



**KAMARAJ IAS ACADEMY**  
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# Stroke

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**Why is in news?** Stroke deaths likely to surge to 9.7 million by 2050, says report

Stroke, a highly preventable and treatable condition, could lead to **nearly 10 million deaths annually by 2050, primarily affecting low- and middle-income countries (LMICs)**, warns a report published in the Lancet Neurology journal on Monday.

The projection comes from the **collaborative effort** of the **World Stroke Organization and the Lancet Neurology Commission** under which four studies have been published.

The report underscores that stroke deaths are expected to surge from 6.6 million in 2020 to a daunting 9.7 million by 2050.

By 2050, it is estimated that the contribution of stroke deaths in LMICs will see an increase from 86% to 91%.

The report has emphasised the critical role of evidence-based, pragmatic solutions in combating this looming crisis and notes that implementing and rigorously monitoring the commission's recommendations, which are firmly grounded in evidence, could lead to a significant reduction in the global stroke burden, effectively countering this ominous projection.

## Recommendations of the commission:

Establishing cost-effective surveillance systems for precise epidemiological stroke data to guide prevention and treatment

Elevating public awareness and fostering healthier lifestyles through the widespread utilisation of mobile and digital technologies, including training and awareness and prioritising meticulous planning of acute stroke care services, capacity building, training, provisioning of equipment, treatment, affordable medicines, and allocating adequate resources.

## About:

Stroke is a medical condition in which **poor blood flow to the brain causes cell death**.

There are two main types of stroke: **ischemic**, due to lack of blood flow, and **hemorrhagic**, due to bleeding.

Both cause parts of the brain to stop functioning properly.

## Signs and symptoms:

Signs and symptoms of stroke may include an inability to move or feel on one side of the body, problems understanding or speaking, dizziness, or loss of vision to one side.

If symptoms last less than one or two hours, the stroke is a transient ischemic attack (TIA), also called a **mini-stroke**.

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Haemorrhagic stroke may also be associated with a severe headache. The symptoms of stroke can be permanent.

**Long-term complications** may include pneumonia and loss of bladder control.

The **biggest risk factor** for stroke is **high blood pressure**. Other risk factors include high blood cholesterol, tobacco smoking, obesity, diabetes mellitus, a previous TIA, end-stage kidney disease, and atrial fibrillation.

### **Diagnosis and Prevention:**

Diagnosis is typically based on a physical exam and supported by medical imaging such as a **CT scan or MRI scan**.

Other tests such as an **electrocardiogram (ECG) and blood tests** are done to determine risk factors and rule out other possible causes. Low blood sugar may cause similar symptoms.

Prevention includes **decreasing risk factors, surgery to open up the arteries to the brain** in those with problematic carotid narrowing, and warfarin in people with atrial fibrillation.

**Aspirin or statins** may be recommended by physicians for prevention. Stroke or TIA often requires emergency care. Ischemic stroke, if detected within three to four-and-a-half hours, may be treatable with a medication that can break down the clot.