



POSTER

Ischemic stroke in young adults—experience from a regional hospital

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Abstract

Background: Ischemic stroke, though being less common in young than in older adults, is an important cause of disability in the former.

Objectives: To describe risk factors, etiology, treatment and prognosis of young patients with ischemic stroke.

Methods: Retrospective analysis of patients aged 55 years or younger hospitalized in the internal medicine ward with ischemic stroke from January 1st 2013 to December 31st 2016.

Results: The study included 31 patients, 74.2% were men, with a median age of 48 year. Most of the patients had at least one cardiovascular risk factor. Arterial hypertension was the most common risk factor (64.5%), followed by hypercholesterolemia and cigarette smoking (35.5% each) and diabe-

tes mellitus (25.8%). The etiology of the ischemic stroke was as follows: atherothrombosis in 25.8%, lacunar stroke in 19.4%, cardioembolism in 16.1%, other determined causes in 19.3% (including nonatherosclerotic vasculopathies in 3.2%) and undetermined in 19.4%. All patients were discharged with an antiplatelet drug and 25.8% were also treated with an anti-coagulant. None of the patients had a recurrent episode at 6 months, but one died of unrelated causes and three abandoned follow-up.

Conclusions: The majority of stroke events in the patients studied appear to be related with a high prevalence of classical cardiovascular risk factor, which should be targeted with specific health programs in order to reduce the morbidity and mortality associated with stroke in this population.

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