

PH7: Prevalence, Risk Factors and Secondary Prevention of Stroke Recurrence in Asia: A Scoping Review

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ABSTRACT

Introduction: In most Asian countries, stroke is the major cause of mortality. The risk of stroke recurrence in Asians with high blood pressure is much greater than that of Caucasians, Hispanics and Black Africans. A stroke event is life-changing to stroke survivors which results in either mortality or disability. Therefore, this study focuses comprehensively on the prevalence, risk factors and secondary prevention for stroke recurrence identified in Asian countries. **Methods:** This scoping review uses the methodological framework by Arksey and O'Malley (2005). Pertaining to this topic, a comprehensive search on academic journals published from 2007 to 2017 (English) was conducted. A total of 22 studies were selected in this review from 585 studies screened from electronic databases. **Results:** The first-year stroke recurrence rates in various Asian populations are in a range of 2.2% to 18.9%. Modifiable risk factors are significantly associated with pathophysiological factors (hypertension, ankle-brachial pressure index, atherogenic dyslipidemia, diabetes mellitus, metabolic syndrome and atrial fibrillation) and lifestyle factors (obesity, smoking, physical inactivity and high salt intake. Age, previous history of cerebrovascular events and stroke subtype are also significant influence risk factors for recurrence. A strategic method of secondary prevention for recurrent stroke is health education and also by managing risk factors through a combination of appropriate lifestyle intervention and pharmacological therapy. **Conclusion:** To prevent recurrent stroke, health intervention should be geared towards changing lifestyles to embody a healthier approach to life. This is of great importance to public health and quality of life of stroke survivors.

KEY WORDS:

Stroke recurrence; prevalence; risk factors; secondary prevention

PH8: Tear Film Osmolarity in Young Malay Adults after Wearing Soft Contact Lenses for 6 Months

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ABSTRACT

Introduction: This study investigated changes in tear film osmolarity in young myopic Malay adults after wearing soft contact hydrogel lenses for 6 months. **Methods:** A total of 48 myopic subjects participated in this study. Twenty-four of them were fitted with hydrogel contact lenses (A) and another 24 were prescribed with spectacles (B) as control group. McMonnies Dry Eye questionnaires (MDEQ) were used during screening to exclude subjects with dry eye signs and symptoms. Refraction was conducted subjectively and visual acuity (VA) was measured using LogMAR chart. Tear film stability was evaluated using TBUT and tear film osmolarity was measured using the osmometer. All measurements were conducted at baseline and 6 months. **Results:** Mean age of all subjects was 21.23 ± 1.3 years, mean refractive error was -2.43 ± 1.21 DS, mean TBUT was 7.81 ± 1.78 s and mean tears osmolarity was 296.82 ± 12.37 mOsm/L. Results and analysis at baseline and 6 months are as follow: Mean TBUT for A was 7.65 ± 1.88 s and 7.62 ± 1.68 s; ($p=0.27$), for B was 7.96 ± 1.75 s and 8.01 ± 1.63 s; ($p=0.33$), mean tears osmolarity for A was 293.33 ± 13.52 mOsm/L and 298.54 ± 12.47 mOsm/L; ($p= 0.01$), for B was 300.30 ± 11.21 mOsm/L and 300.57 ± 12.61 mOsm/L; ($p= 0.63$). **Conclusion:** Wearing soft hydrogel contact lens alters tear film osmolarity. The results support previous works in other population.

KEY WORDS:

Malay, myopia, tears film osmolarity, tear break up time, contact lens