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## Frequency of ischemic stroke subtypes based on TOAST classification in a tertiary care center in Islamabad

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**Background and Purpose:** The purpose of this study was to determine the frequency of ischemic stroke subtypes based on TOAST classification in a tertiary care center in Islamabad and quantify them according to age, Gender and risk factors.

**Methods:** A cross sectional study was conducted in Stroke unit of Shifa international hospital, Islamabad. We included 145 patients who presented to us from Nov 2015 to Feb 2016 with neurological deficits consistent with ischemic stroke and were confirmed radiologically. The cause of ischemic stroke was classified according to TOAST criteria.

**Results:** Among the 145 patients diagnosed with Ischemic stroke, mean age was 65+- 14 years. Majority were males (54.1%). Hypertension (62.3%) was the most common risk factor followed by dyslipidemia (44.6%), Diabetes (32.2%), smoking (16.8%) and atrial fibrillation (10.4%). Cardio-embolic (40%) was the most common subtype followed by undetermined etiology (26.89%), small vessel disease (17.24%), large vessel in (13.79 %) and stroke of other etiology ( 2.06%.) Among Cardio-embolic stroke, atrial fibrillation was found in 41 %,left atrial turbulence in 27%,and rest of the cardio-embolic causes accounted for 32 %

**Conclusion:** Our study concludes that cardio-embolic stroke is the most common cause of acute ischemic strokes in our stroke unit, our results are different from other studies found in literature, where small-vessel disease with lacunar infarcts were found to be most common causes of ischemic stroke in Asian population including Pakistan. Atrial fibrillation is found to be the most common cause of Cardioembolic stroke.

### Biography

Faleha Zafar graduated from King Edward Medical University, Lahore, Pakistan in 2011, did one year house-job in Pakistan Institute of Medical Sciences, Islamabad. After clearing speciality entrance exam , did 2 year residency in Medicine in Federal Government Services Hospital, Islamabad. Currently working as a post graduate resident in neurology/acute stroke care in Shifa International Hospital, Islamabad.

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