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Risk factor profile of different ischaemic stroke subtypes in Pomeranian Stroke Registry - a preliminary report

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Background: The mechanism of cerebral small vessel disease (SVD) is incompletely understood. Both atherosclerosis and a non-atherosclerotic diffuse arteriopathy have been reported pathologically. One way of obtaining information on pathogenesis is to compare risk factor profiles between different stroke subtypes. The aim of this study was to compare relevant risk factors for cerebral LVD and SVD in stroke patients of Pomeranian Stroke Registry.

Material: The data of 809 patients recorded in Pomeranian Stroke Registry from 01.06.2006 - 31.05.2007 were evaluated.

Methods: Known stroke risk factors and clinical findings on admission were documented. Risk factor profiles were compared in stroke patients with SVD (n=221) and LVD (n=588).

Results: There were no differences in incidence of arterial hypertension, hypercholesterolemia, and smoking between patients with LVD and SVD. Diabetes was commoner in LVD than SVD, but only in female patients (OR 1.8 (1.1–3.3) p=0.04). Congestive heart failure was commoner in LVD than SVD in both all (OR 2.8 (1.6–4.9) p<0.01), male (OR 2.3 (1.1–4.8) p=0.03) and female patients (OR 3.3 (1.4–8.1) p<0.01).

Conclusion: Risk factor profile for SVD as a whole differs from the typical pro-atherogenic profile seen in patients with large artery stroke. Women and men with stroke differ in their risk factor profiles. The association of congestive heart failure with Lvd may be consistent with a large artery atherosclerosis origin of stroke .

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Risk factors for cerebrovascular pathology in the Republic of Moldova

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Cerebrovascular pathology is a major health care problem in the Republic of Moldova. Lethality due to stroke is 196 cases per 100.000 inhabitants and is much higher than in the eu and neighboring countries. Stroke in on the second place only after cardiovascular pathology on the general mortality list.

The goal of the study was to establish the risk factors for stroke in acute stroke patients admitted to the hospital.

Methods: A questionnaire, containing 25 indices, was developed to estimate the risk factors in 200 consecutive patients with stroke admitted to the institute of neurology and neurosurgery. In the studied group 62% percent were males, 38% - females. The average age of patients was 61,5±4,3 years. Nine percents of them were younger than 45 years. 71% patients developed ischemic stroke, 29% - hemorrhagic.

Results: Arterial hypertension was the main established risk factor (64%) in the studied group, followed by obesity (51%) and diabetes mellitus (33%). In 32% cases the duration of arterial hypertension was more than 10 years. 16% of patients didn't receive any treatment for blood pressure control. 29% patients had a family history of stroke. Cardiac pathology was established in a significant number of cases (myocardial infarction – 10%, atrial fibrillation – 23%, valvulopathy – 13%). Moderate alcohol consumption mentioned 61% patients. Smoking mentioned 29% patients. Female patients denied the use of contraceptive drugs during the fertile period. Excessive salt consumption could be attested in 52% cases. 29% patients confirmed regular consumption of products containing animal fat at list one time per day. Only 10% patients mentioned regular check up and of the cholesterol.

Conclusions: Uncontrolled arterial hypertension is the main stroke risk factor for the population of the Republic of Moldova. Both medical and public health measures should be undertaken to reduce the burden of cerebrovascular pathology.