IS 20 YEARS OLD TOO YOUNG FOR A STROKE?

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INTRODUCTION

- Stroke is the third most common cause of disability and second most common cause of death worldwide.1
- “Time is brain” in the evaluation of patients with stroke.2
- Tissue plasminogen activator (tPA) and endovascular therapy has shown effectiveness in patients with major arteries ischemic stroke.3

OBJECTIVE

- To show that ischemic stroke can occur even in very young patients with no known risk factors

CASE DESCRIPTION

- A 20 years old obese African American female patient brought to emergency department (ED) due to altered mental status, fall and drooling of saliva one hour prior to presentation.
- Vital signs were stable
- Patient had expressive aphasia, right side weakness and dysphagia with NIHSS score of 19

- Basic labs, EKG, Echo and hypercoagulability work up were negative.
- CT of head and neck immediately after presentation was negative for acute ischemic stroke changes or bleeding.
- MRI of brain showed large acute ischemic acute MCA territory infarct
- Patient was out of window period for tPA and endovascular therapy by the time massive MCA territory ischemic stroke was diagnosed
- Symptomatic management including left side craniotomy with duraplasty was done for cerebral edema with impending herniation resulting in prolonged ICU stay
- Patient survived the incident and discharged home with modified Rankin Score of 4 after intensive inpatient rehabilitation.

CONCLUSION:

- Having high index of suspicion for acute ischemic stroke timely even in very young patients could save lives and prevent morbidity.

REFERENCES