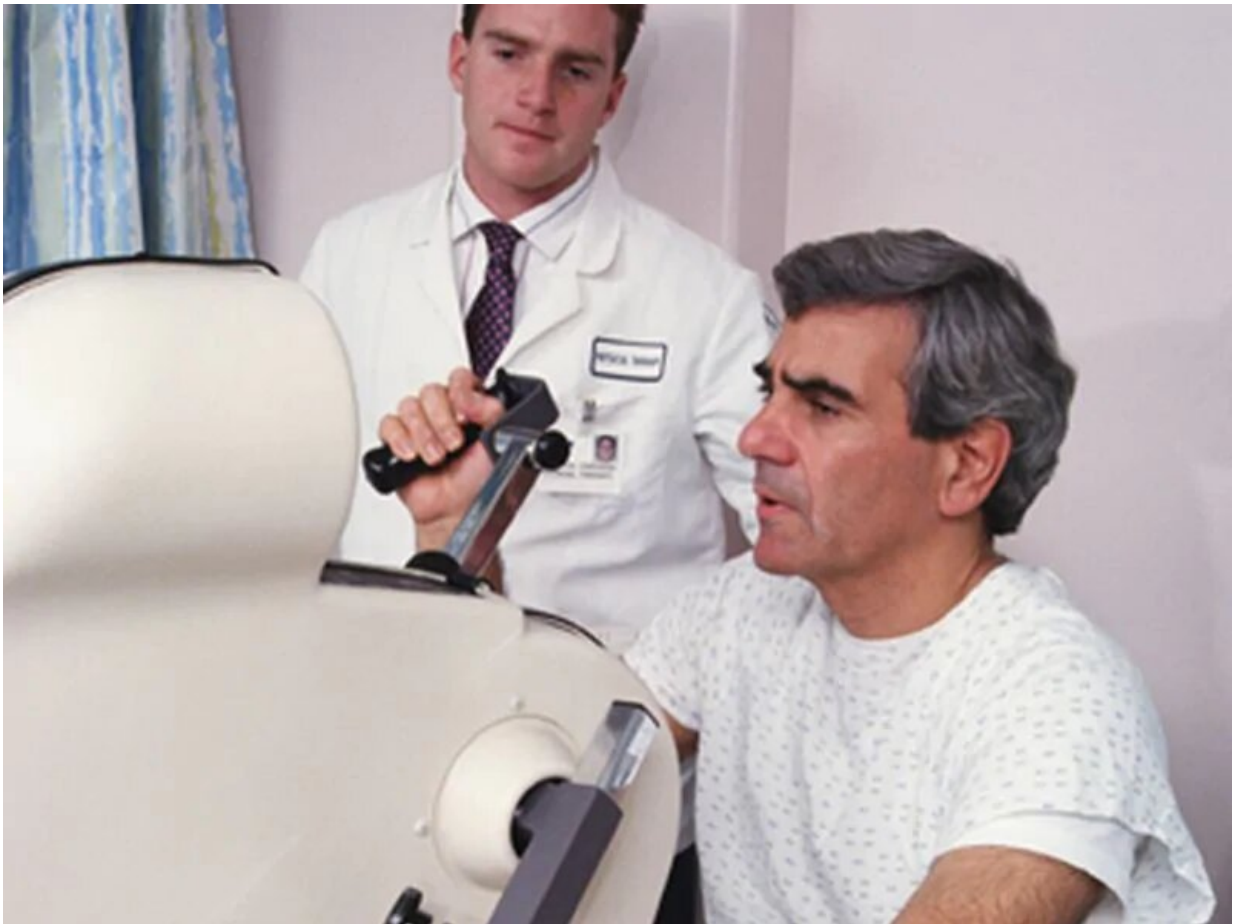


# Greater long-term decline in stroke seen among older adults

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(HealthDay)—The decline in midlife ischemic strokes over time is less

pronounced than the decline among older adults, according to a study published in the June issue of *Stroke*.

Hugo J. Aparicio, M.D., from Boston University, and colleagues used data from the Framingham Study to evaluate age- and sex-adjusted 10-year incidence of ischemic [stroke](#) among participants aged 35 to 54 and  $\geq 55$  years at the start of follow-up.

The researchers found 153 incident ischemic strokes among 3,966 people beginning in 1962; 197 among 5,779 people beginning in 1971; 176 among 5,133 people beginning in 1987; and 165 among 6,964 people beginning in 1998. For ischemic strokes occurring at [midlife](#), most were due to atherosclerotic brain infarction or cardioembolism. The risk for ischemic stroke at midlife did not significantly decline compared with the risk in the 1962 epoch (hazard ratio, 0.87; 95 percent confidence interval, 0.74 to 1.02; P trend = 0.09). In the older group, the incidence of [ischemic stroke](#) declined (hazard ratio, 0.82; 95 percent confidence interval, 0.77 to 0.88; P trend

"Early prevention, focused on modification of cardiovascular risk factors, is important to see sustained declines in stroke incidence and mortality at midlife," the authors write.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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