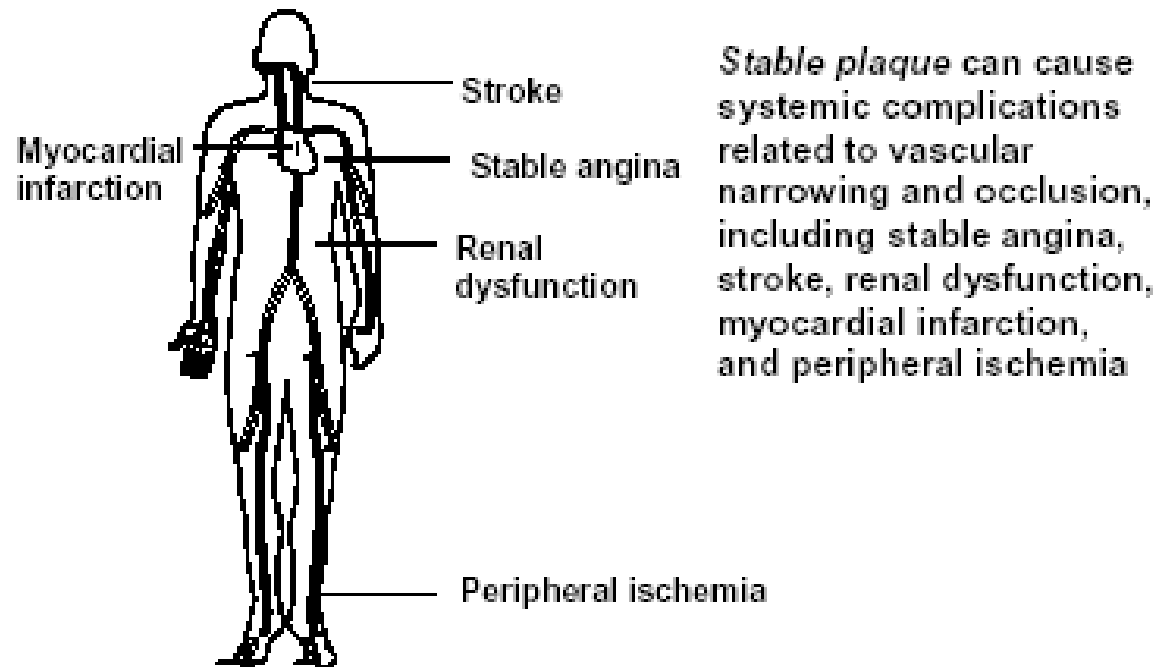


# Stroke –can we prevent ?

Dr Palitha Karunapema  
Consultant Community Physician  
NCD unit

# stroke is the end result

## Vascular Occlusion Ultimately Results in Systemic Complications

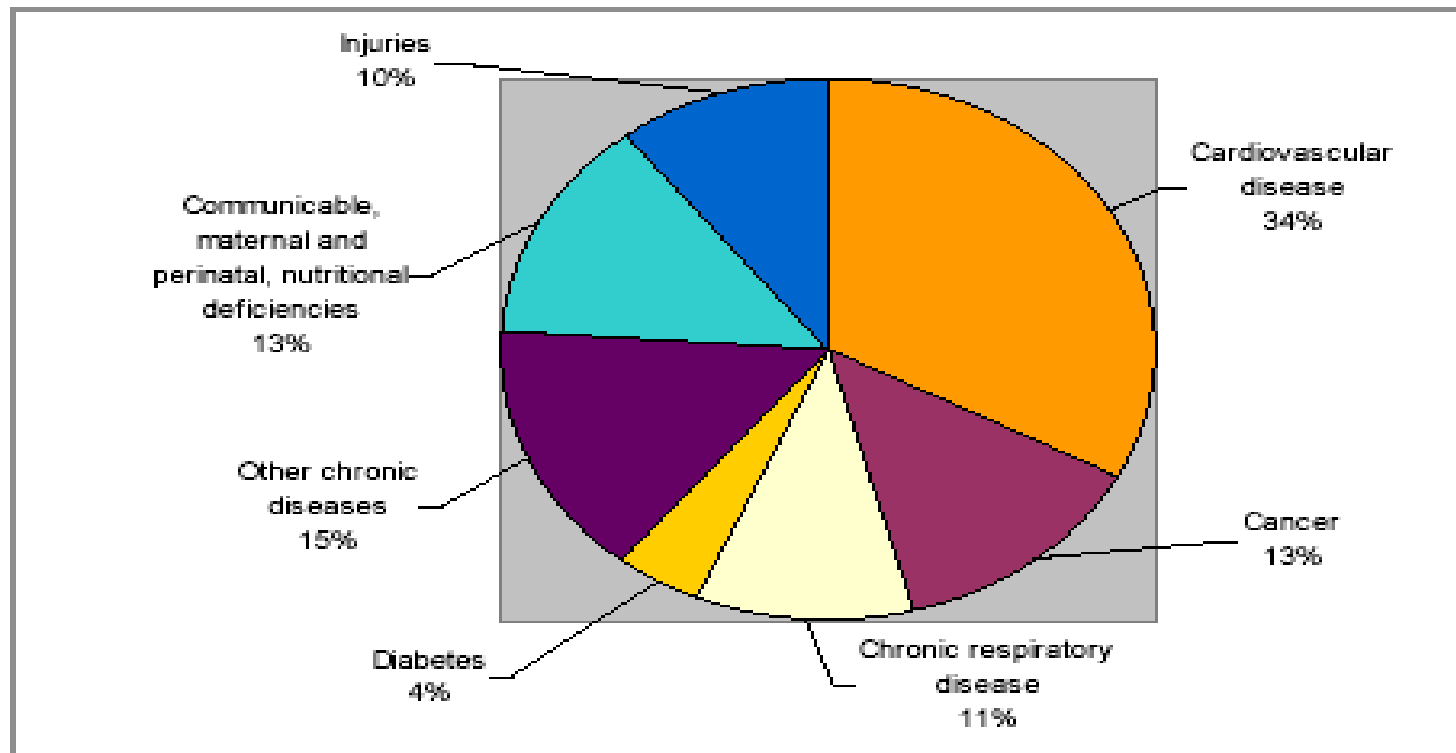



# Burden – due to stroke

- Disease burden –
- Economic cost -
- Social cost -

# 9 % of all deaths are due to stroke

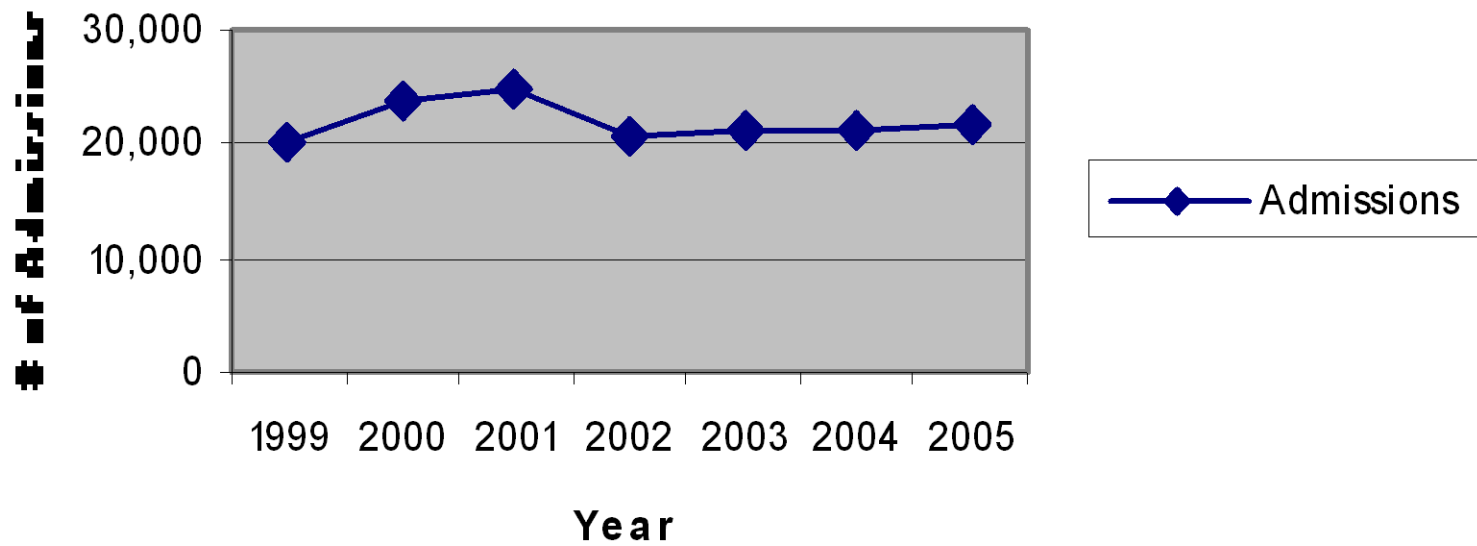
*Deaths by cause, all ages, Sri Lanka, 2002*



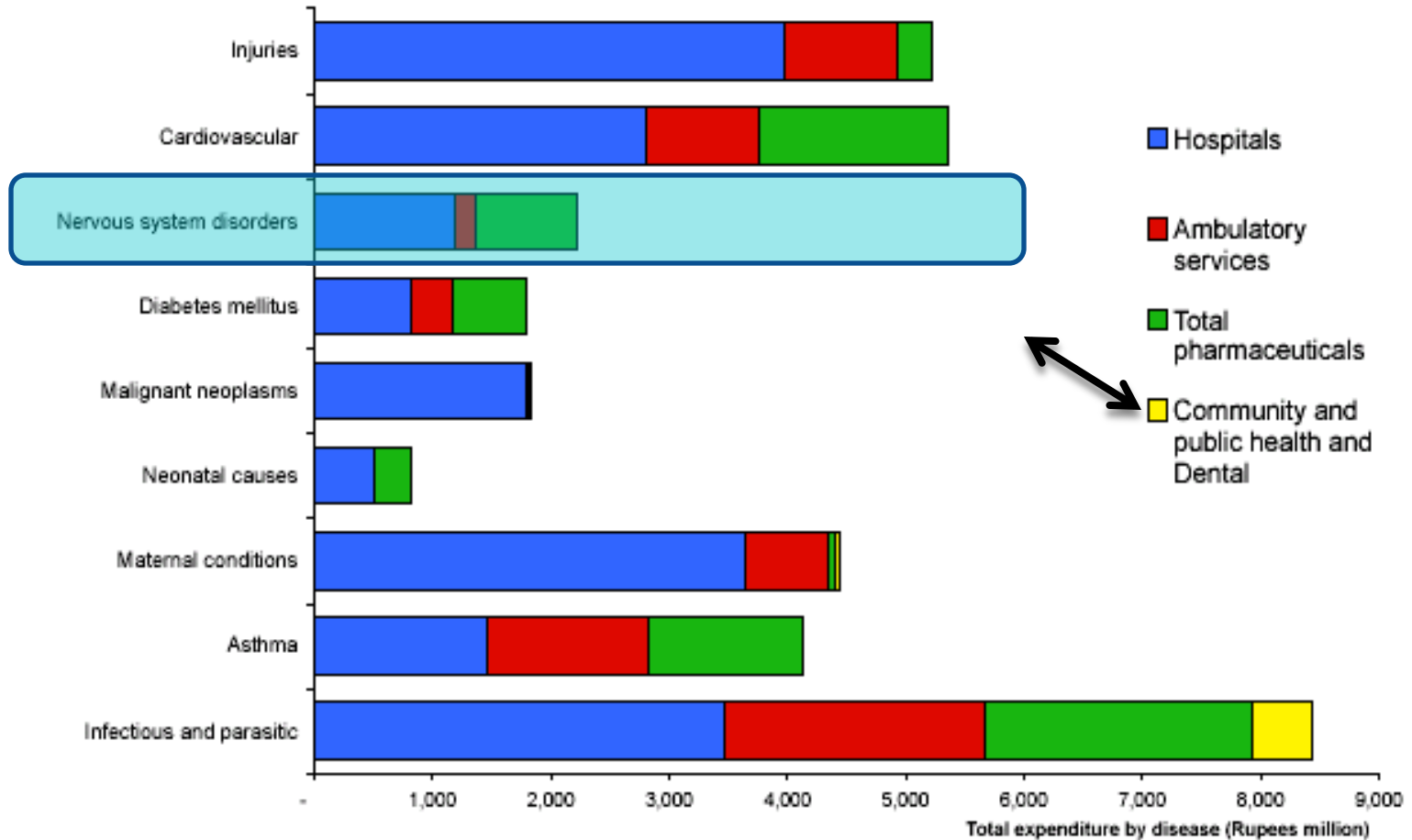


About 30-40% of  
the people died  
due to stroke are  
less than 70 years

## Admissions due to Cerebro Vascular Diseases



## Total costs of disease by sector, Sri Lanka 2005





stork is preventable



# What we should do ?

## UNDERLYING SOCIOECONOMIC, CULTURAL, POLITICAL AND ENVIRONMENTAL DETERMINANTS

Globalization

Urbanization

Population ageing

## COMMON MODIFIABLE RISK FACTORS

Unhealthy diet

Physical inactivity

Tobacco use

## NON-MODIFIABLE RISK FACTORS

Age

Heredity

## INTERMEDIATE RISK FACTORS

Raised blood pressure

Raised blood glucose

Abnormal blood lipids

Overweight/obesity

## MAIN CHRONIC DISEASES

Heart disease

Stroke



# Stroke is preventable

Primary prevention

**Individual measure**

Behavior change / health education etc

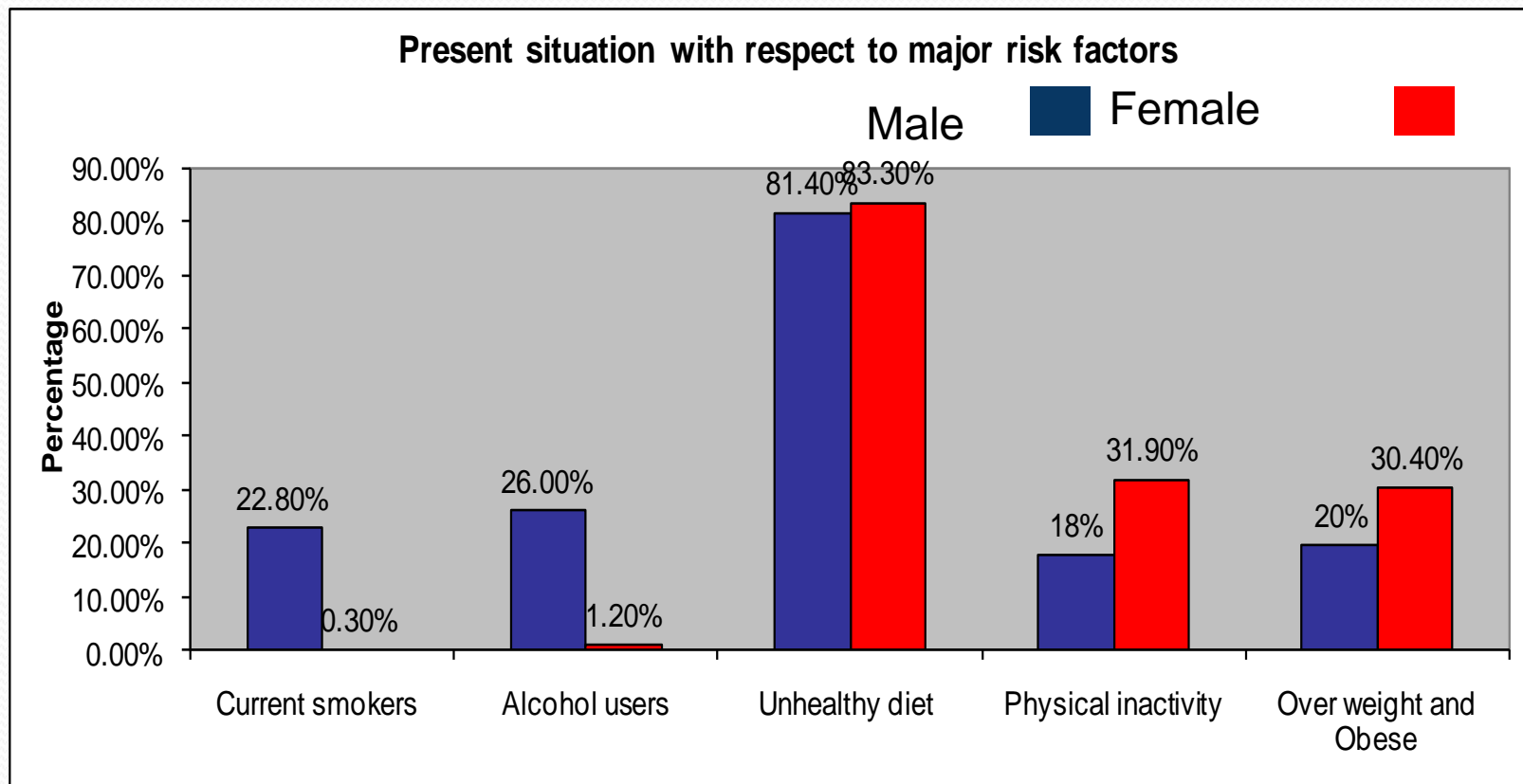
**Population measures**

Policy and regulatory measures

# Main modifiable risk factors

- Smoking
- Unhealthy diet
- Physical inactivity

# Prevalence of NCD risk factors among adult population ( 18-65 Years)



# Reduce modifiable risk factors

- **Unhealthy diet** –
- reduce salt intake – 10-12g/d
- increase fruit and vegetable consumption
- Reduce saturate fat intake ( in urban settings)

# Reduce modifiable risk factors

- **Physical inactivity** –
- at least 30 min moderate physical activity
- Walking / day to day activity / exercise

# Reduce modifiable risk factors

- Maintain optimal weight
- $\text{BMI} = \text{WEIGHT (KG)} / \text{HEIGHT (M}^2\text{)}$
- Normal – 18.5 – 25    optimal = 23
- Overweight / obese > 25

# Reduce modifiable risk factors

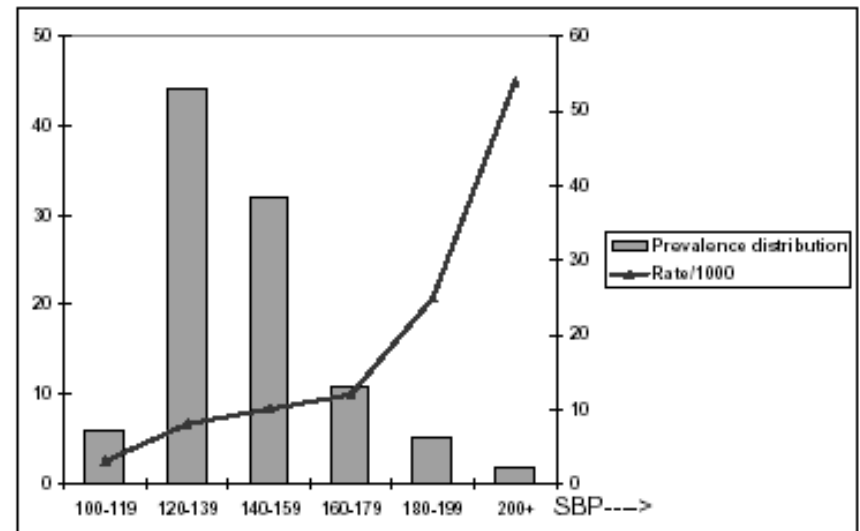
- Stop smoking
- Policy measures and regulations –
  - implementation of FCTC
- Individual counseling



# Early detection of risk conditions and appropriate treatment

- Hypertension
- Diabetes
- High cholesterol

Prevalence distribution of blood pressure and rate of morbid events at each level of blood pressure





- Thank you

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