



A CLINICAL STUDY ON ETIOPATHOGENESIS OF STROKE IN YOUNG

KEYWORDS

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ABSTRACT *Stroke is a leading cause of morbidity, occurs predominantly in middle and late years of life. Though the incidence of stroke increases with age, this study focuses on etiological, pathological presentation of stroke in young. This study evaluates risk factors and different modes of clinical presentation of stroke in young adults.*

AIM OF THE STUDY

1. To evaluate the risk factors of Stroke in young adults.
2. To study the different mode of clinical presentation or types of Stroke in young adults.

Materials and Methods:

This study was conducted in ASRAM medical college hospital, includes fifty patients of stroke in patients below 40 years of age, admitted in Medical, Neurology wards. A detailed clinical history for risk factors like smoking, alcohol, Rheumatic heart disease, pulmonary tuberculosis, family history of cerebrovascular disease and clinical examination had been done with relevant investigations. Patients of stroke above 40 years age are excluded in the study.

Results:

Table:1 Age wise distribution of stroke in Young

Age (in years)	No of cases	Cases Percentage
20 and below	9	18%
21 - 25	6	12%
26 - 30	9	18%
31 - 35	10	20%
36 - 40	16	32%

Table:2 Etiopathology wise distribution of stroke in young

Etiopathology	Number of cases	Percentage
Cardiac disease	13	26%
Premature atherosclerosis	7	14%
Hypercoagulable state	7	14%
Cortical vein thrombosis	6	12%
AV Malformations	4	8%
Hypertensive bleed	3	6%
Tuberculosis of Brain	3	6%
Takayasu's arteriosclerosis	2	4%
Idiopathic	2	4%
Brain abscess	1	2%
Carotico embolic	1	2%
Trauma	1	2%

Fig 1: Pathological distribution of stroke in young

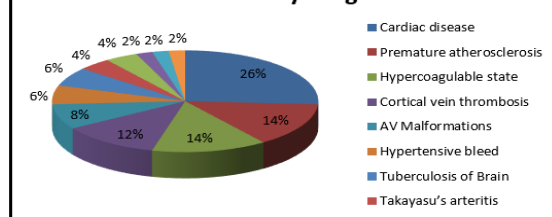


Table:3 Clinical Presentation of stroke

Type of Lesion	No: of cases	Percentage
Infarction	33	66%
Hemorrhage	13	26%
Others	4	8%

Discussion:

In this study, the peak incidence of stroke was observed in the age group of 36-40 years which was 32%. It was 20% in the age group of 31-35 years. In a study conducted by P.M.Dalal et al80, the incidence of stroke was maximum in the age group of 36-40 years which is similar to our study.

In our study 52% of patients were above the age of 30 years, compared are 48% patients in the above study. Most of the patients (26%) who developed stroke are cardiac patients. Premature atherosclerosis is the risk factor for 14% of stroke patients. Patients are having recurrent stroke.

CONCLUSION

1. The incidence of stroke in young adults is more common in the age group between 36-40 years & males are more affected (64%) than females (36%).
2. Cardio embolic stroke is the commonest cause of stroke in young adults. Smoking is the most significant risk factor for stroke in young adults mainly due to the premature atherosclerosis associated with it.
3. All the patients who suffered from cortical vein thrombosis are females in puerperal period.
4. Among hypercoagulopathies causing stroke, hyperhomocysteinemia is the commonest followed by Antithrombin III deficiency.
5. The predominant mode of presentation of stroke is middle cerebral territory involvement. The commonest pathological type is (ischaemic stroke (66%).
6. In vascular disease, takayasu's arteritis causes 4% of stroke & arteriovenous malformation causes 8% of stroke.

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