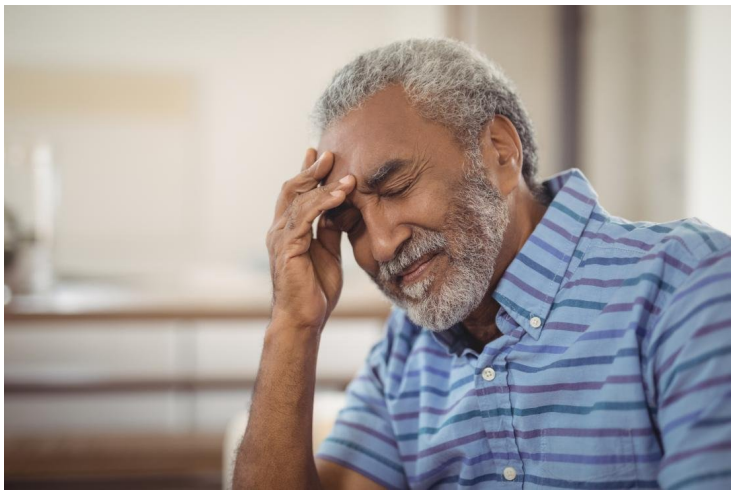
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ASIA EDITION

Stroke cuts life expectancy by one third: Australian study

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To focus on lifestyle and risk factor modifications for secondary prevention



Almost two thirds of acute stroke patients fail to survive more than a decade and have high risk of recurrence, prompting researchers to call for better patient care.

University of Queensland researchers analysed data from more than 300,000 patients admitted to hospital following a sudden stroke between 2008 and 2017 in Australia and New Zealand.

The team also investigated how many years were lost to stroke by comparing a patient's predicted life expectancy with the length of actual survival.

According to the data, patients with a haemorrhagic stroke who have bleeding in the brain are at greater risk of death, another stroke and reduced life expectancy, than those with an ischemic stroke, which is caused by a burst blood vessel.

Acute stroke is one of the most common causes of hospitalisation and disability in Australia and has been linked to risk factors such as high blood pressure, elevated cholesterol levels, diabetes, smoking and heart disease by the Stroke Foundation.

Study co-author, Dr Kathryn Colebourne, a stroke and general physician at The Prince Charles Hospital, said these findings reinforce the need for concerted efforts to improve acute stroke care.