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Risk factors of stroke among young adults in Senegal

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Stroke is a sudden and severe neurological disorder. Young adults represent 10-15% of stroke patients and this percentage is increasing worldwide, especially in Africa. The aim of our study was to determine risk factor of stroke among young adults received in our department. We conducted a two-year retrospective and analytic study in the neurosciences department of Fann national teaching hospital in Dakar, Senegal from January 2014 to December 2015. Medical file of all stroke patients admitted for stroke were recorded and we carefully selected young patients (≤ 45 years old). Analysis was performed using SPSS 23.0 software. We enrolled 89 young adults among 651 stroke patients (hospital-based prevalence of 13.7%). The mean age was 36.6 ± 7 years old with 52% of male and 48% of female (sex-ratio of 1.1). We found 56% of cerebral infarct and 44% of intracerebral hemorrhage. The main risk factors found were HBP (38.2%), Diabetes (3.4%), and sickle cell anemia (1.1%). In 58.4%, no risk factors were found. Stroke was infrequent but not rare among young adults in Senegal. Cardiovascular risk factors especially HBP remained the most frequent. Prevent these risk factors may contribute to reduce stroke frequency.

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