

Contents

Contributors	xi
Preface	xiii
SECTION 1 IMPORTANCE OF STROKE AND STROKE PREVENTION	1
Chapter 1 Epidemiology of Stroke Prevention and Urgency of Treatment	2
Introduction / 2	
Incidence and Prevalence / 3	
Burden of Stroke / 5	
Types of Stroke/Classification / 7	
Stroke Pathology / 9	
Stroke Prevention / 10	
Urgency of Treatment / 13	
Chapter 2 Potential for Stroke Prevention	22
Introduction / 22	
Rationale for Stroke Prevention, Traditional Approaches to Prevention, and Economic Considerations / 23	
Concept of Continuum of Risk and Global or Overall Risk / 28	
Difference in Risk When Traditional Risk Factors Are or Are Not Present / 29	
Ranking the Importance of Stroke Risk Factors: Population Attributable Risk / 30	
A Global Stroke Prevention Agenda / 33	
Future Stroke Prevention / 33	
SECTION 2 PREVENTING STROKE	39
Chapter 3 Nutrition, Diabetes, and Stroke Prevention	40
Introduction / 40	
Importance of Diet / 40	
Vitamins and Antioxidants / 45	
Conclusion / 48	
Chapter 4 Smoking Cessation	50
Smoking—Dogmas, Misconceptions, and Emerging Clinical Realities / 50	
Smoking and the Epidemiology of Cerebrovascular Disease / 53	

Smoking and the Pathophysiology of Cerebrovascular Disease / 54	
Secondhand Smoke and Cerebrovascular Disease / 55	
Cerebrovascular Events—Their Impact on the Smoker / 57	
Smoking Cessation and the Prevention of Stroke / 57	
The Cost-Effectiveness of Smoking Cessation / 58	
Smoking Cessation and the Stroke Patient / 58	
Enhancing Smoking Cessation Success / 59	
Pharmacotherapy for Smoking Cessation / 60	
Conclusion / 66	

Chapter 5	Exercise	75
	Rationale / 75	
	The Pre-exercise Evaluation / 78	
	Exercise Programming / 80	
Chapter 6	Hypertension	84
	Introduction / 84	
	Achieving Control of Blood Pressure / 85	
	Resistant Hypertension / 85	
	Consumption of Substances That Aggravate Hypertension / 86	
	Secondary Hypertension / 87	
	Renovascular Hypertension / 89	
	Primary Aldosteronism / 90	
	Hypertension in Patients of African Origin / 92	
	Physiologically Based Individualized Therapy Based on Renin/Aldosterone Phenotyping / 92	
	Blockade of Aldosterone / 94	
	Treating Hypertension in Acute Stroke / 95	
Chapter 7	Antiplatelet Therapy	98
	Thienopyridines / 102	
	Aspirin Plus Clopidogrel in Secondary Prevention of Stroke or TIA / 112	
	Selection of Oral Antiplatelet Therapy / 113	
Chapter 8	Anticoagulation	119
	Utilization of VKA Antagonists in Elderly Patients / 121	
	Pharmacogenetic Dosing of Warfarin / 122	
	Starting Anticoagulation After Stroke / 123	
	Stopping Warfarin Before a Procedure / 124	
	New Oral Anticoagulants / 124	
Chapter 9	Lipid-Lowering Therapy	131
	Introduction / 131	
	Reduction of Stroke Risk by Lipid-Lowering Therapy / 131	

Combination Therapy With Statins /	132
Drug Interactions With Statins /	133
Adverse Effects of Statins and How to Avoid Them /	133
Conclusion /	136

Chapter 10 Management and Prevention of Intracranial Atherosclerotic Disease	139
Introduction /	139
Clinical Patterns of Intracranial Stenosis /	140
Mechanisms, and Lesion and Angiographic patterns of ICAD /	143
Risk Factor Management /	146
Conclusion /	149
Chapter 11 Appropriate Endarterectomy and Stenting for Carotid Stenosis	152
Introduction /	152
Symptomatic Carotid Stenosis /	152
Asymptomatic Carotid Stenosis /	154
Conclusion /	159
Chapter 12 Finding the Cause of the TIA or Stroke: The Key to Appropriate Therapy	161
Introduction /	161
Stroke Mimics (“Just a Stroke”) /	164
Stroke Subtypes /	165
The Aorta as a Source of Embolic Ischemia Causing Stroke /	166
Intracranial Hemorrhage /	166
Hypertensive Intracerebral Hemorrhage /	166
Subarachnoid Hemorrhage /	167
Amyloid (Congophilic) Angiopathy /	167
Cortical Vein Thrombosis /	168
Vascular Malformations /	168
Cerebral Ischemia /	168
Arterial Dissection /	169
Cardioembolic Stroke /	171
Lacunar Infarction /	173
Conclusion /	173
Chapter 13 Thoughts on the Hazards of Relying on Publications: Cautions Needed Before Applying Published Results to Evidence-Based Medicine	175
Surgical Intervention in Symptomatic Patients With Carotid Stenosis /	178
Surgical Intervention in Asymptomatic Subjects With Carotid Stenosis /	180

	Carotid Artery Stenting / 181	
	Platelet-Inhibiting Drug Trials / 184	
Chapter 14	Prospects for Prevention of Dementia by Prevention of Stroke	191
	Introduction / 191	
	Definition of Key Terms and a Shift in Thinking About Cognitive Impairment / 192	
	Magnitude of the Public Health Impact of Vascular Cognitive Impairment and Alzheimer Disease / 193	
	Stroke and Cardiovascular Risk Factors and Linkage to Vascular Cognitive Impairment and Alzheimer Disease / 194	
	Prevention of Dementia and Cognitive Decline: Practical and Research Considerations / 199	
	Summary / 201	
Chapter 15	Minimizing Adverse Effects of Cardiovascular Drugs	205
	Introduction / 205	
	Antihypertensive Drugs / 206	
	Adverse Effects by Drug Class / 206	
	Blinded N of 1 Crossover Trial / 210	
	Conclusion / 211	
SECTION 3	WHEN THE STROKE WASN'T PREVENTED	213
Chapter 16	Treatment of Acute Stroke: Medical and Interventional Therapy	214
	Introduction / 214	
	Ischemic Stroke / 216	
	Hemorrhagic Stroke / 249	
	Organization of Stroke Care—What It Can Accomplish / 251	
Chapter 17	Surgical Management of Acute Stroke	263
	Ischemic Stroke / 263	
	Hemorrhagic Stroke / 266	
Chapter 18	Stroke Rehabilitation	271
	Introduction / 271	
	Brain Reorganization and Recovery From Stroke / 271	
	Organized Stroke Care—Interdisciplinary Care/Team / 272	
	Selected Rehabilitation Issues / 274	
	Spasticity Poststroke / 277	
	Visual-Spatial Perceptual Deficits / 278	
	Vascular Cognitive Impairment / 280	

Aphasia	/	282
Dysphagia	/	284
Poststroke Depression (PSD)	/	286
Summary	/	288

Index**295**