

## **ABOUT PREVALENCE OF RISK FACTORS OF STROKE AMONG POPULATION OF AZERBAIJAN**

**R. Aliyev**, R. Shiraliyeva, A. Mammadbayli

*Neurology, Azerbaijan State Advanced Training Institute for Doctors named after*

*A. Aliyev, Azerbaijan*

[rahim\\_aliyev@mail.ru](mailto:rahim_aliyev@mail.ru)

Stroke incidence can be decreased by correction of risk factors with possible methods. In this regard, the goal of study is to observe the prevalence of risk factors of stroke among population.

Materials and methods: The subject of the study has been the residents of Guba-Khachmaz economic region (Azerbaijan Republic) aged 40-49 years. The prevalence of risk factors of stroke, have been studied by using a special questioner and survey form prepared by the authors (2008-2010).

Results: 1821 individuals have been involved in the study – 657 (348 females, 309 males) city residents, 1164 (575 females, 589 males) rural residents.

The most frequent risk factor was physical inactivity  $37.3\pm 1.1\%$ . It has been found out that males have more active physical lifestyle ( $68.0\pm 1.9\%$ ) compared to females ( $57.5\pm 1.6\%$ ) ( $P=0.0001$ ).

Other most common risk factors were hypertension  $16.3\pm 0.9\%$  (females  $15.4\pm 1.2\%$  and males  $17.2\pm 1.3\%$ ), ischemic heart disease  $10.4\pm 0.7\%$  (acute myocardial infarction  $7.4\pm 1.9\%$ , stenocardia  $61.6\pm 3.5\%$ ), obesity  $9.9\pm 0.7\%$  (females  $11.59\pm 1.1\%$  and males  $8.2\pm 0.9\%$ ,  $P=0.05$ ), diabetes  $5.4\pm 0.5\%$  (males  $6.2\pm 0.8\%$ , females  $4.6\pm 0.7\%$ ), atrial fibrillation  $0.2\pm 0.1\%$  (three persons).

19 examinees ( $1.04\pm 0.2\%$ ) have been treated from stroke,  $0.2\pm 0.1\%$  from transient ischemic attack (TIA) testified by medical documents. In the examinations, it had been revealed that another 4 persons had ever been experienced TIA.

Among males, the frequency of pernicious habits such as alcohol abuse ( $4.7\pm 0.7\%$ ) and smoking ( $31.4\pm 1.6\%$ ) has been high. On the bases of the results, it can be concluded that scope of preventive measures should be increased and awareness-raising among population about stroke should be expanded.