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The impact of risk factors on stroke

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Background: Stroke is the abrupt onset neurological disorder caused by a disturbance of circulation in the brain, which leads to an insufficient diet of certain parts of the brain with oxygen and nutrients.

Some diseases are risk factors for stroke that can be affected, such as high blood pressure, heart disease, irregular heart beat (usually atrial fibrillation), diabetes, elevated blood lipids, significantly narrowing of the carotid arteries.

The aim was to examine the prevalence and correlation of risk factors on stroke.

Methods: The study was a retrospective study conducted in the period of 01.03.2015-01.08.2015 in Public health Banjaluka and Prijedor in which data were collected on patients suffering from a stroke. Data were collected in five family medicine teams. All patients identified age, smoking status, laboratory analysis, the presence of hypertension and atrial fibrillation.

Results: in the study we observed 61 patients with stroke. 93.8% of patients had hypertension as a risk factor, 48% increased levels of cholesterol in the blood. 30,7% of patients had a positive family history, 25% diabetics, 21.1% atrial fibrillation as a risk factor, 31.1% of smokers . Narrowing of the carotid arteries was seen in 18.4% of patients. 40.38% of patients had three or more associated risk factors. 52.6% had unregulated blood pressure, and 42.6 % come regularly for check-ups.

Conclusion: The number of infected patients had positive risk factors. A significant number of respondents had associated risk factors. High blood pressure is a risk factor is the most common.

Keywords: stroke, risk factors, incidence