

STROKE RISK FACTORS IN YOUNG ADULTS IN THE POPULATION OF THE REPUBLIC OF MOLDOVA

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Introduction

Stroke in young adults accounts for approximately 15% of all stroke cases. Causes of stroke in young adults are often rare or remain undetermined, however, traditional cardiovascular risk factors should not be underestimated in the occurrence of stroke in this population. In this study we aimed to estimate the stroke risk factors in young adults.

Material and methods

A study aiming to assess the stroke risk factors in the population of the Republic of Moldova was initiated in 2015. Subjects were examined according to an international protocol for estimation of risk factors. Also, a retrospective study evaluating the spectrum of stroke risk factors in young adults, who already suffered a stroke, was conducted at the Institute of Emergency Medicine (IEM).

Results

First study included 658 subjects aged 18-50 years, of which 392 (60%) were women and 266 (40%) men. The mean age was 37.1 ± 8.8 years. The most common risk factors identified were abdominal obesity in 403 (61.2%), dyslipidemia in 308 (46.8%) cases and general obesity of varying degree in 200 (30.3%) cases ().

Results

In the study of young patients who suffered a stroke, 173 subjects were included - 58 (34%) women and 115 (66%) men. Age varied between 18 and 50 years, the average being 43.2 ± 6.0 years. Patients were hospitalized in the IMU during the 2015-2017 years. The most common risk factors were hypertension (82%), dyslipidemia (54%) and the presence of atherosclerotic plaques (26%).

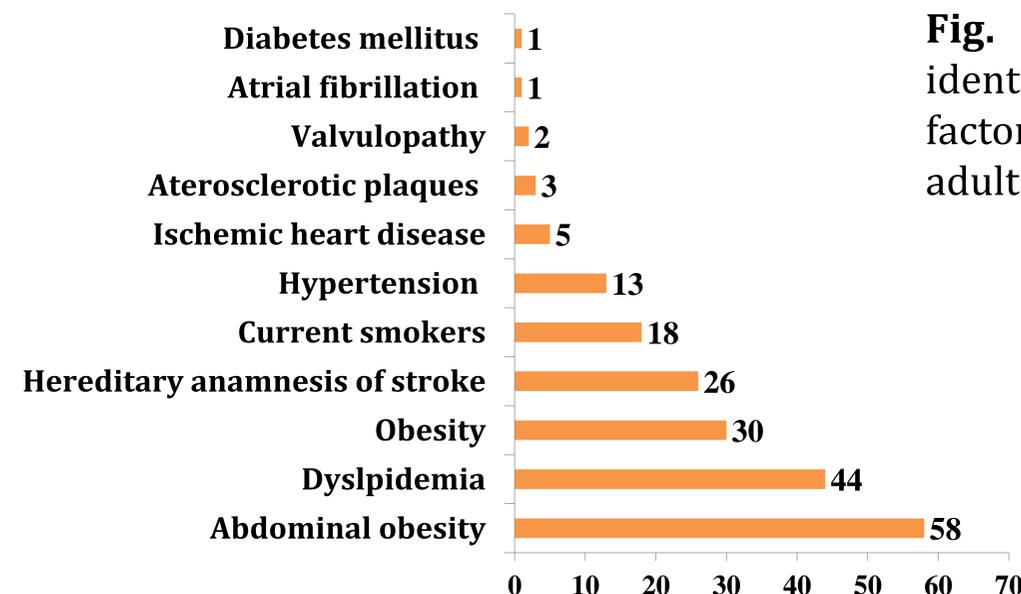


Fig. 1. The main identified stroke risk factors in young adults (%).

Conclusions

Stroke in young adults is a major public health problem. A better understanding of the risk factors and long-term prognosis is extremely important. So far, detailed information on stroke risk factors in young adults still remains limited.