

'STROKE' April 2011

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- A delay in recognizing early warning signs (WS) and risk factors (RF) of ischemic stroke causes a delay in treatment
- Evaluated: knowledge of RF and WS and the impact of an educational program by medical students

- First surveyed individuals to determine knowledge of WS and RF
- Then, after a 6-month education program, knowledge was reassessed
- The authors performed 329 baseline and 355 posteducation surveys
- Initially, 57.1% mentioned at least 1 RF; this later increased to 65.9%

- With regard to WS, 37.6% mentioned at least 1, which increased to 48.1% who mentioned weakness in 1 limb, in half the body, severe headache, and altered vision
- The educational program was cost-effective and had a positive impact on knowledge of RF and WS of ischemic stroke

Coffee Consumption and Risk of Stroke in Women

- Coffee consumption has been inconsistently associated with stroke incidence and mortality in previous studies
- The authors investigated the association between coffee consumption and stroke incidence in the Swedish Mammography Cohort

- The authors prospectively followed of 34 670 women without a history of cardiovascular disease or cancer at baseline in 1997
- Coffee consumption was assessed in 1997 using a self-administered questionnaire

- During a mean follow-up of 10.4 years, we ascertained 1680 stroke events, including 1310 cerebral infarctions, 154 intracerebral hemorrhages, 79 subarachnoid hemorrhages, and 137 unspecified strokes
- Coffee consumption was associated with a statistically significant lower risk of total stroke, cerebral infarction, and subarachnoid hemorrhage but not intracerebral hemorrhage

- These findings suggest that low or no coffee consumption is associated with an increased risk of stroke in women

Adult Cerebral Venous Thrombosis

- The authors conducted a Comprehensive meta-analysis of all candidate genes studied to assess their genetic contribution to the etiology of CVT
- Databases were searched to August 2010 for all genes investigated in adult CVT, and odds ratios (ORs) for each gene-disease association were calculated

- 26 case-control studies investigating 6 polymorphisms in 6 genes and included 1183 CVT cases and 5189 controls
- Statistically significant associations with CVT were found for factor V Leiden
- And prothrombin
- CVT has a genetic basis

- Genes involved in the clotting cascade provide a greater level of thrombosis risk in the cerebral venous circulation compared with its arterial circulation, and a greater level of risk exists for adults compared with children

- There is limited information on the influence of ethnicity on functional outcome after stroke
- A prospective incidence and 6-month outcomes study of all new stroke patients that occurred over 1 year in a defined geographical area in Auckland, New Zealand, during 2002 to 2003

- Outcome measures included the Frenchay Activities Index, 36-item Short Form questionnaire, independence, death, composite of death and dependence, and living situation.
- Functional measures were available in 1127 patients 6 months after stroke

- Frenchay Activities Index scores were associated with ethnicity on both univariable and multivariable analysis, with Asian and Pacific people having worse scores
- Asian people were less likely to be dead compared to Europeans, and Pacific people were more likely to be dependent on others for help than Europeans

- Ethnicity was associated independently with functional outcomes
- The association was attenuated when adjusted for stroke severity and other covariates. The direction of the relationship was not consistent between measures for individual ethnic groups

- Statins improve infarct volume and neurological outcome in animal stroke models
- The authors investigated the relationship between statin therapy and ischemic stroke outcome in the North Dublin Population Stroke Study

- population-based prospective cohort study was performed
- Of 448 ischemic stroke patients, statins were prescribed before stroke onset in 30.1% (134/445) and were begun acutely (< 72 hours) in an additional 42.5% (189/445)
- Statin therapy at stroke onset and newly begun statins were associated with improved early and late outcomes, supporting data from experimental studies