

THE RESULTS OF A MULTICENTER PROGRAM FOR THE PREVENTION OF STROKE AFTER TRANSIENT ISCHEMIC ATTACK IN THE REPUBLIC OF KAZAKHSTAN

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Background: To assess the efficacy of the individual monitoring after transient ischemic attack to prevention of stroke.

Methods: The monitoring of 1886 patients who suffered transient ischemic attacks was conducted in 16 cities Kazakhstan. The assessment of risks of stroke was performed on ABCD2 scale. The correction of risk factors was performed for all patients, including individual therapy – antiplatelet, antihypertensive, neuroprotective (Citicolin®, Actovegin®). Monitoring was performed within 6 months period with the core attention to the number of new developed strokes.

Results: The average score on ABCD2 scale was 4,35 for women and 4,42 for men accordingly. The most significant risk factor was hypertension - 84%. The stroke was developed in 285 (15,1%) patients, 29 (1,5%) of total number were fatal strokes. Within 3 months the stroke was developed in 33 (1,8%) patients in low risk group, 80 (4,2%) patients in medium risk group, and 172 (9,1%) patients in high risk group (6). All risk groups have been assessed according to ABCD2 scale.

Conclusions: Individual monitoring after transient ischemic attack, individual therapy with taking into account the risk factors and neuroprotective therapy allowed to decrease the stroke frequency by 2,9% in general and by 8,9% in high risk group compare to world data (18%).