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RISK FACTORS FOR STROKE IN PATIENTS WITH ARTERIAL HYPERTENSION

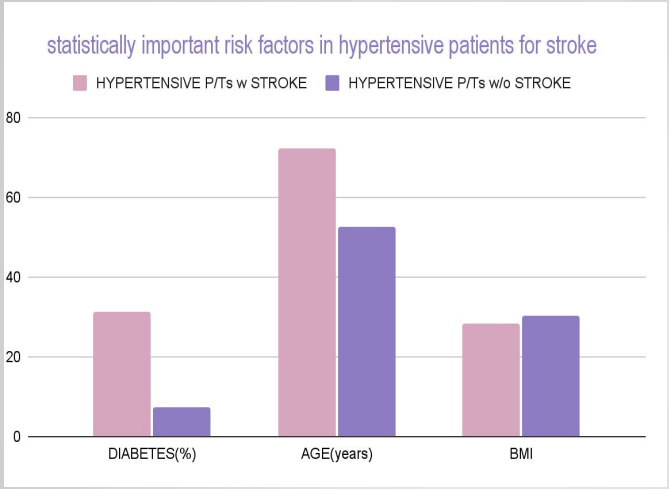
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Introduction: Hypertension is the major modifiable risk factor for ischemic stroke. However, other factors also increase the impact of stroke.

Aim: The present study was the assessment of risk factors for stroke in hypertensive patients.

Material-Method:The most recent visit to the outpatient clinic of our clinic was analyzed for 312 hypertensive patients (38.7% men, mean age 57.3 ± 12 years).



Results: 19 (6.08%) had a *history of stroke*. These patients were *older* (72.1 ± 11.5 vs. 52.5 ± 11,, 5 years, p <0.005), had a *higher rate of diabetes* (DM, 31.2 vs. 7.4%, p < 0.001) and had a marginally lower body mass index (28.2 ± 3.9 versus 30.2 ± 5.7 kg / m2, p = 0.055) than patients without a history of SLE. In contrast, the levels of LDL cholesterol (p = 0.73), HDL cholesterol (p = 0.51) and triglycerides (p = 0.66) did not differ between the 2 groups. In addition, systolic and diastolic blood pressure were similar in the 2 groups (p = 0.43 and p = 0.47 respectively).

Conclusions: This current time study suggests that **age** and **DM** are the most important risk factors for stroke in hypertensive patients. The prevalence of stroke is high even in relatively young hypertensive patients. Consistent with previous studies in the general population, dyslipidemia does not appear to be strongly associated with the incidence of stroke. Given the progressive aging of the population, the prevention and aggressive treatment of hypertension and DM, especially when coexisting, are necessary to reduce the impact of stroke.