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Young women with hemorrhagic stroke: HTA with a bad control

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Personal History: - Family Background: no antecedentes de muerte súbita ni síncope inexplicados: - No medical allergies known. - No toxic habits. - Arterial hypertension diagnosed in 2013 treated with Losartan 50mg. Anamnesis: 46 years-old patient with general discomfort, stiffness and loss of consciousness, breathing difficulty of seconds. Physical exploration: Dysarthria and left hemiparesis with a 11 points in the GCS. Breathing difficulty. AT 200/110. Complementary test: Cranial TAC: Hematoma protuberancial with extensión toright hemimesencephalus open to IV ventricle causing acute supratentorial hydrocephalus. Arteriography: Both carotids and vertebral arteries without no AVM or other pathology that justify the ACV. Evolution: The patient had good neurological evolution with good level of consciousness, no dysphagia but blurred vision in both eyes that normalize covering one. Bilateral paresis of the horizontal look. Global Hemiparesis 4/5, REM ++/++++. Left Babinski. Right peripheral facial paralysis. Unstable walk with increase of the base. Diagnose: Protuberancial right bruise open to IV ventricle. Secondary hydrocephalus that required external drainage with normal arteriography with bad control of AT. Discussion: Our patient has a arterial Hypertension of recent diagnose in treatment with losartan 50mg. After reviewing her clinic history we discover that she had abandoned the treatment despite the advise of her primary care doctor. Nowadays cardiovascular diseases are the first cause of death in Spain. Arterial hypertension is a treatable disease. If recommendations of the primary care doctors are not followed complications of this disease can happen as in the case of our patient, which can be avoided if the AT is properly controlled. According to Spanish Society of Hypertension, in Spain there are 14 million people with hypertension, 9.5 million are not controlled and 4 million are not diagnosed. The first line for fighting hypertension are doctors and nurses of primary care by making blood pressure measurements. In recent years the degree of control of hypertension has increased as a result of improved and intensified treatments and increasing awareness of improving lifestyles. However, cardiovascular disease remains the leading cause of complications and mortality worldwide.