

Finnish study identifies factors that increase death in stroke patients ages 15 to 49

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Heavy drinking, being 45 to 49 years old, type 1 diabetes or having a preceding infection are associated with more than twice the risk of death in stroke patients 15 to 49 years old, according to a Finnish study.

Furthermore, heart failure was associated with seven times the risk of death and active cancer malignancy with 16 times the risk of death in [stroke](#) patients.

The overall death rate is low in this age group, said Jukka Putaala, M.D., who led the study. Risk of death was 2.7 percent at one month, 4.7 percent at one year and 10.7 percent at five years with no difference based on gender.

Detecting these factors associated with higher risk of death is important because they can be modified by lifestyle changes, strictly controlled medication or medical procedures in most patients, Putaala said.

For more information on stroke, visit the American Stroke Association Web site: strokeassociation.org.

Source: American Heart Association ([news](#) : [web](#))

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