

EPIDEMIOLOGY OF STROKE, ITS RISK FACTORS AND OUTCOMES IN NORTHEAST REGION OF AZERBAIJAN

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Every year, 15 million people worldwide suffer a stroke. Nearly six million die and five million are left permanently disabled. Given the urgency of the problem we aimed to study epidemiology, risk factors and outcomes of stroke in northeast region of Azerbaijan.

Retrospectively from datas of regional hospitals it was studied 10-year (1999-2008) dynamics of incidence and mortality rate of stroke. By means of using the method Register of Stroke, has researched the basic epidemiological indicators and risk factors of stroke in Siyazan (2007-2009). It was compared the outcomes of treatment of patients in-home with its outcomes in the hospital conditions. From the datas of Health and Work Expert Commission it was also studied a share of primary and repeated disability after cerebrovascular disease in structure of a contingent of the general invalids (2007-2008).

The 10-year chronological middle levels of incidence, prevalence and mortality rate of stroke were $1.2\pm 0.05\%$, $2.4\pm 0.07\%$, and $0.4\pm 0.03\%$. The level of epidemiological indicators in the region is characterized by low growth trend in 1999-2008.

173 stroke cases have been registered in Siyazan by means of using the method Register of Stroke. The 3-year chronological middle level of the general incidence of stroke was $1.55\pm 0.1\%$, incidence of primary stroke – $1.24\pm 0.1\%$, incidence of repeated stroke – $0.29\pm 0.05\%$, mortality – $0.49\pm 0.07\%$, lethality – $31.8\pm 3.5\%$. Arterial hypertension ($88.4\pm 2.4\%$), coronary heart disease ($37.0\pm 3.7\%$), smoking ($18.5\pm 3.0\%$), dyslipidemia ($12.7\pm 2.5\%$), diabetes ($19.1\pm 3.0\%$), prior transient ischemic attacks ($12.1\pm 2.5\%$), psychoemotional stress ($9.8\pm 2.3\%$), alcohol ($7.5\pm 2.0\%$) were the most occurring among victims.

2-year average rate of primary and repeated disability in cerebrovascular diseases among men ($0.52\pm 0.1\%$ and $1.59\pm 0.18\%$) was higher in comparison with women ($0.2\pm 0.06\%$ and $0.74\pm 0.12\%$). As a result of research it is revealed that the rate of the severe disability in cerebrovascular diseases remains high.

In conclusion we found that incidence and prevalence of stroke in Azerbaijan falls at the middle level in comparison with other countries. The obtained data are of great importance for carrying out the adequate treatment and preventive actions, directed on reduction of incidence and mortality rate from stroke among the population.