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Association between body mass index and recurrent stroke in ischemic stroke patients

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An association between body mass index (BMI) and recurrent stroke outcome have been reported, but there was an inverse result. We therefore conducted a meta-analysis to see if there is an increased risk of recurrent stroke for obese or underweight stroke patients. PubMed and Embase from January 1966 to March 2016 were searched to identify relevant studies. Inclusion criteria were case control studies, patients with first ischemic stroke. The major outcome was recurrent stroke event. The pooled relative risks with the corresponding 95% confidence intervals were calculated by using random-effects model. The systematic search identified 3 studies, with a total of 44, 578 participants. Pooling the results showed that recurrent stroke was significantly lower in obesity patients (OR=0.875; confidence interval, 0.753–1.016) and overweight patients (OR=0.901; confidence interval, 0.85–0.956) while significantly higher in underweight patients (OR=1.662; confidence interval, 0.777–3.556) compared with normal weight ischemic stroke patients. The meta-analysis shows that ischemic stroke patients who are obese or overweight have a better prognosis when compared with ischemic stroke patients with underweight or normal weight. We suggest that the body weight management was recommended in patients after first time ischemic stroke because the assessment of body weight seems often undervalued.

Biography

Ya-Wen Kuo is an Assistant Professor of Department of Nursing at Chung Hwa University of Medical Technology. She received her PhD in Nursing from National Cheng Kung University of Taiwan. Her research focuses on the issue with long-term care and community health care. She has served as Supervisor of Community Medical and Nursing Department for the past 15 years in the medical centre of Changhua Christian Hospital (1999-2014) in Taiwan. In 2013, she was awarded with Medical Contribution Award of Changhua County for outstanding contribution in promoting community health. In 2014, she was also awarded the Health Promotion Contribution Award of Health Promotion Administration, Ministry of Health and Welfare, Taiwan.

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