


# Guidelines at a Glance

## Recommendations for the Prevention of Secondary Stroke in Patients With Transient Ischemic Attack (TIA) or Ischemic Stroke



# Prevention of Secondary Stroke in Patients With TIA and Ischemic Stroke

Stroke is a complicated disease that exacts a heavy burden on the patient, the caregivers, and the healthcare system. It is the third-leading cause of death in the United States, with more than 700,000 strokes occurring annually, including 200,000 secondary attacks.<sup>1</sup> The consequences of stroke are often life-altering, leaving about 20% of survivors in need of institutional care and permanently disabling up to 30% of survivors.<sup>2</sup> The economic burden of stroke is no less devastating, with a total cost estimate of \$62.7 billion for 2007 alone.<sup>3</sup>

Managing risk factors, implementing appropriate lifestyle changes, and employing decisive interventions—including surgery, antithrombotics, and antiplatelet agents—will help to decrease TIA and stroke recurrence and reduce the burden of this disease.<sup>4</sup>

## Management of Hypertension

Antihypertensive therapy has been shown to reduce stroke by up to 40%.<sup>4</sup> Stroke prevention recommendations regarding blood pressure (BP) control<sup>2,4</sup> are similar to those found in *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)*:

- Regular screening
  - Every 2 years for adults
  - More frequent screening in minority and elderly patients
- Appropriate management
  - Dietary and lifestyle modification (see Lifestyle Modifications section on page 5)
  - Pharmacological therapy as outlined in Table 1



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