Frequency of cardiac risk factors in Ischemic Stroke

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Stroke is the most common life-threatening neurological disorder and the most important single cause of disability among the population. Several lines of evidence suggest that hypertension, dyslipidemia, ischemic heart disease, atrial fibrillation, smoking, LVH and carotid stenosis are contributing factors to stroke disease. The prevalence of risk factors varies in different communities, this study examine the frequency of cardiac factors and their frequency that contribute to develop Stroke.

Objective: To determine the frequency of cardiac risk factors in ischemic stroke patients

Study Design: Descriptive case series

Setting: Department of Medicine, Liaquat University Hospital, Jamshoro Pakistan

Duration with dates: One year from 10th December 2011 to 9th December 2012.

Subjects and methods: A total of 167 stroke Patient with cerebro vascular accident Who gets admitted in Medical ward were evaluated and those patients meet the inclusion criteria was enrolled in this study. All patients had CT scan brain. The result of CT scan was compared With clinical diagnosis on case to case basis and precision of clinical diagnosis was ascertained.

Results: Mean age was 60.6 ±15.8 years. Gender distribution showed male preponderance (Male: Female=3.1: 1). Ischemic heart Disease was the most common cardiac risk factor of ischemic stroke found in 19 (11.4%) followed by atrial fibrillation in 15 (9%) cases, LVH in 15 (9%) patients, cardio myopathy in 11 (6.6%) cases, and Valvular heart disease was seen in 6 (3.6%) of cases.

Conclusion: Results of present study were clearly showing that Ischemic heart Disease (11.4%) was the most common risk factors of ischemic stroke, while atrial fibrillation was the second common risk factor found in this study followed by LVH. In conclusion, Frequency of cardiac risk factors was high in this study that is similar to that observed in developed countries.

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