

STROKE: A Growing Public Health Concern

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Abstract—*The stroke is a major cause of concern in developing countries due to alterations in lifestyles and environmental changes. The chronic burden of diseases is due to hypertension, stress, anxiety physiological changes within the body.*

The purpose of this review is to provide knowledge to the younger public health professionals to provide correct idea with respect to its treatment protocol of Stroke. Stroke has a huge public health burden, which is set to rise over future decades because of demographic transitions of populations, particularly in developing countries.

India like other developing countries is in the midst of a stroke epidemic. There is a huge burden of stroke with significant regional variations.

Stroke is ranked as the second leading cause of death worldwide with an annual mortality rate of about 5.5 million and the fourth leading cause of lost productivity. Not only does the burden of stroke lie in the high mortality but the high morbidity also results in up to 50% of survivors being chronically disabled. Stroke is a disease of immense public health importance with serious economic and social consequences.

Stroke unit implementation remains a big challenge in India. According to estimates by the WHO, stroke accounted for 5.7 million deaths and 16 million first-time events in 2005 and these numbers may reach 7.8 million and 23 million by 2030(2) In 2003, only 18% of Massachusetts adults were aware of all signs and symptoms of stroke.

Presentation of information about stroke by hospital and community health services should be improved. India is currently facing the challenge of a high stroke incidence. The major reason is that the common risk factors of stroke are hypertension, diabetes, smoking, and dyslipidemia are not being adequately controlled. Public awareness in this regard is still quite poor in our society. Development of public awareness and improvement of logistic facilities at the grass root level to deal with the various non communicable diseases.