

Strokes in Youth



Researchers have been documenting a disturbing rise in strokes among youth starting at age 25. Between 2000 and 2010, strokes among young adults ages 25-44 increased by 44% compared to a 20% decrease among the aged. According to a new national study which compared the number of stroke hospitalizations in 1994 and 1995 with those in 2006 and 2007, the number of people aged five to 44 who suffered acute ischemic stroke rose by 50 percent.

Ischemic stroke occurs when blood flow to the brain is blocked by a blood clot or fatty deposit. The lack of oxygen caused by the blockage destroys brain tissue and can lead to paralysis or death.

A study was conducted based on a sample of 10,000 hospitalizations nationwide.

In the 5-to-14 year-old age group, researchers discovered a 31 percent increase in stroke admissions among boys, from 2.8 to 3.8 hospitalizations per 10,000, and a 36 percent jump in hospitalizations, from 3.6 to 4.7, among girls. Public health experts believe increased

obesity in children and young adults might account for some of the rise in these stroke-related hospitalizations.

Researchers found the biggest increase in hospitalizations for stroke, 53 percent, was among males aged 15 to 34. In addition, Black people have double the risk of a first stroke and are more likely to die of one, compared with white people.

However, there are many factors that need to be addressed, and one of the largest focuses in the younger population is the E-cigarette, vaping epidemic. In today's times, you cannot have a conversation with a school aged parent where they are not concerned about their child falling prey to this very addictive drug. Nicotine is a drug, and these devices are laced with them.



One JUUL pod contains **20 cigarettes** worth of nicotine. The amount of nicotine in one JUUL cartridge is roughly equal to the amount of nicotine in a pack of cigarettes, or about 200 puffs, according to the product website. This will greatly increase your stroke risk factor. According to Vaping Daily, smoking greatly increases your risk of stroke. Tobacco products cause blood clots, arterial thickening, and raises triglycerides in the blood.

Smoking reduces the amount of oxygen in your blood, which is one of the major ways that it contributes to having a stroke. When there's less oxygen in your blood, your heart has to work harder to pump the blood through your body compared to a non-smoker.

Smoking also makes blood clots more likely to form and increases the amount of plaque buildup in your arteries. The combination of the blood clots and increased plaque are the right conditions for a stroke to occur.

The arteries leading to your brain are especially vulnerable to damage by smoking. As these arteries shrink and tighten, it may be impossible for adequate blood flow to get to your brain and creates the right conditions for an aneurysm to occur. Smoking damages smaller blood vessels, making them more likely to rupture.

“the more you smoke, the more you stroke”

According to the National Library of Medicine National Institute of Health, while smoking definitively causes stroke, there are several important motivational facts that can be emphasized to consider to help to stop smoking.

Regarding quitting (which would be ideal), several health-related benefits can be emphasized to occur over the following time frame. After quitting, the following has been demonstrated:

- Within 20 min blood pressure drops to the level it was before the last cigarette
- Within 8 h carbon monoxide levels in the blood return to normal
- Within 24 h the chance of a heart attack decreases
- Within 2 weeks to 3 months circulation improves and lung function increases
- Within 1–2 months smoking-related stroke risk due to hypercoagulability normalizes to that of nonsmokers
- Within 1–9 months lungs regain normal ciliary function, reducing infection risk
- At 1 year the risk of heart disease is cut in half
- At 5 years stroke risk is reduced to that of a nonsmoker in most cases
- By 10 years the risk of lung cancer is approximately half that of a smoker. The risks for cancers of the mouth, throat, esophagus, bladder, kidney and pancreas also decrease
- By 15 years the risk of heart disease is that of a nonsmoker

Much more research is needed to help prevent a stroke in our youth, however, it is important to remember that a stroke can be prevented. Eat a healthy diet, manage your stress, and get plenty of exercise.