I had a stroke and I need to renew my medication

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Introduction: Stroke has a large population impact not only for the high mortality, but also for its potential to generate motor and cognitive disability. Stroke patients have a 15–fold increased risk of a recurrence.

Case report: Female, 69 years old, went 3 times to the emergency room with dizziness and decreased strength and, on the fourth time, she had dysarthria and paresis of the right lower limb. The CT scan showed a cerebral infarction. She was discharged on the same day and medicated. Fifteen days after the onset of symptoms, she requested a consultation with her family doctor for medication renewal. On this consultation, she maintained dysarthria and paresis of the right leg. No referral for follow-up consultation and monitoring of the clinical status was found. During the consultation, the risk factors were identified and corrective measures were implemented. The investigation of the main causes of stroke showed no alterations on the echocardiogram and Holter monitoring. The carotid ultrasound revealed a 70–80% stenosis of the left internal carotid artery. The medication was reviewed and the patient was referred to a neurologist and to physical rehabilitation. Later on, she had an endarterectomy.

Conclusion: The follow-up of post-stroke patients should address the quantification of the disabilities and implement treatments. In order to reduce recurrent disabilities and mortality, identification and correction of the main risk factors, and a search for treatable causes of stroke, should be performed.