



정진상

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2015 Updates on Stroke Prevention and Treatment

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During the past years more precise stroke management strategies have been reported in several guidelines and major clinical trials which stroke physicians have been waiting for.

In 2013, the ACC/AHA guidelines for the early management of acute ischemic stroke patients with a goal of limiting the morbidity and mortality associated with stroke have been published.¹ Also, an important statement from on the management of blood cholesterol levels to reduce atherosclerotic cardiovascular risk in adults was released with specific recommendations on statin treatment methodology in various clinical situations.²

Based on the research results published between 2011 and 2014, revised versions of recommendations for primary prevention of stroke³ and secondary prevention of stroke in patients with history of ischemic stroke or transient ischemic attack⁴ was published. In these guidelines revised recommendation on management of vascular risk factors and new recommendations for lifestyle modification strategies have been stated. A special section was dedicated to address appropriate usage of antithrombotic and anticoagulation therapy after an intracranial hemorrhage in the later guideline.

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New guidelines for prevention of stroke in women were released, describing the stroke risk factors or conditions that are unique to or more common in women, including preeclampsia, oral contraceptives, menopause, hormone replacement, and migraine with aura.⁵

Most recently, four major randomized clinical trials investigating effectiveness of endovascular treatment for ischemic stroke have revealed a promising future for treatment of ischemic stroke patients at hyperacute stage.⁶⁻⁹

This lecture will provide updated information for neurologists on stroke prevention and treatment based on the recently released guidelines and the results of major clinical trials.

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