

Ischemic stroke epidemiology

Approximately 15% of [deaths](#) in a [developed country](#) are due to [sudden cardiac arrest](#), making it the most common cause of death worldwide. Though high-quality [cardiopulmonary resuscitation](#) has improved overall survival rates, the majority of survivors remain [comatose](#) after return of spontaneous circulation secondary to hypoxic-[ischemic brain injury](#). Since the advent of targeted temperature management, neurologic recovery has improved substantially, but the majority of patients are left with [neurologic deficits](#) ranging from minor [cognitive impairment](#) to persistent [coma](#). Of those who survive cardiac arrest, but die during their [hospitalization](#), some progress to [brain death](#) and others die after withdrawal of life-sustaining treatment due to anticipated poor neurologic [prognosis](#) ¹⁾.

[Ischemic stroke](#) is a leading cause of [mortality](#) and [morbidity](#) worldwide, and [atherosclerosis](#) is one of the major risk factors for this neurologic deficit.

Only 3% of ischemic strokes occur in patients < 40 yrs of age ²⁾. Over 10% of ischemic strokes occur in patients ≤ 55 yrs ³⁾.

Incidence: 10 per 100,000 persons age 35–44 yrs, 22–73 per 100,000 for age < 55 yrs ⁴⁾.

¹⁾

Carroll E, Lewis A. Neuroprognostication after Cardiac Arrest: Who Recovers? Who Progresses to Brain Death? *Semin Neurol.* 2021 Oct;41(5):606-618. doi: 10.1055/s-0041-1733789. Epub 2021 Oct 7. PMID: 34619784.

²⁾

Hart RG, Miller VT. Cerebral Infarction in Young Adults: A Practical Approach. *Stroke.* 1983; 14:110–114

³⁾ ⁴⁾

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