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Cardiovascular risk factors in patients with ischemic and hemorrhagic stroke

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Background
Stoke is the second worldwide most common cause of death and the main reason of functional disability [1]. Early identification and treatment of modifiable risk factors can reduce the risk of stroke. In stroke patients, the identification of cardiovascular risk factors is also important for preventing another stroke [2].

Objective
To assess the prevalence of cardiovascular risk factors in stroke patients.

Methods
Analytical and retrospective cohort study. Data were collected through electronic health records of all patients with stroke admitted to an emergency department for seven years (2010 to 2016). The research protocol has been approved by an ethics committee.

Results
Were analysed the electronic health records of 756 patients with ischemic stroke (78.6 ± 10.7 years) and 207 with intracerebral haemorrhage (76.1 ± 11.9 years). In stroke patients, the most common risk factors were hypertension (66.7%), hypercholesterolemia (30.7%), diabetes mellitus (26.5%), atrial fibrillation (25.4%), obesity (11.4%) and smoking (5.2%). In hemorrhagic stroke the most prevalent risk factors were hypertension (57.0%), diabetes (25.6%), dyslipidaemia (23.7%), atrial fibrillation (17.4%), obesity (15.3%) and smoking (9.2%).

Conclusions
Hypertension was more prevalent in ischemic stroke and is associated with type of stroke ($\chi^2 = 6.633$, df = 1, $p = 0.010$). Atrial fibrillation also prevailed in thromboembolic events with statistical significance ($p = 0.016$). Diagnosis and control of cardiovascular risk factors is a fundamental objective for primary and secondary prevention of stroke.

References

Keywords
Prevalence, Cardiovascular risk factors, Ischemic stroke, Hemorrhagic stroke.

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Topical oxygen therapy in wound healing: a systematic review

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