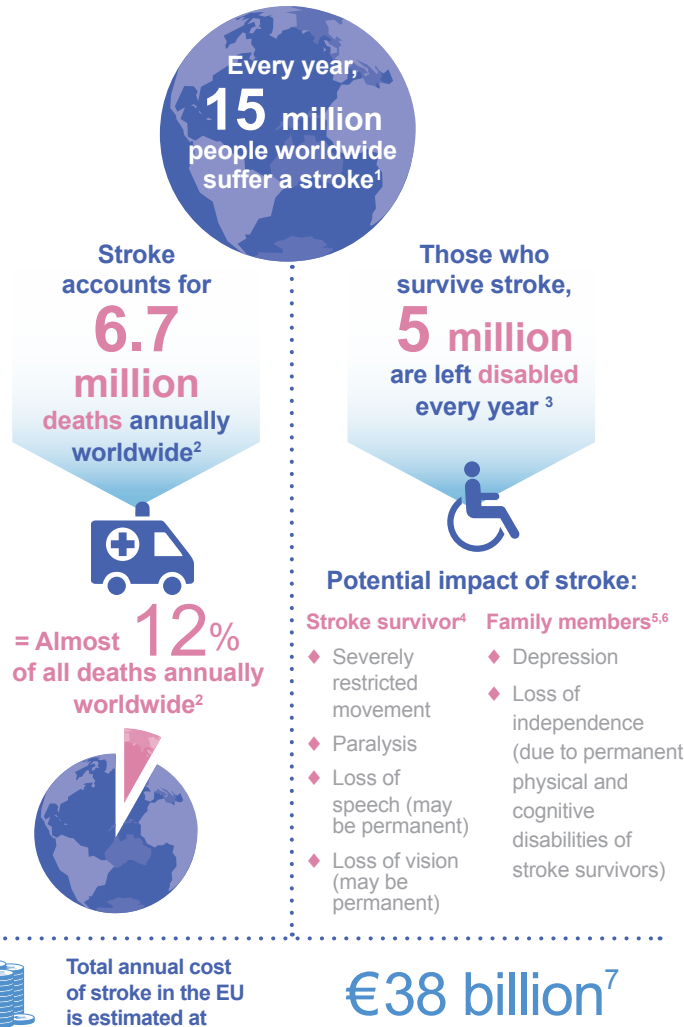


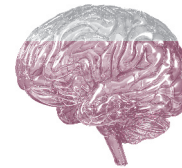
Stroke: Impact, Types and Risk Factors



Ischaemic stroke

85%

of all strokes are caused by blood clots⁸



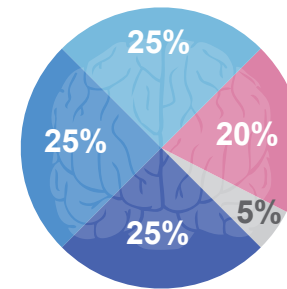
Types of ischaemic stroke⁹:

- Large-artery atherosclerosis
- Embolic stroke of undetermined source (ESUS)
- Small-artery disease
- Recognised cardiogenic embolism
- Unusual causes

Haemorrhagic stroke

15%

of all strokes are caused by bleeding in the brain⁸



Atrial fibrillation (AF):

AF, often the cause of recognised cardio embolic stroke, is an irregular heartbeat that causes turbulent blood flow which can lead to the blood clotting. These blood clots can travel to the brain and trigger a major and often fatal stroke^{10,11}. AF has no geographic, gender or socio-economic boundaries and is responsible for approximately 20% of all strokes caused by blood clots¹¹



Risk factors for ischaemic stroke can include¹²:



Being overweight/obesity



Lack of exercise/movement



Heavy drinking



High blood pressure



Drug use



Smoking



High cholesterol



Cardiovascular disease



Sleep apnoea



Diabetes



It is important for doctors and patients to discuss all available treatment options to ensure the patient receives the best protection against stroke for their lifestyle



References: 1) World Heart Federation Stroke Factsheet. Available at: <http://www.world-heart-federation.org/cardiovascular-health/stroke/>. Accessed January 2015. 2) World Health Organisation (WHO). The top 10 causes of death. Available at: <http://www.who.int/mediacentre/factsheets/fs310/en/index2.html>. Accessed January 2015. 3) Mackay, J, Mensah, G. Global burden of stroke. The Atlas of Heart Disease and Stroke. United Kingdom: World Health Organization 2004. Available at http://www.who.int/cardiovascular_diseases/resources/atlas/en/. Accessed January 2015. 4) News Medical. What is a stroke? Available at <http://www.news-medical.net/health/What-is-a-Stroke.aspx>. Accessed January 2015. 5) Grant JS, et al. Caregiving problems and feelings experienced by family caregivers of stroke survivors the first month after discharge. Int J Rehabil Res 2004;27:105–11. 6) Wolfe C, Rudd A. The Burden of Stroke White Paper: Raising awareness of the global toll of stroke-related disability and death. 2007. <http://www.safestroke.org/Portals/10/FINAL%20Burden%20of%20Stroke.pdf>. Accessed January 2015. 7) European Heart Network and European Society of Cardiology, September 2012. European Cardiovascular Disease Statistics 2012 Edition. Available at: <http://www.escardio.org/about/documents/eu-cardiovascular-disease-statistics-2012.pdf>. Accessed January 2015. 8) Intercollegiate Stroke Working Party. National clinical guideline for stroke, 4th edition. London: Royal College of Physicians 2012 P4 9) Hart RG, Diener HC, Coutts SB, et al. Embolic strokes of undetermined source: the case for a new clinical construct. Lancet Neurol 2014; 13: 429–38. 10) NHS Choices. Atrial fibrillation. Available at <http://www.nhs.uk/Conditions/Atrial-fibrillation/Pages/Introduction.aspx>. Accessed January 2015. 11) Atrial Fibrillation Society. The AF Report Atrial Fibrillation: Preventing a Stroke Crisis. Available at <http://www.preventaf-strokecrisis.org/files/files/The%20AF%20Report%2014%20April%2012.pdf>. Accessed January 2015. 12) Mayo Clinic. Stroke Risk Factors. Available at <http://www.mayoclinic.org/diseases-conditions/stroke/basics/risk-factors/con-20042884>, Accessed January 2015.