

# The Burden of Stroke in Portugal



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: 10,617,999

Healthcare cost of stroke in Portugal = €159.7 million (€15 per capita)

## Treatment landscape:

2004

National Stroke Day was introduced

2005

"Via verde do AVC", a coordinated screening and fast-track system for suspected stroke, was implemented

2006

The National Network of Long-Term Integrated Care was established, helping develop outpatient care for stroke patients

2011

30 stroke units in operation, some working under technical and human limitations

Established transient ischaemic attack (TIA) clinics with immediate/same day evaluation of patients by a stroke specialist

## Stroke in Portugal:

Incidence:

15,208  
strokes per year

75.4  
strokes per

100,000  
inhabitants annually

Prevalence:

76,309  
strokes

423.9  
strokes per

100,000  
inhabitants

Mortality:

15,577  
deaths due to stroke per year

67.9  
deaths per

100,000  
inhabitants annually

## Estimated increase 2015–2035:



Incidence:  
31%



Prevalence:  
20%



Deaths:  
40%



DALYs Lost:  
29%

## Risk factor prevalence:



High blood pressure  
29%



High cholesterol  
55.9%



Smoking  
22.6%



Raised glucose  
9.2%



Atrial fibrillation (AF)  
2.5%\*

\*in adults >40

In a large population survey, only 46.1% of hypertensive patients were aware of their high blood pressure. As such, additional awareness of risk factors and stroke symptoms is needed.

## Anticoagulant treatment rates:

No data has been published to demonstrate the use of oral anticoagulants in Portugal, however:

- Thrombolysis rates have risen from 1% of ischaemic stroke patients in 2005, to 34.1% in 2010

