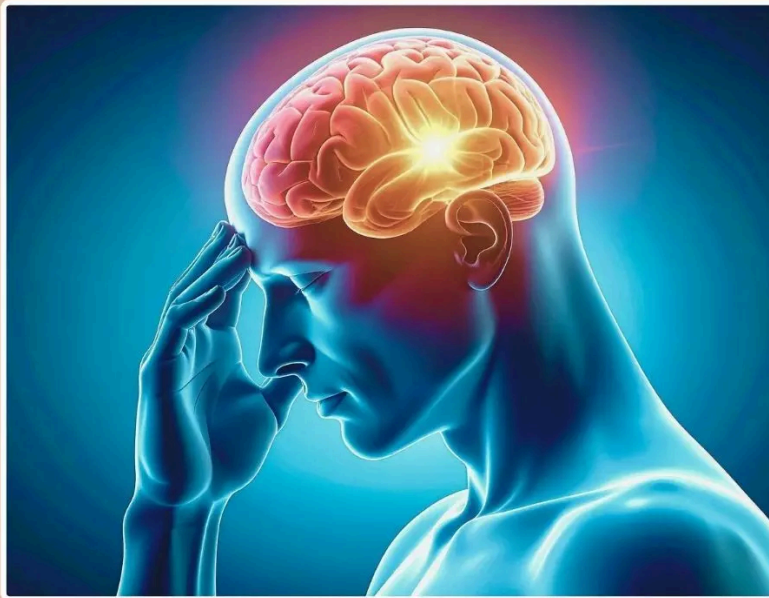


# World Stroke Day: Women and Stroke - The Silent Warnings Often Ignored - Dr Gaurish Kenkre



Written by Dr Gaurish Kenkre | 29 Oct 2025 4:45 PM



**Dr Gaurish Kenkre**

## Hidden Stroke Threats

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### Time Means Everything

Stroke remains a silent threat for many women; it often **strikes** without being detected in time. Biological factors, **hormonal** changes, and lifestyle pressures tend to place women at a distinct risk of **stroke**.

Consequently, delayed recognition and [diagnosis](#) remain common. Understanding these subtle indicators is key to saving lives. This article explores why women's stroke symptoms are frequently missed and how timely awareness can help identify them early.

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**Also Read** - [Hidden Brain Hemorrhage Discovered in Teen After Months of Headaches – Wockhardt Hospitals](#)

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## Basic Symptoms and Subtle Indicators

A stroke occurs when blood flow to a part of the brain is interrupted, depriving brain cells of oxygen. While the basic warning signs, such as sudden weakness on one side, slurred speech, or facial drooping, are the same for everyone, women may experience additional, less typical symptoms, such as sudden confusion, dizziness, nausea, chest pain, shortness of breath, or an unusual sense of fatigue. These signs often resemble routine health issues or hormonal changes, causing them to be missed or misread.

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**Also Read** - [Experts Warn: Personal Bias and Blind Beliefs Fuel False Vaccine-Autism Link](#)

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## Why are Women at Greater Risk?

Statistically, women are more prone to strokes than men and often face greater challenges during recovery. Regular hormonal shifts, pregnancy-related complications, and a higher tendency toward conditions like hypertension make women more susceptible to stroke.

Despite this, a significant reason why women face delayed diagnosis lies in perception – both personal and societal. Women often prioritise family and work, which in turn affects their own health. Many women wait to

‘feel better’ before seeking help, thus losing valuable time in seeking treatment.

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**Also Read -** [Everbloom Inspires Collective Action for Stroke Prevention and Holistic Wellbeing](#)

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## **Spot the Signs – Act F.A.S.T.**

**Recognising early signs of stroke is crucial. The F.A.S.T. test remains the simplest and most reliable tool:** Face drooping, Arm weakness, Speech difficulty, and Time to call emergency services. However, if a woman experiences sudden confusion, severe headache, or unexplained shortness of breath, it is equally important to act quickly.

## **Prevention Starts Early**

Prevention plays a major role in managing stroke. Powerful protective measures include: managing blood pressure, cholesterol levels and blood sugar, maintaining a balanced diet, exercising regularly, and avoiding smoking and excessive alcohol consumption.

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**Also Read -** [AI Enabled Screening Key to Preventing Strokes in Young Indians Say Experts at World Stroke Day](#)

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Women with a history of gestational diabetes, pre-eclampsia, or hormonal therapy should consult their doctors for a tailored stroke risk assessment and prevention methods.

## **Recovery and Hope**

Stroke recovery takes time and a lot of determination. However, with early diagnosis, proper medical support and guided rehabilitation, a remarkable improvement is possible.

Along with medical assistance, emotional recovery matters just as much - support from family, friends, and counsellors can make a significant difference.

## The Final Takeaway

The takeaway is simple yet important: listen to your body. Even the smallest sign can be your body's way of asking for help. Stay aware, act early, and protect your health.

***Disclaimer: The views expressed in this article are of the author and not of Health Dialogues. The Editorial/Content team of Health Dialogues has not contributed to the writing/editing/packaging of this article.***

World Stroke Day

Women's Health

Stroke Awareness

Neurology

## Topic:



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