



ASSESSMENT OF MODIFIABLE RISK FACTORS IN PATIENTS HAVING HISTORY OF STROKE

Physiology

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ABSTRACT

According to Global Stroke Fact sheet 2022 of World Stroke Organization, there are 12.2 million new stroke cases every year. World wide, out of every four people, one over age of 25 years will have a stroke in their lifetime. About 16% of all stroke cases occur in people having age between 15-49 years. More than 62% of all stroke cases occur in people under 70 years of age. According to previous studies, stroke is associated with many risk factors. So it is necessary to identify the population which is at high-risk by proper assessment. The observational cross-sectional study was performed over 30 people having history of stroke. They were inquired properly regarding their illness and history of modifiable risk factors which may have association with stroke namely Hypertension, Type-2 Diabetes mellitus, Cigarette smoking, Alcoholism and sedentary lifestyle. Out of 30 patients of Stroke, Hypertension were found in 12 persons(40%), Type-2 Diabetes mellitus in 9(30%), Addiction of Cigarette smoking in 12(40%), Addiction of Alcohol in 6(20%) and 16(53.33%) were having sedentary life style. So it was concluded that people having any of these risk factors are at high risk of developing Stroke. So it is necessary to assess population at high risk and to spread awareness about risk factors and complications associated with disease.

KEYWORDS

Stroke, Hypertension, Diabetes mellitus, Cigarette smoking, Alcoholic, Sedentary life style.

INTRODUCTION

Stroke is a one of the leading cause of adult mortality and disability. According to The Global Burden of Disease report of 2017, stroke is the second most common cause of death worldwide, and the third most commonest cause for disability. According to Global Stroke Fact sheet 2022 of World Stroke Organization, there are 12.2 million new stroke cases every year. Worldwide, out of every four people, one above the age of 25 will have a stroke in their lifetime. Each year, more than 16% of all stroke cases occur in people between the age of 15-49 years and over 62% of all stroke cases occur in people under the age of 70 years. According to previous studies, stroke is associated with many risk factors. So we can identify the population which is at high-risk and that is why it has become necessary to examine the predisposing and modifiable risk factors in the Indian population. Several risk factors like Hypertension, diabetes mellitus, dyslipidemia, sedentary life style, atrial fibrillation, Alcohol consumption, smoking, substance abuse etc. are having association with stroke.

Case Study

The observational cross sectional study was performed over 30 people having history of stroke at department of physiology of B. J. Medical College & Civil Hospital, Ahmedabad during period of July-September, 2023. They were inquired thoroughly regarding their diseases condition and history of modifiable risk factors which may have association with stroke namely Hypertension, Type-2 Diabetes mellitus, Cigarette smoking, Alcoholism and sedentary lifestyle along with its duration including sequence of occurrence after taking proper consent. Data were collected, entered in excel sheet and analyzed accordingly.

CONCLUSIONS

Risk factor Association with stroke cases is as Hypertension 40%, Type-2 Diabetes Mellitus 30%, Cigarette smoking 40%, Alcohol consumption 20%, Sedentary lifestyle 53.33% as per this study. Thus People having any of Hypertension, Type-2 DM, Cigarette smoking, Alcoholism and sedentary life style are at high risk of developing Stroke. So it is necessary to assess population at high risk regularly and to spread awareness about risk factors and risks associated with stroke.

Table – 1 Risk Factor Association

Risk factors	Hypertension	DM-2	Alcohol consumption	Cigarette smoking	Sedentary lifestyle
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No. of patients	12	9	12	6	16
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