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2014 ASA/AHA Guidelines for The Prevention of Stroke in Patients with Stroke and TIA

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New stroke guidelines to provide comprehensive evidence-based recommendations on the prevention of future stroke among survivors of ischemic stroke or transient ischemic attack have recently published in American Heart Association (AHA) and American Stroke Association (ASA). Evidence-based recommendations are postulated for control of risk factors, intervention for steno-occlusive disease, antithrombotic therapy for cardioembolism and non-cardioembolic stroke.

There were many important amendments since the last guidelines. And several new sections were added including such as sleep apnea and aortic arch atherosclerosis. The amended statement gives rather emphasis to lifestyle, obesity and nutritional support in post-stroke survivors as potential targets for risk reduction. The recommendations on carotid stenosis and potential sources of cardioembolism, such as atrial fibrillation and prosthetic heart valves, have also been amended significantly.

The amended guideline stated to consider silent brain infarction as risk factors for secondary prevention. The apparently silent infarctions are associated with typical risk factors for ischemic stroke, increased risk for future ischemic stroke, and unrecognized neurological signs in the absence of symptoms. Clinicians who diagnose silent infarction usually ask whether silent infarction deserves implementation of secondary prevention measures.

The 2014 ASA/AHA guideline is addressed to all clinicians who manage secondary prevention for patients with ischemic stroke or transient ischemic attack.

Key Words: Ischemic stroke; Transient ischemic accident; Clinical practice guideline

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