



Dr. Gene Latorre
Chairman Update
June 18th 2021

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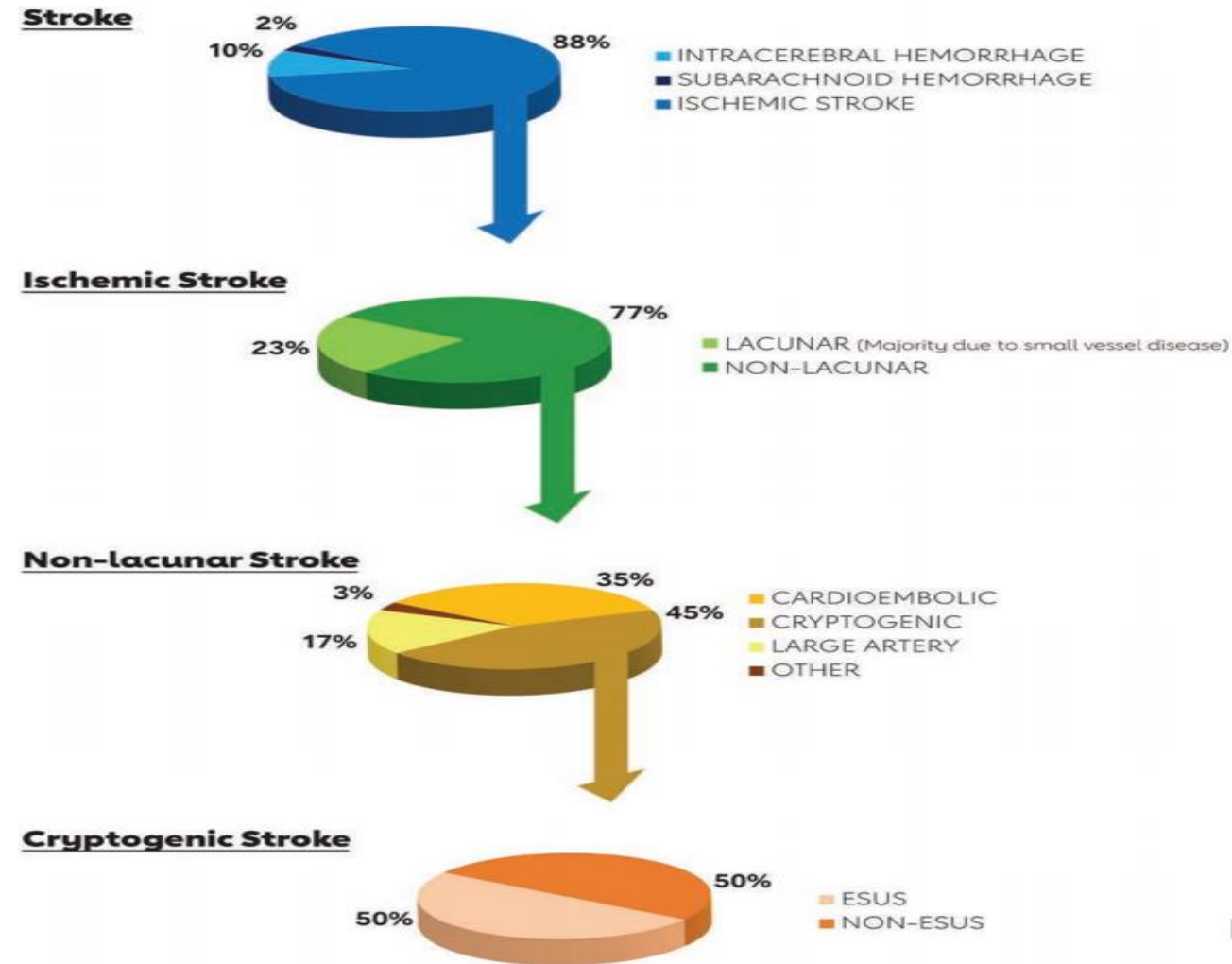
AHA/ASA Secondary Stroke Prevention Guideline 2021 update (supersedes 2014 guideline)

NEW

1. Recommendations grouped by
etiologic subtype

Stroke types behave differently

tx/dx different per type



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NEW

2. Counseling/Tx of substance use (alcohol, stimulants)

3. Prolonged heart rhythm monitoring if no other cause

4. DAPT only in selected px and for short period (30-90 days)

5. Intracranial stenosis: first line is medical management only



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6. PFO closure in selected patients (young, no other cause identified)

7. High intensity statin to lower LDL <70

can add Ezetimibe if needed

can add PCSK9 inhibitor if needed (Repatha:evolocumab, Proluent: alirocumab)

8. CPAP if with sleep apnea

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Same:

1. Risk factor management:

HTN target <130/80,

DM target HbA1c <7%,

HLD target LDL <70

Smoking cessation

2. Lifestyle factors:

diet (low salt, Mediterranean diet)

physical activity (10 min mod intensity aerob x 4/week)



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Same:

3. Anticoag for AF

NOAC (dabigatran, apixaban, rivaroxaban, edoxaban)

preferred vs Warfarin

4. Early revascularization for symptomatic carotid stenosis with nondisabling stroke or TIA