

Stroke in Young Age, Causes and Management

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Abstract

A standardized definition of “young adults” is lacking. People under 40, 45, 50, or even 55 years of age have been classified as young adults.

Strokes in young adults are reported as comprise 10%–15% of all stroke patients. The nature and aetiology of stroke in young adults is different from that in older patients. Stroke in the young has a disproportionately large economic impact by leaving victims disabled before their most productive years. Recent publications report an increased incidence of stroke in young adults.

Stroke was caused by atherosclerotic large artery disease in 4%, cardio embolism in 24%, small vessel disease in 9%, another determined aetiology in 30%, and undetermined aetiology in 33%. Modifiable risk factors for stroke, such as dyslipidemia, smoking, and hypertension, are highly prevalent in the young stroke population. The best form of secondary stroke prevention is directed toward stroke aetiology as well as treatment of additional risk factors. A systematic review on the incidence of stroke in young adults was published by Marini et al, who analyzed 29 studies including 3,589 patients under 45 years of age with first-ever stroke, published between 1980 and 2009. Crude rates ranged from 5.76/100,000 to 39.79/100,000.

Etiologic diagnosis of stroke in young adults requires a different and more complex diagnostic work-up than that of stroke in older adults.



Biography:

Saeed T Saeed Consultant Stroke/internal medicine at Hazm Mebaireek General Hospital part of Hamad Medical Corporation, relocated to Qatar from London (UK) on May 2018. Undertaken all my training and postgraduate degree in



the United Kingdom. I started my carrier as Consultant in Stroke/internal medicine on Feb 2017 at one of the prestigious Hospital in London called Royal London hospital-Bart's Health NHS Trust, it is one the biggest Trust in the UK and consider of the biggest hospital around Europe.

Speaker Publications:

1. Aarnio K, Siegerink B, Pirinen J, Sinisalo J, Lehto M, Haapaniemi E, Nave AH, Kaste M, Tatlisumak T, Putaala J. “Cardiovascular events after ischemic stroke in young adults: a prospective follow-up study”. *Neurology* 2016. 86.
2. Ferro JM, Massaro AR, Mas JL. “Aetiological diagnosis of ischaemic stroke in young adults”. *Lancet Neurol* 2010; 9: 1085–1096.
- 3 Kent DM, Ruthazer R, Weimar C, et al. “An index to identify stroke-related vs incidental patent foramen ovale in cryptogenic stroke”. *Neurology* 2013; 81: 619–625.

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