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Reasons and risk factors of cardioembolic stroke

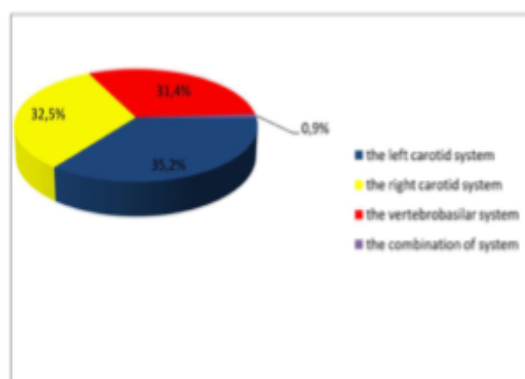
L. Novikova, A. Akopian, K. Sharapova, R. Latypova
Bashkir state medical university, Ufa, Russian Federation

Background and aims: Cardioembolic ischemic stroke (CIS) accounts 30-40% of all stroke cases, characterized by an unfavorable life and rehabilitation prognosis. The aim is analysis of risk factors for cardioembolic subtype of ischemic stroke.

Methods: 1294 case histories of patients who were hospitalized to the Regional vascular center in Ufa were studied, 440 (34%) of them with CIS. The diagnosis was established on the basis of clinical, instrumental, laboratory and neuroimaging examinations.

Results: The average age of patients was 71.3 ± 0.56 years, 258 (58.6%) women and 182 (41.4%) men. 380 (86.4%) patients suffered a stroke for the 1st time and 60 (13.6%) patients had recurrent stroke. The localization of the stroke is shown in picture 1. The CIS risk factors are presented in Table 1.

Thus, the main risk factor for CIS in our study was nonvalvular atrial fibrillation (AFib) with a predominance of a constant form of AFib in 246 (73.4%) patients. Coagulogram indices in 259 (58.9%) patients indicated hypercoagulation. The results of the risk assessment of stroke and thromboembolism according to the CHA2DS2-VASc scale in patients with nonvalvular AFib ranged from 3 to 6 points. All these patients needed antocoagulant therapy, however, adherence to anticoagulant therapy remains low. Most patients with AFib reserved ineffective antiplatelet therapy or did not regularly take anticoagulants. All patients were instructed to continue therapy with anticoagulants.



The localization of the stroke

| Risk factor | Number of patients (%) |
|--|------------------------|
| 1. Atrial fibrillation (nonvalvular) | 327 (74.3%) |
| 2. Mitral insufficiency | 173 (39.3%) |
| 3. Global pathology of myocardial wall movements | 97 (22%) |
| 4. Calcification of the mitral ring | 92 (20.9%) |
| 5. Mechanical valve prostheses | 34 (7.7%) |
| 6. Mitral stenosis | 19 (0.2%) |
| 7. Sick sinus syndrome | 15 (3.4%) |
| 8. Infective endocarditis | 8 (1.8%) |
| 9. Dilated cardiomyopathy | 4 (0.9%) |
| 10. Myocardial infarction less than 4 weeks | 4 (0.9%) |
| 11. Myxoma | 3 (0.7%) |
| 12. Open oval window | 2 (0.5%) |

Risk factors of cardioembolic stroke

Conclusion: Thus, considering that nonvalvular AFib - based risk factor for CIS, the priority direction of its primary and secondary prevention is adequate systematic anticoagulant therapy.

Disclosure: Nothing to disclose