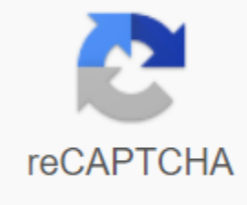


Stroke in the young guidelines



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Even if the overall rate of stroke decreases, especially in people over 65, it actually increases among young and middle-aged people. A county-by-county analysis published in November 2019 in the journal Stroke showed that between 2010 and 2016, the number of strokes Middle age increased three times more U.S. counties than strokes in people over 64. These statistics were also no longer limited to what epidemiologists call the Stroke Belt, a band in the southeastern United States that has stroke rates between 2 and 2 and times on average in the country. How strokes in young people can be different types of strokes that are seen in young people tend to differ from what doctors see in older patients. There are certain heart-related problems that appear to cause stroke in young adults that appear to be less of a cause as we age, says Andrew Russman, DO, neurologist and medical director of the Comprehensive Stroke Center at the Cleveland Clinic in Ohio, adding that many young people don't know that they have an underlying condition that contributes to stroke until they have one. Factors that contribute to stroke in young people, which tend to be different from what doctors see in older people who have a stroke include the following: Patent Foramen Ovale About 1 in 4 people have small holes in the heart that are present at birth, but are usually not screened for, so most people do not know what they have, says Dr Russman. Arterial dissection of up to 25 percent of stroke in people under 45 years of age is caused by dissection of blood vessels in the age of 45 Neck. According to Russman, this can happen for a number of reasons, including whiplash or sports trauma, although most autopsies occur spontaneously without injury, he said. Blood vessels are made of three layers: a thin inner layer of cells, a muscle layer and a fibrous layer. A thin surface layer can break, and then blood can get into this wall of the vessel. This leads to narrowing of blood vessels and can be the cause of stroke, Russman said. According to the Cleveland Clinic, symptoms of arterial autopsy can include: Headache Neck and facial pain, especially pain around the eye, or sluggish eyelids A sudden decline in the sense of taste Clotting disorder Some conditions including sickle cell disease cause blood to form clots that can turn into clots and cause strokes in young adults, Russman said. Often a stroke can be the first sign that they have had a blood clotting disorder, says Russman. Substance Abuse In particular, making cocaine narrows blood vessels while increasing blood cell clumping, leading to clotting, explains Russman, who is how the drug promotes stroke in young people. Abstaining from drug use and heavy alcohol use will reduce the risk of stroke at any age. Factors young people can control to reduce the risk of stroke, although having a major heart condition out of your control, several studies have shown that many of the risk factors that make someone susceptible to stroke later in life, such as high blood pressure, high cholesterol, diabetes and obesity, are becoming more common in young According to the Centers for Disease Control and Prevention (CDC), more than 42 percent of American adults and more than 18 percent of U.S. children are obese. If you take this kick the blow increasing the number of people under the age of 45, one big reason is probably obesity, says Russman. Obesity in children and adolescents in America and it increases the risk of life for stroke. Obesity increases the risk of high blood pressure, high cholesterol and diabetes. These are all important risk factors for stroke at any age. Eating healthy, fresh and unprocessed foods and not eating sugary drinks are associated with a lower risk of cardiovascular disease. But according to Russman, the most important dietary modification, which is worth considering, is to limit salt intake. If you are predisposed to high blood pressure and you are taking in a lot of salt, you will have a hard time controlling high blood pressure, which is the main cause of stroke, he says. According to the CDC, 90 percent of American children eat too much salt, averaging an additional 1,000 milligrams (mg) more than the recommended daily limit of 2,300 mg. Fast foods and ready-made foods are known to be high in sodium and better avoided, Russman said. If you're struggling with access to food other than fast food, you can change your order, for example, ask them not to add salt to French fries. Reducing cigarette smoking, even if you choose not to quit smoking all together, can also reduce the risk of stroke at a young age. The study, published in May 2018 in the journal Stroke, found a strong correlation between the number of cigarettes smoked by men under the age of 50 and the risk of ischemic stroke. The researchers concluded that while quitting smoking should be a goal, even reduction may be an effective way to reduce stroke in men under 50. The road to Recovery One from the greater difference between stroke in the elderly and young adults is recovery. Stroke in young people can mean a lifetime of recovery and the loss of many productive years. A small study by researchers in the United Kingdom, published in September 2019 in the journal Stroke, found that up to 44 percent of people under the age of 65 who experience a stroke will not be able to return to work, most often due to persistent walking problems. The good news is that the 30-year-old has a better level of recovery than an 80-year-old because of better brain plasticity, Russman says, referring to the brain's ability to adjust and learn new skills. According to the American Heart Association (AHA), many factors determine how well a person will recover from a stroke, including how the brain has been affected, caregiver support, the quality of a person's health before they have had a stroke, the quality of rehabilitation care, and the patient's motivation. The AHA also points out that depression will sink within half of all stroke survivors within the first few So make sure to monitor your mental health as much as your physical health. Joining a stroke support group may The stroke center should screen patients for depression, like asking them questions in person, and asking them to fill out a questionnaire that can additionally screen for depression, says Russman, who adds that pre-existing depression is a huge risk factor in depression after a stroke. Depression can cause some significant disruption in recovery - not just physical recovery, but also how a stroke survivor perceives their recovery, Russman says. It's really an expectation that all centers screen stroke patients from depression because it's so common. Additional reporting by Caitlin Sullivan. Johns Hopkins has two Joint Commissions for accreditation of health organizations (JCAHO) certified primary stroke centers - one at our main campus in downtown Baltimore and one at Johns Hopkins Bayview Medical Center. Symptoms of stroke Sudden onset numbness or weakness Ded the onset of confusion or difficulty speaking Sudden the onset of vision loss Sudden the onset of dizziness or imbalances. Types of stroke Gemorrhagic stroke - hemorrhagic stroke is caused by rupture of blood vessels with bleeding in brain tissue. Ischemic stroke - Ischemic stroke is by far the most common type of stroke, which accounts for about 80-90% of all strokes. Ischemic stroke refers to a situation in which the area of the brain is deprived of blood flow, usually due to either a blood clot or blockage of the artery with atherosclerosis (e.g. cholesterol deposits in the arteries). Risk factors for coronary stroke include age raising, high blood pressure, heart disease, diabetes, smoking and elevated cholesterol. At every age, stroke is more common in men than women, and it is more common among African Americans than white Americans. However, since women live longer than men, more women than men die of stroke each year. Treatment involves reducing risk factors and identifying the source of the blockage. Once a specific cause of ischemic stroke is found, the best treatment can be determined. Transit ischemic attack - Transit ischemic attack (TIA) is similar to an ischemic stroke in that it is caused by a blocked artery, but the symptoms are completely cleared up, usually in less than an hour. Most TIAs last only five or ten minutes. Because they are brief and not painful, TIAs are often ignored by patients. However, TIA can precede a stroke for days or weeks and is a warning sign. Patients with TIA need to undergo a comprehensive assessment quickly because sometimes the underlying problem is detected that can be treated by preventing stroke. Of the 1,707 TIA patients assessed in the emergency department of the large 180 patients or ten percent developed a stroke within 90 days. (American (American Association of Heart Disease and Stroke Statistics - 2004 Update) Stroke in young adults: Up to 10% of strokes can occur in relatively young people (under 45 years) and pose a problem in terms of diagnosis and treatment. Patients typically undergo detailed assessments, including brain imaging, vascular research, cardiac evaluations and haematological evaluation using the most advanced diagnostic methods. Johns Hopkins' cerebrovascular team has experience in diagnosing and managing various unusual conditions that can occur in young people, such as arterial autopsy, vasculitis, cerebral vein thrombosis and moya-moya syndrome. We often include pediatric neurologists in assessing children with stroke as well. Stroke Prevention: Stop Smoking! Regular exercise (20 minutes a day three to four times a week). The walk counts. Eat fish two to three times a week Losing weight to help control your blood pressure As your doctor check your blood pressure, cholesterol and blood sugarify if you have high blood pressure, high cholesterol or diabetes, work with your doctor to monitor it. For more information, contact the Johns Hopkins Cerebrovascular Center at 410-955-2228. 410-955-2228.

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