

Stroke Aetiology and Clinical Outcomes in Young Adults With LVO-AIS



New research published in the *Journal of Stroke and Cerebrovascular Diseases* confirms that strokes, previously thought to primarily affect older adults, can also occur in younger individuals aged 18-50.

The global incidence of stroke among young adults (aged 18-49) is steadily increasing. Each year, over 7.6 million people suffer from new ischaemic strokes, with 10-15% of these cases affecting young adults.

Large Vessel Occlusion Acute Ischaemic Strokes (LVO-AIS), which are among the most debilitating types of strokes, result from blockages in large cerebral arteries, typically caused by blood clots or plaque buildup. While LVO-AIS has been traditionally associated with older populations, recent findings indicate that younger adults can also have risk factors for these strokes and experience them at rates comparable to older adults. Regular testing and check-ups with a primary care provider are crucial for stroke risk prevention.

The Cleveland Clinic's analysis of over 1,200 young adult stroke patients from 2017 to 2021 in Ohio found that nearly 20% experienced large-vessel occlusion ischaemic strokes, comparable to those seen in older adults. However, nearly half of these patients received no intervention, and 25% missed out on acute treatments because they arrived at the hospital too late. Had they sought care sooner, they might have been eligible for IV thrombolysis and, in some cases, both IV thrombolysis and thrombectomy.

This research highlights the importance of early recognition of stroke symptoms in young adults and the critical role prompt treatment plays in achieving better outcomes. Further studies are needed to understand why young adults are often delayed in seeking treatment, as they can benefit more from timely care than older adults. Many people still associate stroke with older populations, but there has been a rise in stroke cases among younger individuals, who share many of the same risk factors that need to be addressed through regular clinical check-ups.

This study shows that young adults experienced LVO strokes due to blood clots, plaque buildup—factors typically associated with older adults—as well as other causes like arterial diseases and cardiac issues. Ongoing research at the Cleveland Clinic aims to delve deeper into the specific causes of LVO ischaemic strokes in young adults.

It is crucial to raise awareness among younger individuals about the importance of recognising stroke symptoms and seeking immediate medical attention for any new neurological deficits. Promoting stroke risk factor screening and the management of these factors can significantly reduce the risk of strokes in young adults.

Source: [Cleveland Clinic](#)
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