

## 90 Seconds to Better Health

### Stroke in Younger Adults with Dr. Agrima Agrawal

[MUSIC] NARRATOR

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Strokes can be debilitating and deadly. Stroke can take away your ability to walk, talk, eat and dress yourself. An estimated 10% of stroke patients are younger than 50.

DR. AGRAWAL

Especially patients who have high blood pressure, who suffer from diabetes, obesity, patients who do IV drug use, have obstructive sleep apnea, these patients tend to have a higher risk for stroke.

NARRATOR

A contributing stroke factor for younger people is not paying attention to their health, and they don't even know they have high blood pressure.

DR. AGRAWAL

There could be genetic predisposition as well, with different myocardial diseases, sickle cell anemia – these patients are at a higher risk for strokes as well.

NARRATOR

Stroke is not just an older person's disease, and young people who look very healthy could be at risk for having a stroke.

DR. AGRAWAL

If they have a genetic predisposition or have any abnormal heart rhythms, you know, which is undetected, they could throw a clot and have a stroke. It's very important to go to your primary care provider at least once a year to make sure everything is ok with you. Definitely be in touch with your primary care provider.

[MUSIC] NARRATOR

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