ISCHEMIC STROKE IN YOUNG ADULTS IN SPAIN: EPIDEMIOLOGY AND RISK FACTORS BY AGE.

Laura Amaya Pascasio[1], Juan Manuel García Torrecillas[2], Del Toro Cristina[1], Marina Blanco Ruiz[1], Luis Andrade Zumárraga[1], Rodrigo Milán Pinilla[1], Antonio Arjona Padillo[1], María Victoria Mejías Olmedo[1], Javier Fernández Pérez[1], Manuel Payán Ortiz[1], Miguel Quesada López[1], Patricia Martínez-Sánchez[1]. The NeuroEPI study.

[1]Stroke Centre. Department of Neurology. Torrecárdenas University Hospital. [2] Emergency Department. Torrecárdenas University Hospital.

BACKGROUND AND AIMS: Recent studies warn about a greater incidence of ischemic stroke (IS) in young adults, as well as a higher presence of cardiovascular risk factors at younger ages. This study aims to analyse the in-hospital prevalence and incidence of IS in adults under 50-years of age, as well as their comorbidities.

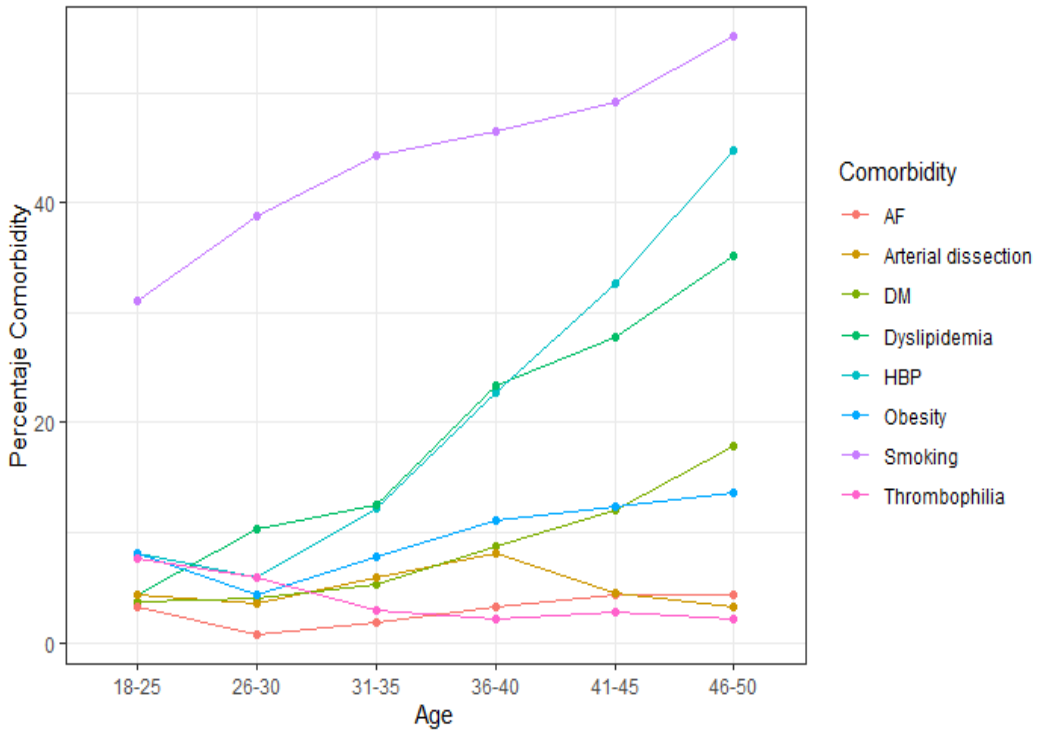
METHODS: Observational study based on the hospital episode database collected by the Spanish National Health Service.

- ✓ Patients 18-50 years old with IS as the main diagnosis -> Period: 2016 – 2018.
- ✓ Demographic information from the National Statistics Institute.
- ✓ Analysis: Descriptive, bivariate (<35 and ≥ 35 age groups) and estimation of IS incidende.

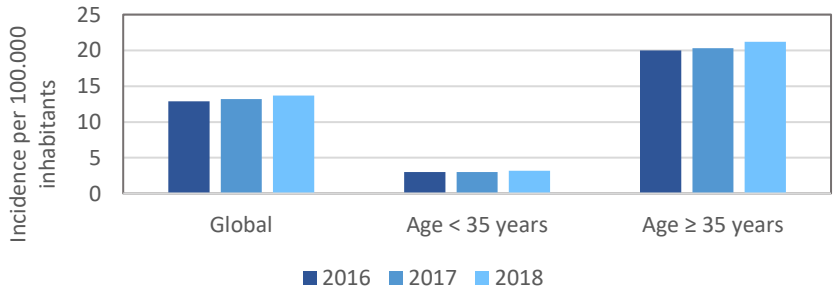
RESULTS: 8.243 IS episodes were registered in Spain between 2016 and 2018 in adults under 50 years. old.

- Median age 45 (IQR 41-48), 65,4% were males. Only 9.7% of the IS happened in the 18-35 age group.
- Comorbidities: 51% smokers, 34,7% high blood pressure (HBP), 29% dyslipidemia, 13,6% Diabetes Mellitus (DM), 4% Atrial fibrillation (AF), 4.1% obstructive sleep apnea-hypopnea syndrome (OSAH) and 5% ischemic cardiomyopathy (IC).
- Compared to the younger group, patients over 35 years of age had significantly higher rates of smoking (52% vs 39%, *p* 0.03), HBP (37% vs 9%, *p*<0.001), dyslipidemia (31% vs 10%, *p*<0.001), DM (14.6% vs 4%, *p*<0.001), obesity 13% vs 6%, *p*<0.001), AF (4% vs 4%, *p* 0.005), OSAH (4.4% vs 1%, *p*<0.001) and IC (5% vs 3%, *p* 0.01).

Presence of comorbidities by age



Estimated Incidence of Ischemic Stroke in young adults in Spain



CONCLUSION: Among young adults, the estimated incidence of ischemic stroke was found to be 6-fold higher in people above 35 years of age. This group presented greater rates of cardiovascular risk factors compared to patients under 35 years of age

Copyright © 2020 Laura Amaya Pascasio. Department of Neurology and Stroke Centre. Torrecárdenas University Hospital. University of Almería. Hermandad de Donantes de Sangre Street. PC: 04009. Almería, Andalusia, Spain. E-mail address: laura.amaya.pascasio@gmail.com

ESOC 2021 1–3 SEPTEMBER 2021 VIRTUAL THE VOICE OF STROKE IN EUROPE

TORRECÁRDENAS Hospital Universitario

Junta de Andalucía

Fundación para la Investigación Biosanitaria de Andalucía Oriental - Alejandro Otero

Consejería de Salud y Familias

Fundación Progreso y Salud Consejería de Salud y Familias

Convocatoria FPS 2020. Expdte: AP-0013-2020-C1-F1