



ORAL PRESENTATION

About a case of stroke in a young patient

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Abstract

Introduction: Stroke is one of the leading causes of death and disability in Portugal. It is more frequent in individuals aged 50 or more, particularly in men. Stroke can be prevented through the control of modifiable risk factors such as diet, alcohol abuse and smoking.

Case Report: We present a case of a female Caucasian 48-year old married patient. She had Wolff-Parkinson-White syndrome, diagnosed at age 17 (with multiple unsuccessful attempts of treatment through ablation), uterine myoma, urinary incontinence, post-appendectomy status (surgery in 2006) and was a smoker (10 pack-years). Chronic medication: atenolol. She had no family history of cardiovascular disease. The patient was able to perform her activities of daily living independently until October 2016 when she presented with

syncope followed by left homonymous hemianopia, dysarthria and left hemiparesis, caused by right middle cerebral artery and internal carotid artery occlusion. After being discharged from the hospital, the patient maintained the neurological deficits requiring a rehabilitation program. At this moment, the patient is following this rehabilitation program, which involves physiotherapy, occupational therapy, speech and language therapy, under the orientation of several medical specialties, namely, physical medicine and rehabilitation, neurology and psychology.

Conclusion: Stroke has high social and economic costs, with negative effects in the patient and their family. Therefore, its prevention through the control of risk factors is essential.

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