

Key Questions

CARDIOVASCULAR RISK

1. What systems are available to assess vascular risk?
2. What population should vascular risk assessment be performed on and how often?

PRIMARY PREVENTION OF STROKE

3. What are the main risk factors of stroke?
4. Do lifestyle interventions reduce the risk of having an episode of stroke?
5. What strategies are available to reduce alcohol consumption or to stop smoking?
6. What strategies have been proven to be beneficial in reducing body weight in obese people?
7. What type of antihypertensive treatment is most beneficial for reducing the risk of having a stroke episode?
8. What are the target values for blood pressure?
9. What is the risk of having an episode of stroke in diabetic people?
10. What strategies can prevent the development of diabetes?
11. Do people with elevated plasma cholesterol levels or other dyslipemias have a higher risk of having an ischemic stroke or transient ischemic attack?
12. Do treatments aimed at reducing plasma cholesterol levels decrease the risk of having an ischemic stroke or transient ischemic attack?
13. What is the most adequate therapeutic approach in people who present metabolic syndrome criteria?
14. Do women who take oral contraceptives have a higher risk of having an ischemic or hemorrhagic stroke episode or cerebral venous thrombosis?
15. Does hormone therapy reduce the risk of stroke or other vascular episodes in postmenopausal women?
16. Does antithrombotic treatment reduce the risk of having an episode of stroke in patients with congenital or acquired thrombophilias?

17. Is there any effective treatment to reduce the risk of stroke in patients with disorders such as elevated plasma homocysteine or lipoprotein A levels or who suffer migraine episodes or falciform cell disease?
18. In patients with certain embolic cardiopathies (atrial fibrillation, myocardial infarction, reduced ejection fraction, valve prostheses, mitral stenosis or mitral valve prolapse), does antithrombotic treatment (antiaggregant/anticoagulant) reduce the risk of having a stroke episode?
19. In patients with carotid artery stenosis, is surgical treatment effective at reducing the risk of having a first episode of stroke?
20. Does platelet antiaggregant treatment after the intervention offer additional benefits?
21. Is it reasonable to conduct screening of carotid artery stenosis in the general adult population?
22. Does platelet antiaggregant treatment reduce the risk of having a vascular or stroke episode in people with different levels of vascular risk?
23. What dose of antiaggregants has been shown to be effective at preventing vascular or stroke episodes?
24. What therapeutic options are available for pregnant patients who require antithrombotic treatment (antiaggregant/anticoagulant)?
25. What is the risk of bleeding in patients who receive anticoagulant treatment?
26. In patients with intact intracerebral aneurysm, does the intervention on the malformation (via surgery or via an endovascular approach) reduce the risk of having a subarachnoid hemorrhage?

SECONDARY PREVENTION OF STROKE

27. What is the risk of having a stroke in patients who have already had an ischemic stroke episode or a transient ischemic attack?
28. In patients with a history of prior stroke, do lifestyle interventions reduce the risk of new episodes?
29. In patients with a history of prior stroke, does hypertensive treatment reduce the risk of new episodes?
30. What are the target values for blood pressure?
31. In patients with a history of prior stroke, does hypolipemiant treatment reduce the risk of new episodes?

32. What are the optimal doses of hypolipemiant treatment?
33. What are the target values for blood lipids?
34. In postmenopausal women with a history of stroke, does hormone therapy reduce the risk of new episodes?
35. In patients with congenital or acquired thrombophilias who have suffered a stroke episode, does antithrombotic treatment reduce the risk of new episodes?
36. In patients with a history of stroke and hyperhomocysteinemia, do vitamin complexes reduce the risk of new episodes?
37. In patients with certain cardiopathies (atrial fibrillation, cardiac valve prostheses, mitral stenosis, mitral valve prolapse, permeable foramen ovale) and a history of ischemic stroke or transient ischemic attack, does antithrombotic treatment (anticoagulant/antiagregant) reduce the risk of new episodes?
38. In patients with carotid artery stenosis and a history of ischemic stroke or transient ischemic attack, does carotid endarterectomy versus endovascular techniques reduce the risk of new episodes?
39. Does antithrombotic treatment (antiagregant/anticoagulant) following the intervention provide additional benefits?
40. In patients with a history of ischemic stroke or non-cardioembolic transient ischemic attack, does antithrombotic treatment reduce the risk of new episodes?
41. In patients with cerebral venous thrombosis, does anticoagulant treatment reduce the risk of new episodes?
42. What therapeutic approach should be adopted in a patient who presents intracerebral hemorrhage during treatment with antithrombotics?