

The Burden of Stroke in Bulgaria

Based on the findings of *The Burden of Stroke in Europe* report conducted by King's College London for the Stroke Alliance for Europe



Population: 7,621,337

Healthcare cost of stroke in Bulgaria = €47.6 million (€7 per capita)

Treatment landscape:

Established national stroke prevention programme/strategy with national guidelines that cover stroke prevention and risk factor treatment

Telemedicine is attempted at a local level, but not always successful due to a lack of organisation and stable internet connections

Ongoing public awareness campaigns that focus on the primary prevention of stroke and highlight stroke as a medical emergency

There are currently 20 stroke units in Bulgaria treating 10% of stroke patients. Hospitals aim to discharge patients in 3-10 days post stroke with a follow-up appointment scheduled for a month post-discharge

Early assessment and rehabilitation is provided by a multi-professional team consisting of a neurologist, stroke doctor, physiotherapist, speech therapist and nursing staff and dietetics

Stroke in Bulgaria:

Incidence:
24,584 strokes per year
185.5 strokes per 100,000 inhabitants annually

Prevalence:
101,055 strokes
817.4 strokes per 100,000 inhabitants

Mortality:
22,061 deaths due to stroke per year
153.7 deaths per 100,000 inhabitants annually

Estimated increase 2015–2035:

Incidence: **14%**

Prevalence: **3%**

Deaths: **25%**

DALYs Lost: **13%**

Risk factor prevalence:



High blood pressure
36.4%



High cholesterol
49.9%



Smoking
36.9%



Raised glucose
10.3%

Stroke risk factor knowledge has been found to be very poor.

Anticoagulant treatment rates:

According to data, **73.2%** of atrial fibrillation patients in Bulgaria take oral anticoagulants

