



Epidemiology And Risk Factor Of Stroke In Babol, Northern Iran (2014-2015)

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Background: Stroke is the third leading cause of death worldwide. Data on the epidemiology of stroke, patterns and risk factors in recent years in our region are brief.

Methods and Material: This retrospective study from 2014 to 2015 on stroke patients was conducted. The NIHSS, the MRS and the Barthel index were used at admission and discharge. Patient's demographic data and checklist used to identify risk factor

Findings: A total of 230 stroke patients, 122 (53%) was female. 194 patients (84%) was ischemic type vs 36(16%) hemorrhagic, P<0001). Difference in risk factors was statistically significant (168 patients (73%) had Hypertension, 121 (%52.6) Diabetes Mellitus, 118 (%51.3) Cardiac Disease, 108 (%46.9) Hyperlipidemia, 58 (%25.2) Smoking and 46 patients (%20) Opioid addiction, P<0001). Hypertension was statistically significant and increased in hemorrhagic subtype 25 patient (70%) Intracerebral vs 11 patient (30%) Subarachnoid, P=0.01). Difference in Cardiac disease (p<0.0001), Diabetes Mellitus (p<0.001), Smoking (p<0.001), Opioid Addiction (p<0.04) was statistically significant and increased in Intracerebral patients.

Conclusions: mortality rate in our study was low, stroke was more common in female, ischemic stroke was most common stroke type and hypertension especially in hemorrhagic was the most important risk factor for stroke.

Key words: Stroke, ischemic stroke, hemorrhagic stroke, hypertension.



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