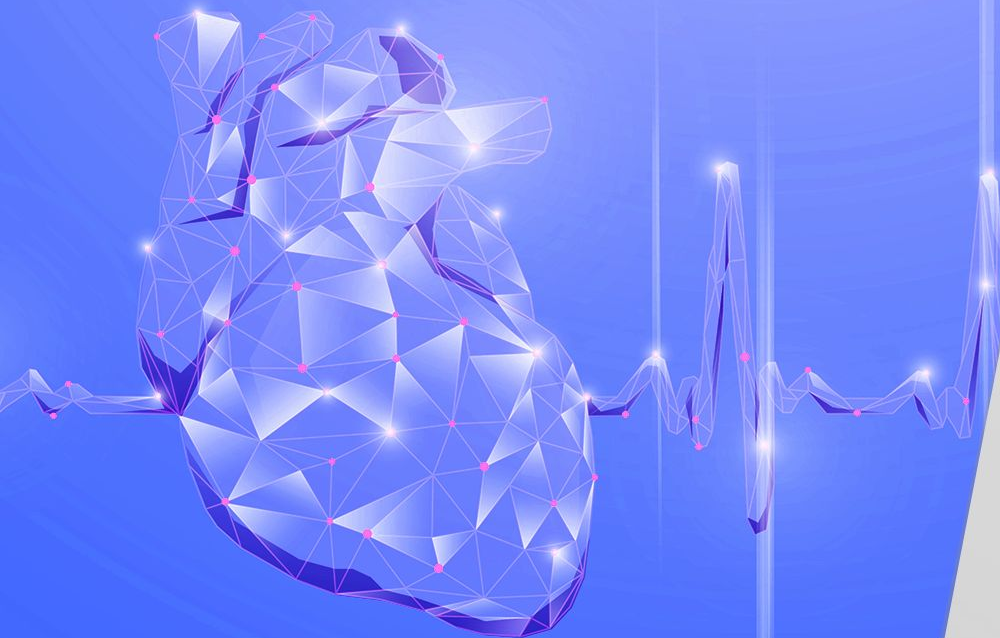


**STRATEGIE SANITARIE DI
PREVENZIONE DELL'ICTUS: COME
OTTIMIZZARE LA PREVENZIONE
PER UNA POPOLAZIONE PIÙ SANA**

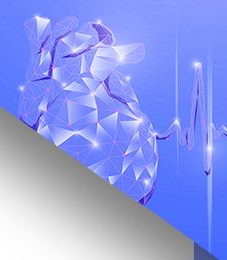
Focus: Nord

MARTEDÌ 9 FEBBRAIO 2021



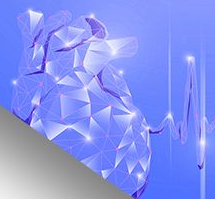
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Strategie sanitarie di prevenzione dell'ictus: come ottimizzare la prevenzione per una popolazione più sana

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JACC FOCUS SEMINAR: CURRENT BEST PRACTICES AND FUTURE DIRECTIONS IN STROKE

JACC FOCUS SEMINAR

Primary and Secondary Prevention
of Ischemic Stroke and
Cerebral Hemorrhage

JACC Focus Seminar

Nancy Chikingsh Street, MD, PhD / Graeme J. Hanley, MD

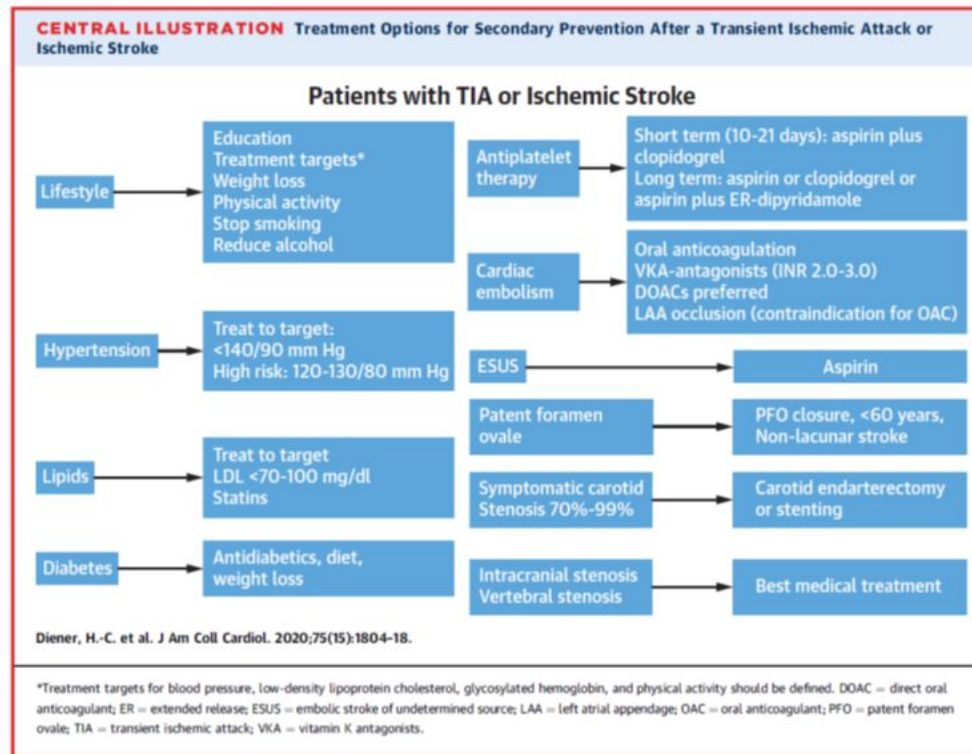
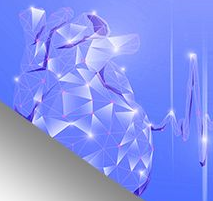
ABSTRACT

Stroke is a leading cause of permanent disability. Therefore, primary prevention of first stroke and secondary prevention of recurrent stroke are a high priority. Primary prevention of ischemic stroke includes lifestyle modification and diet, treatment of risk factors including hypertension, diabetes mellitus and lipid disorders, aspirin therapy for high-risk individuals, and anticoagulation in atrial fibrillation. Secondary prevention of ischemic stroke includes anti-thrombotic therapy or surgery in selected symptomatic patients, closure of patent foramen ovale after cryptogenic stroke, treatment of stroke recurrence, and best medical treatment of myocardial infarction. The most important preventive strategies in the primary and secondary prevention of cerebral hemorrhage include the treatment of hypertension, reduction in alcohol intake, and cessation of the left atrial appendage in patients with atrial fibrillation and persistent contraindications for oral anticoagulation. © Am Coll Cardiol 2020;75:1804-1810. © 2020 by the American College of Cardiology Foundation.

- Up to 90% of all strokes are preventable, and attributable to 10 modifiable risk factors.
- Hypertension is ubiquitously the major modifiable risk factor for stroke, accounting for one-third of stroke in developed countries and two-thirds in developing countries.
- Optimal stroke prevention requires a harmonious, integrated approach to educating about stroke risk and healthy lifestyle behaviors, simple screening and management of individuals for a history and presence of modifiable and treatable causal risk factors, and improving social and environmental factors.

Diener H-C, et al. J Am Coll Cardiol 2020; 75: 1804

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Key Points

- Aderenza terapeutica;
- Integrazione tra specialisti e tra ospedale e territorio;
- M-health, E-health
 - Telesorveglianza
 - Teleconsulto
 - App
 - Sensori
- Professionisti Sanitari

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