PREVALENCE OF MODIFIABLE RISK FACTORS AMONG STROKE PATIENTS IN A TERTIARY CARE HOSPITAL IN DHAKA

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INTRODUCTION

- Stroke is the third most common cause of death after coronary heart disease and all cancer deaths. According to World Health Organization -

  - 15 million people suffer stroke worldwide each year.

  - Of these, 5 million people die .

  - 5 million are permanently disabled.

- Direct and indirect costs for stroke in 2005

  - 56.8 billion dollars in the USA.

- In Bangladesh

  - leading cause of long term disability

  - generates an enormous economic burden for individuals , families and communities.

- A prospective hospital based study was done in Khulna Medical College Hospital in 1989-1991, which revealed Hypertension is the most common risk factor(52%), followed by Diabetes Melitus(10%).
- Another observational study done in Mymensingh Medical College Hospital in 2007 ,where lipid abnormality and Hypertension were found to be most prevalent with 91.46% and 83.61% patients respectively.

METHODS

- This is a direct observational study.
- It was conducted among 400 stroke patients admitted in Dhaka Medical College Hospital.
- Patients having clinical diagnosis of stroke confirmed by CT scan or MRI were included.
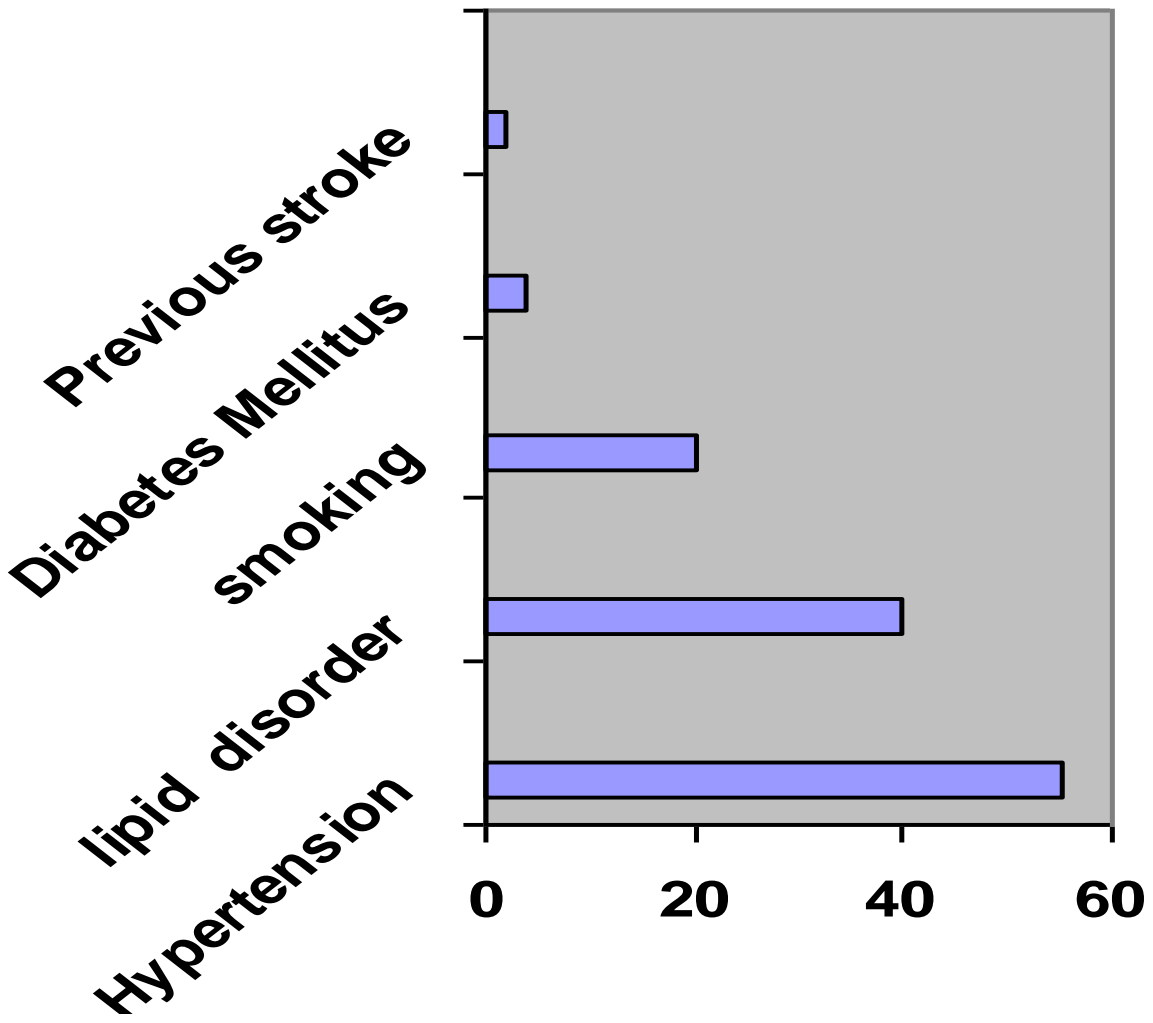- Study period : July to December 2007.

Sex distribution of patients under study(n=400)
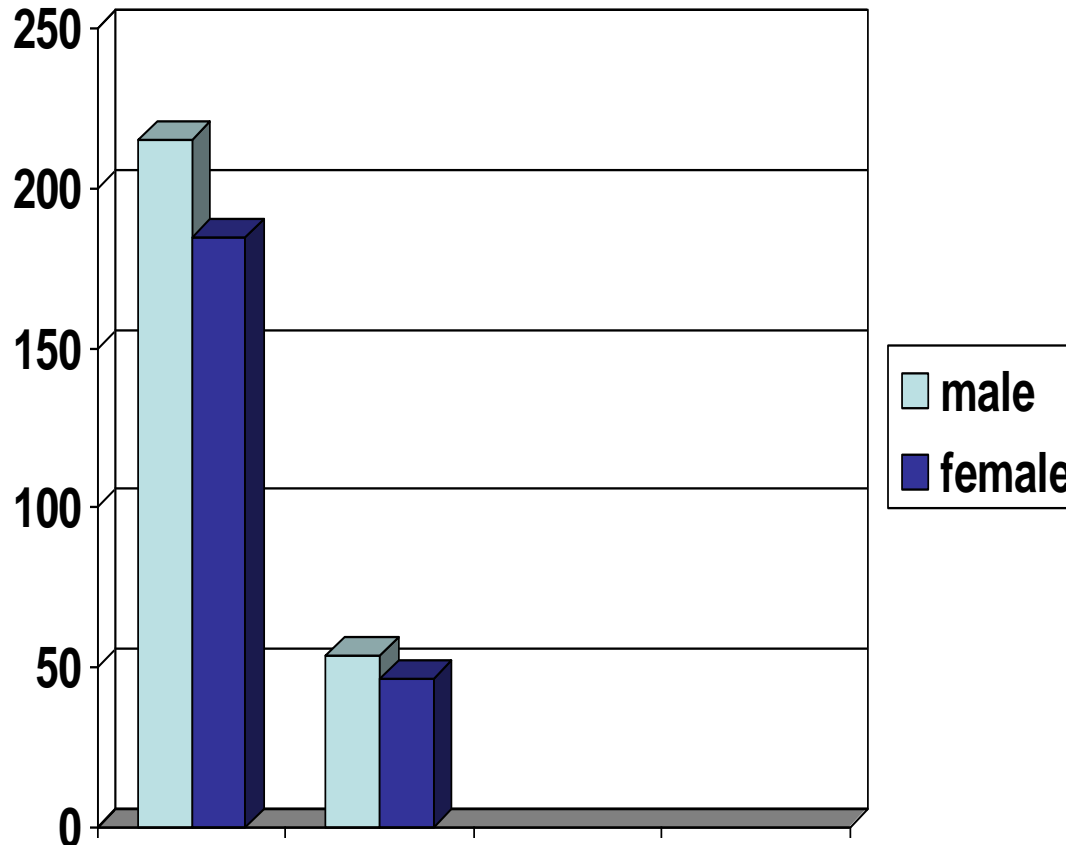
Distribution of different types of Stroke in different sex(n=400)
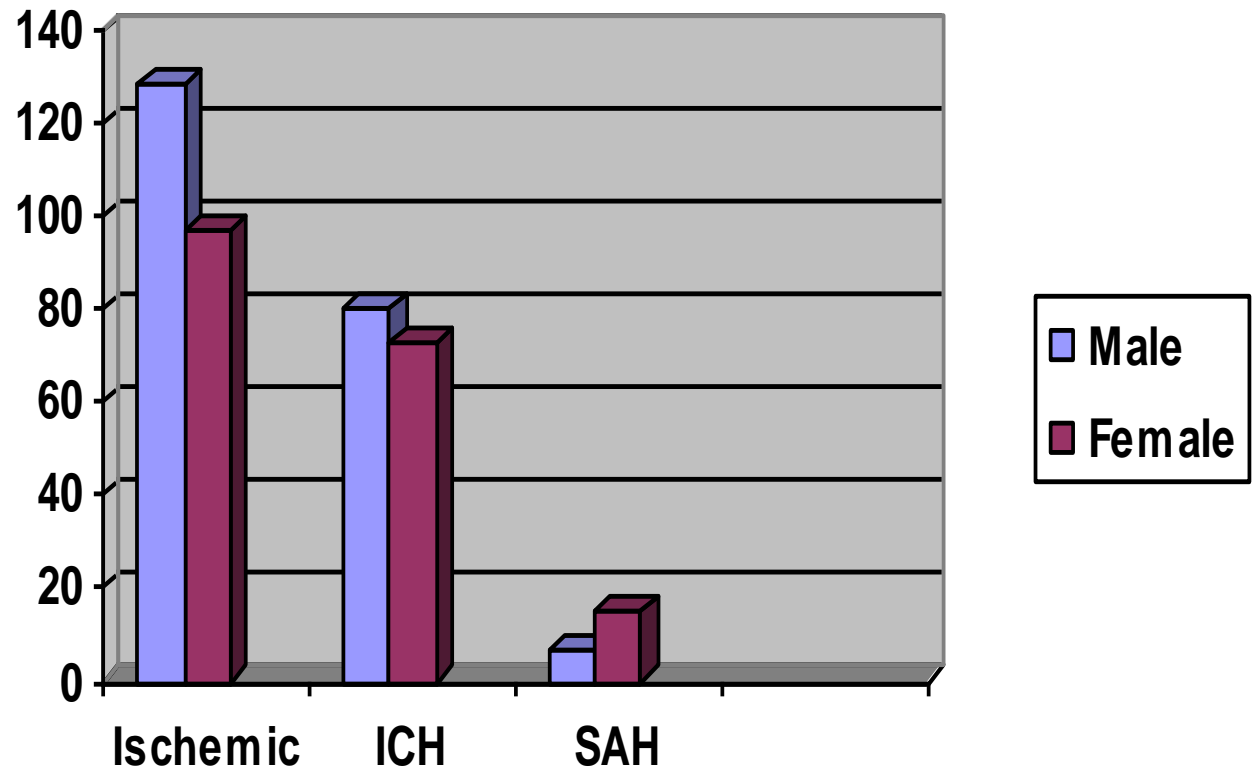
Distribution of patients according to individual risk factors

Distribution of patients in various lipid disorders (n=181)

Types		Percentage (%)
Total cholesterol	Border line high	15.61
	High	12.32
HDL	Low	42.67
Low density lipoprotein (LDL)	Borderline high	7.12
	High	11.23
	Very high	2.73
TG	High	12.05
	Very high	1.36

Distribution of patients according to pack years of smoking(n=115)

No of pack year	Total	% in smokers
1-10	17	14.78
11-20	42	36.52
21-30	31	26.96
31-40	11	9.57
41-50	08	6.96
>51	06	5.22

Distribution of heart diseases

Name of disease/Risk factor	Sex	Total case	Percentage
IHD(known)	Male	25	6.25%
	Female	06	1.5%
IHD (unknown)	Male	49	12.25%
	Female	11	1.25%
VHD	Male	05	3%
	Female	04	01%
AF	Male	0	0
	Female	1	0.25%
IE	Male	01	0.25%
	Female	0	0

Distribution of patients who have previous stroke
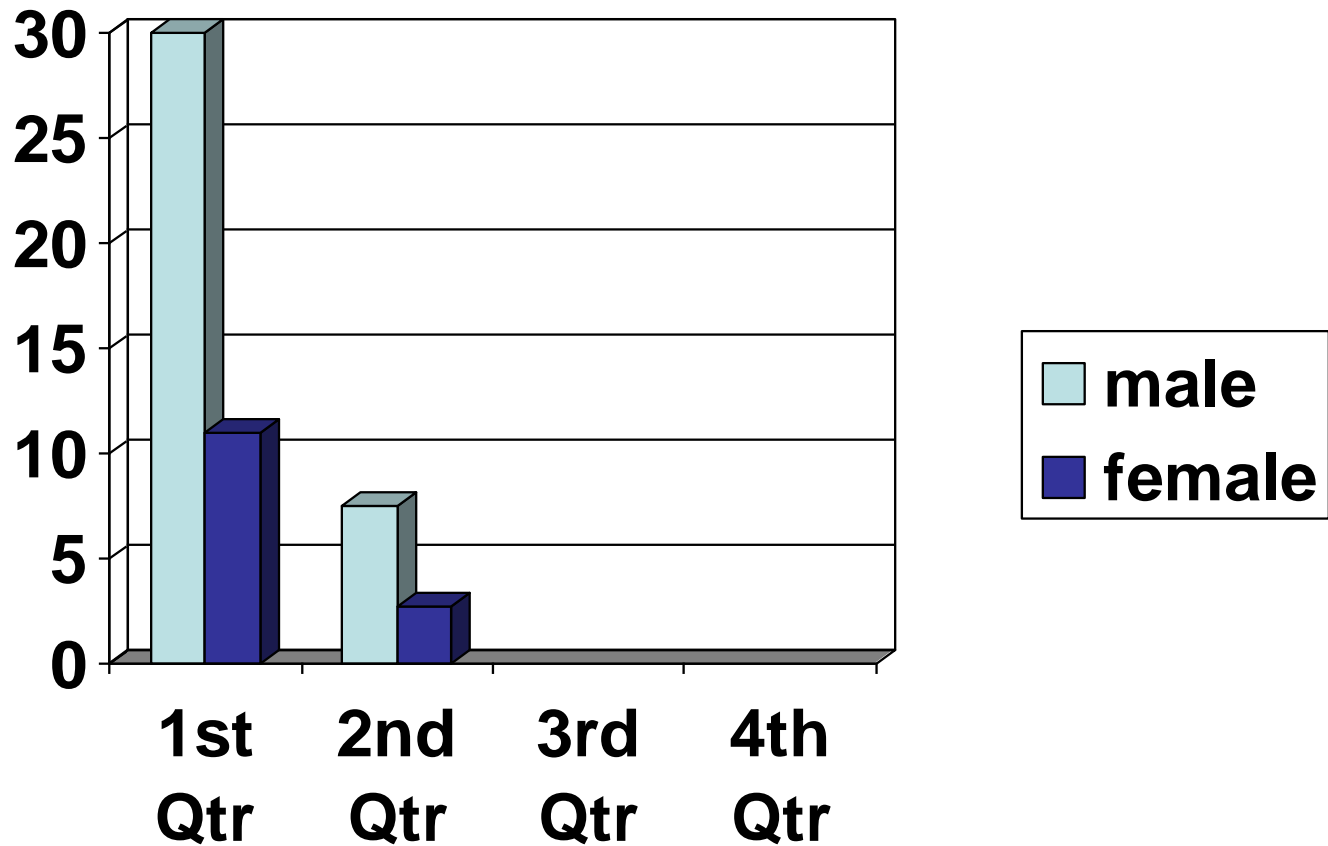
Results

- Male : female – 1.2:1

- History of irregular use of antihypertensive drugs : 40.40% and anti-diabetic drugs : 17.5%.

- Hypertension : 58.62%
- Smoking: 53.79%
- Lipid disorders : 48.01%
- Heart diseases: 25.75%
- Diabetes melitus : 20.01%
- Previous history of stroke : 10.61%

- Stroke is better to prevent than cure.
- Identification of risk factors is the only way to achieve this goal.
- Implementation of screening programme in community to identify risk factors should be initiated.
- Education of the people about primary prevention is vital.

THANK YOU