

# Stroke in young adults: project of a pilot registry in Sardinia.

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**Introduction.** In Italy there are 196,000 new strokes every year, and about 4,200 occur in adults younger than 45 years old<sup>1</sup>. The incidence of stroke in the young population is constantly increasing<sup>2</sup>. Epidemiological data on juvenile stroke in Sardinia are lacking. It is therefore necessary to set up a pilot registry in order to outline a first assessment of the clinical and genetic features of the young Sardinian patients with acute cerebrovascular disease.

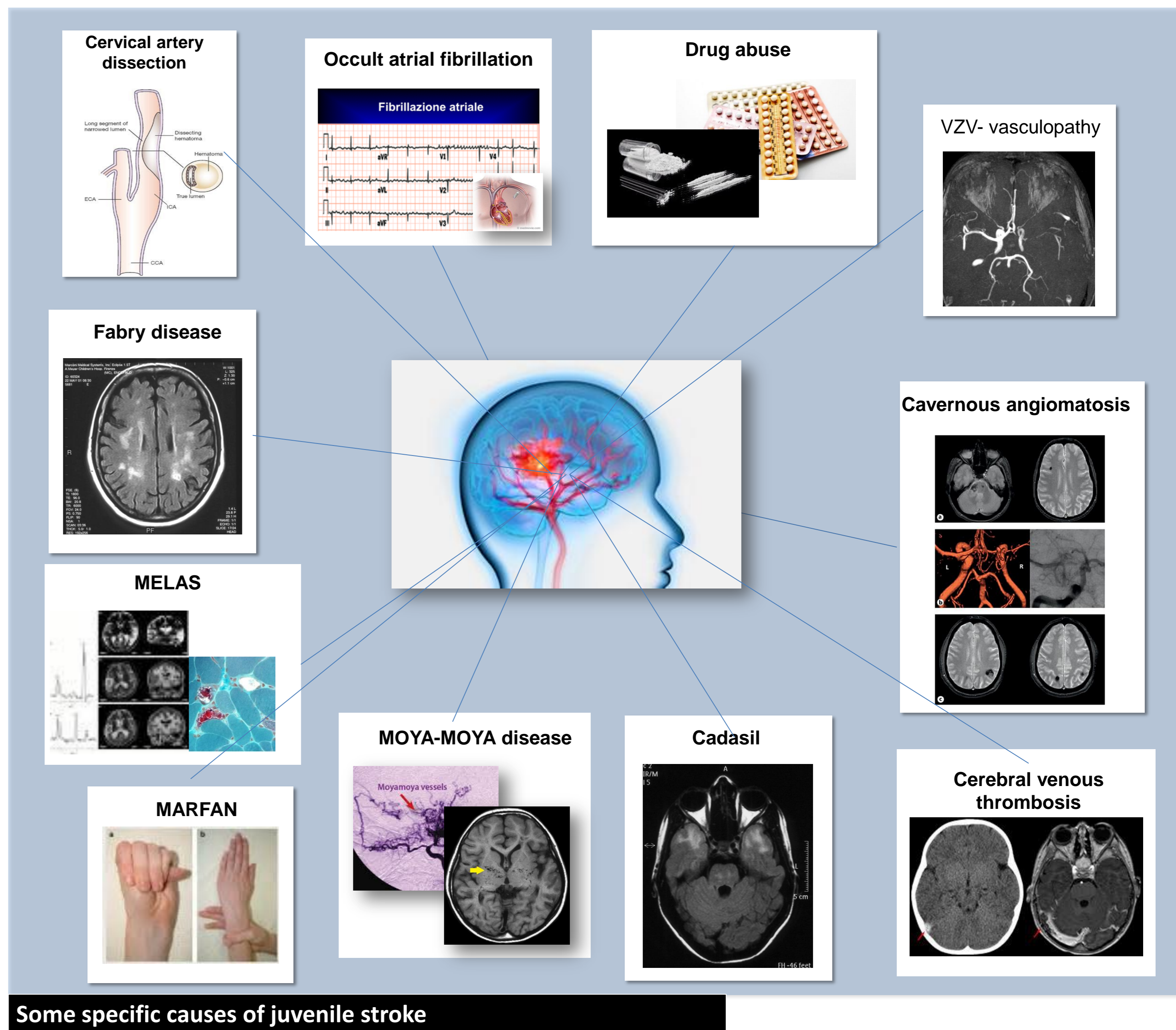


## The project

**Aim of this project is to create a pilot registry of young stroke patients in Sardinia. It will include patients with ischemic and hemorrhagic stroke under 50 admitted in the Sardinian Stroke Units (Cagliari, Carbonia, Nuoro, Sassari).**

**We will record their demographic characteristics, the presence of classical risk factors (hypercholesterolemia, hypertension, diabetes mellitus, atrial fibrillation, smoke etc), non-classical risk factors (eg. Drug abuse, oral contraceptives estrogen therapy), neuroradiological features (CT, MRI), family history of cerebrovascular disease and migraine. According to the literature, about 60% of the patients will present an ischemic stroke: these patients will undergo genetic screening for Fabry disease, screening for CADASIL and, when indicated, genetic research for mitochondrial disease or other rare causes of juvenile stroke (thrombophilic disease, Herpes Zoster vasculopathy etc).**

**In patients with cryptogenic stroke (about 30% of ischemic strokes) a next-generation device (loop recorder) will be implanted for the identification of silent cardiac arrhythmias.**



**Despite the strong impact of other diseases particularly widespread in our island, such as multiple sclerosis, stroke remains the first cause of neurological disability in young population.**

**The etiology of stroke in young adults remains unknown in about the 30 % of the patients. This initiative will contribute to organize a better assistance for these patients.**

