

## First-of-its-kind stroke symposium concludes in Tokyo

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**Singapore:** Stroke, the destruction of brain tissue from blockage or rupture of blood vessels, is one of the leading causes of death and permanent disability in the world. Stroke is also a common problem in Asian countries being second only to heart attack as a cause of death.

Preliminary studies suggest that the main risk factors for stroke in Asian countries are undiagnosed or untreated high blood pressure (hypertension), abnormally elevated blood sugar (diabetes), smoking and elevated cholesterol. Recent information indicates that these same risk factors for stroke also damage memory and predispose to Alzheimer's disease in the elderly.

To discuss these advances and to interchange experiences in stroke management in several Asian countries the First Asia-Pacific Symposium on Stroke met in Tokyo (Japan) on September 13th, 2012, within the frame of the Asia-Pacific Stroke Conference (Tokyo, September 10th to 12th).

Speakers and physicians from India, Philippines, South Korea, Vietnam, Thailand and Myanmar have had an opportunity to participate in this meeting, the first of its class in the Asian countries.