CLINICAL CHARACTERISTICS OF STROKE IN YOUNG PEOPLE

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Background and Aims. In the past decade, strokes at young age is more common. The aim of our research was to study the clinical features of stroke in young people.

Method. The study was conducted in neurology departments of the Republican Clinical Hospital named after M.Mirgasimov (Baku, Azerbaijan). Within 3 years (2014-2016), 145 patients aged from 18 to 45 were examined [men 74 (51%), women 71 (49%)]. Patients were performed by a complete neurological, somatic, laboratory, ultrasonography, neuroimaging examination.

Results. The average age of patients was 35, for men - 36, for women - 34 years. 39 (27%) of patients, were in the younger age group (18-30 years), and 106 (73%) in older age group (31-45 years). In 116 (81%) patients, stroke was noted as a primary, in 29 (19%) recurrent. 82 (56%) patients had ischemic stroke (IS), 41 (28%) an intraparenchymal hemorrhage, 13 (9%) subarachnoid hemorrhage (SAH) and 9 (7%) venous sinus thrombosis (VST). It was found that in the older age group, IS and SAH occurs more often (Table 1).

Table 1. Percentage of stroke types in young people

Stroke types \ Age groups	Ischemic stroke (N= 82)	Intraparenchymal Hemorrhage (N=41)	Venous sinus thrombosis (N=9)	Subarachnoid hemorrhage (N=13)
18-30 years	19 (23%)	13 (32%)	7 (78%)	0 (0%)
31-45 years	63 (77%)	28 (68%)	2 (22%)	13 (100%)

In 6 (21%) patients from 29, who had recurrent stroke, the cerebrovascular accident repeated at the age of 18-30 and in 23 (79%) in 31-45. The distribution of stroke by sex showed that young women predominate among patients with VST (Table 2).

Table 2. Percentage of stroke types in young people be sex

Stroke types \ Sex	Ischemic stroke (N= 82)	Intraparenchymal hemorrhage (N=41)	Venous sinus thrombosis (N=9)	Subarachnoid hemorrhage (N=13)
Women	41 (50%)	19 (46%)	9 (100%)	5 (38%)
Men	41 (50%)	22 (54%)	0 (0%)	8 (62%)

Conclusion. At young age, IS prevails. In the older age group, ischemic stroke and SAH are more common. VST is more common in women.

Keywords: young people, stroke, women, subarachnoid hemorrhage, venous sinus thrombosis.