



ACIDENTE VASCULAR CEREBRAL

Correndo contra o tempo



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Audiodescrição



Entendendo algumas definições...

Fazer uso da terminologia correta...



814 pessoas

22% das pessoas não reconhecem
sinais de alerta

28 diferentes termos para
AVC

(Pontes-Neto et al. Stroke Awareness in Brazil. Stroke, 2008)

104 pessoas

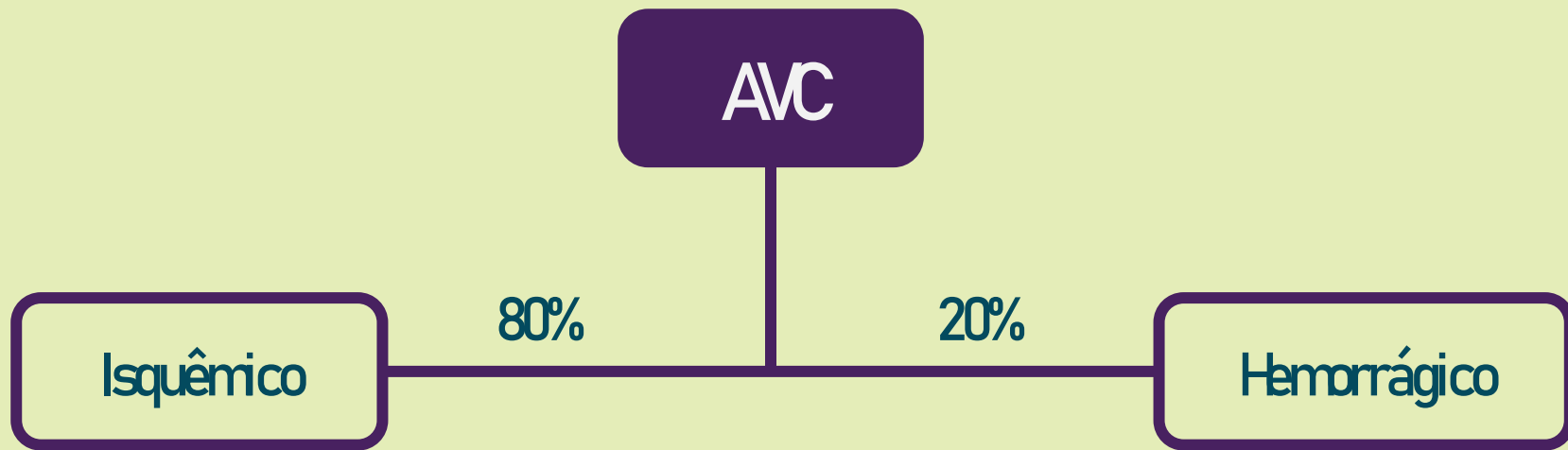


66% das pessoas reconhecem
sinais de alerta

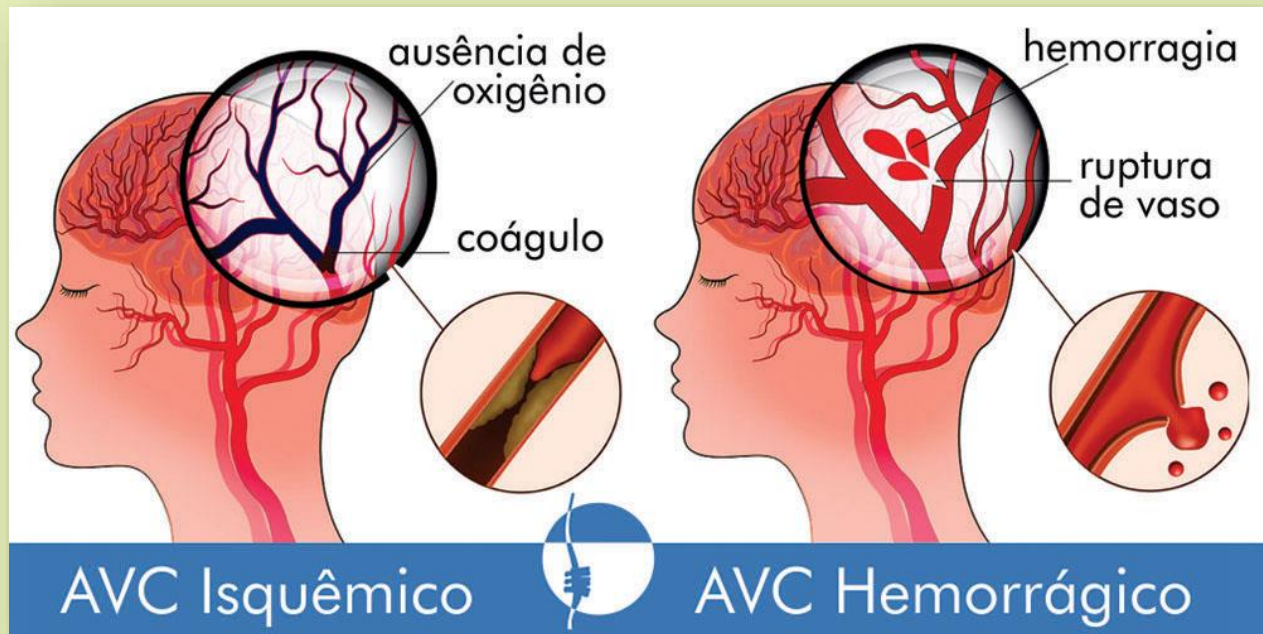
7,8% das pessoas sabiam que há
Uma janela de tempo **LIMITADA**

(Panício et al. The influence of patient's knowledge about stroke in Brazil. Stroke, 2014)

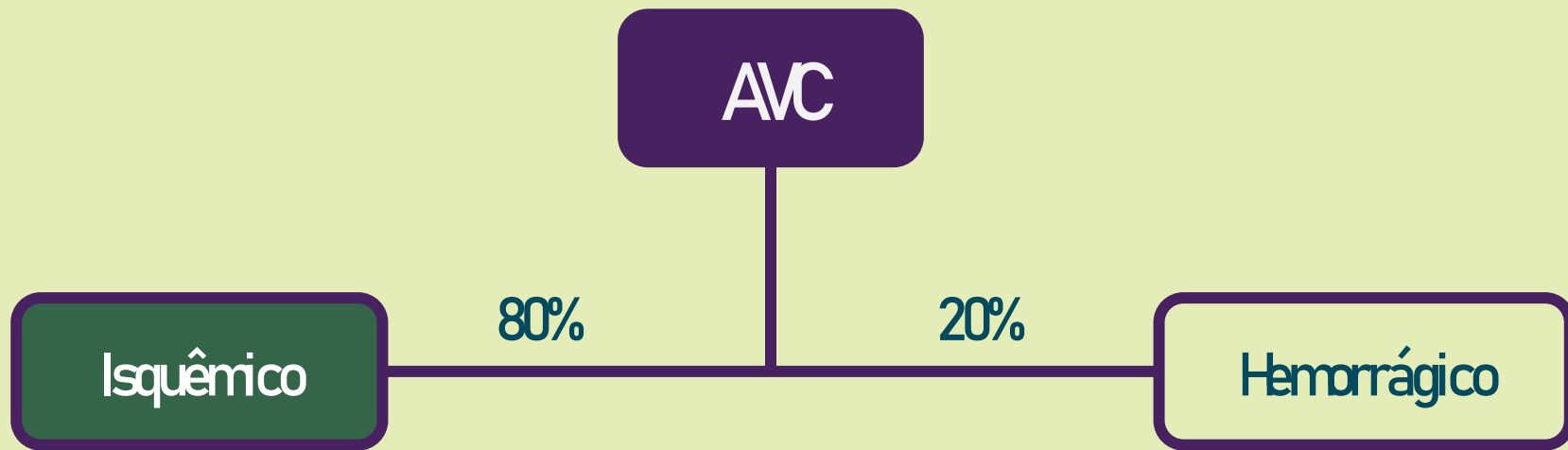
Tipos de AVC



Tipos de AVC



Tipos de AVC



Dados epidemiológicos

1 in 4 people will have a stroke in their lifetime
THIS NUMBER HAS INCREASED 50% OVER THE LAST 17 YEARS



In 2019, **63%** of stroke happened in people younger than 70 years old.

STROKE IS NO LONGER A DISEASE OF THE ELDERLY

(MSQ, 2022 – Global Stroke Fact Sheet 2022)

Dados epidemiológicos



Around the world, there are
12.2 MILLION new strokes per year
ONE EVERY 3 SECONDS

101 MILLION

people worldwide are living
with stroke aftermath

**THIS NUMBER HAS ALMOST
DOUBLED OVER THE LAST 30 YEARS**



1990

54.7
M

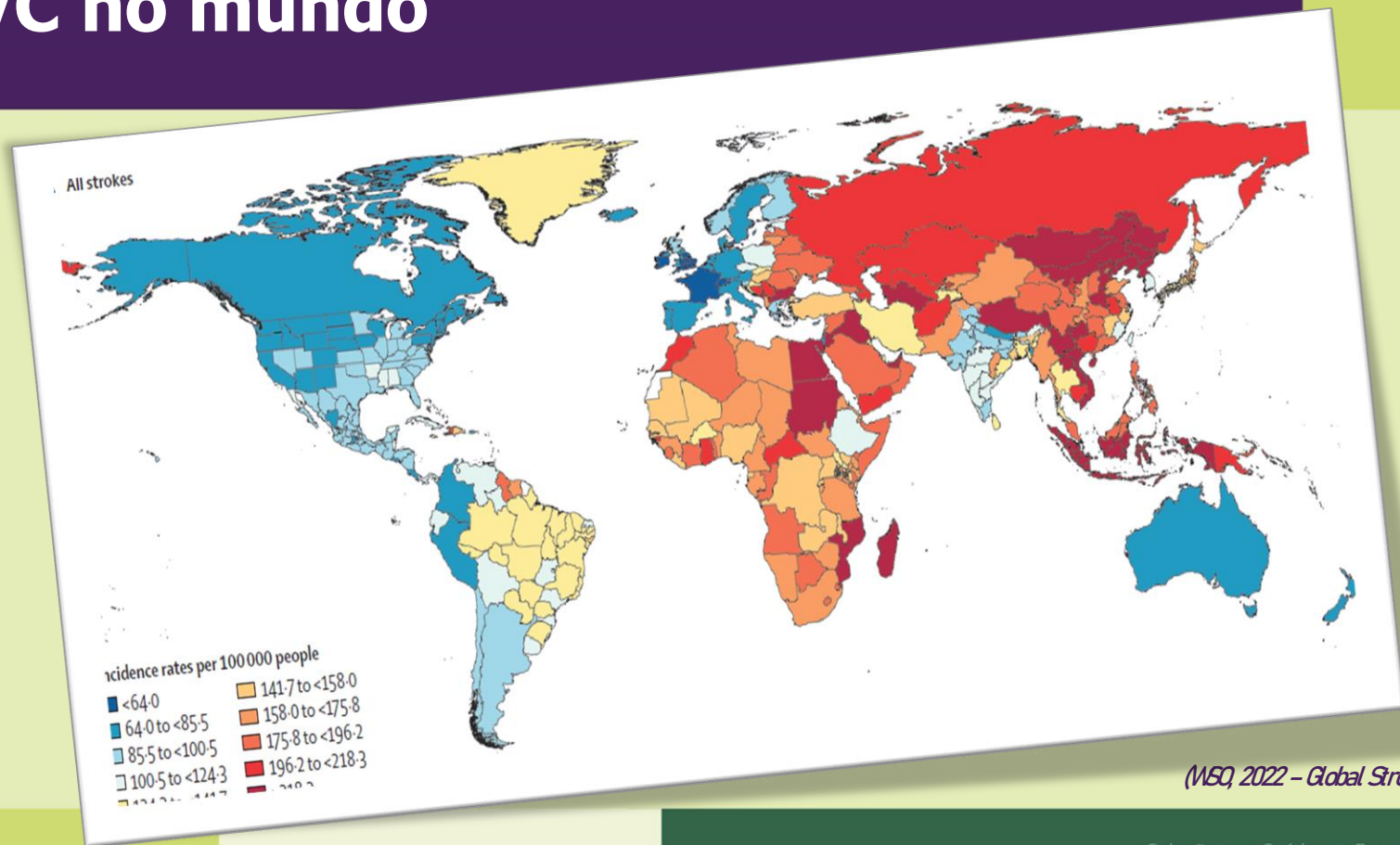


2019

101.5
M

(WSO, 2022 – Global Stroke Fact Sheet 2022)

AVC no mundo



(WSO, 2022 – Global Stroke Fact Sheet 2022)

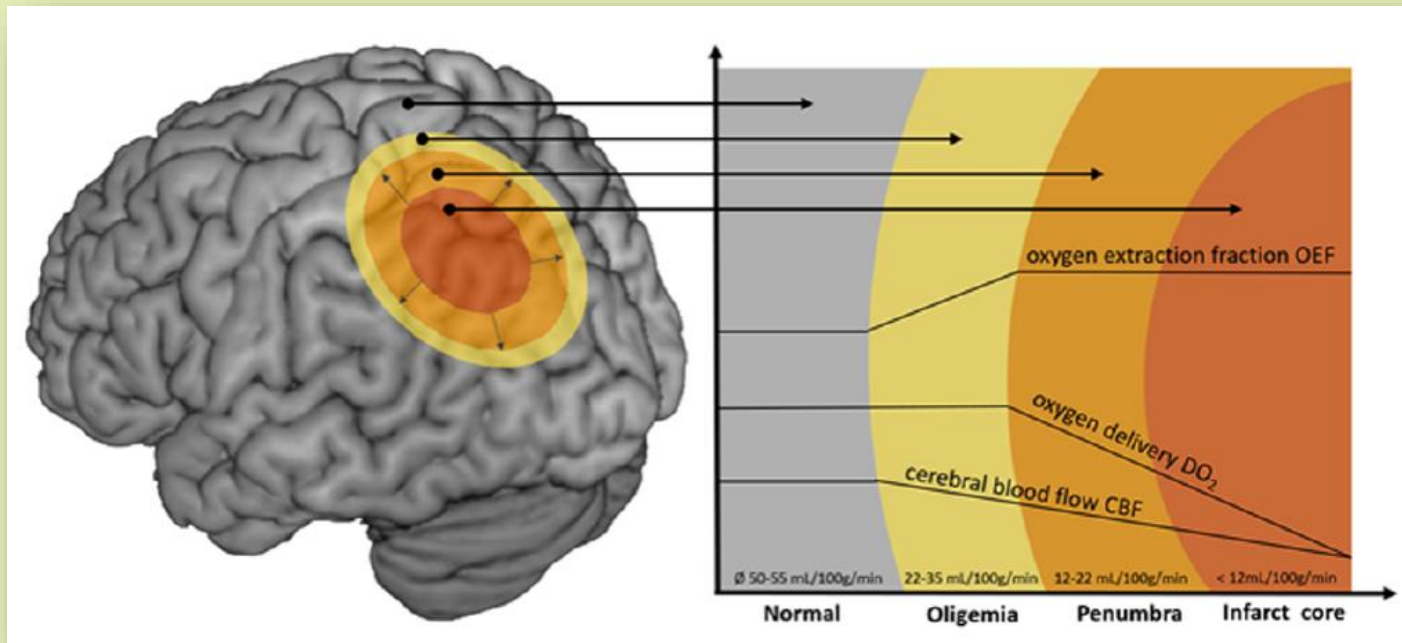
AVC no mundo



(WSQ, 2022 – Global Stroke Fact Sheet 2022)

Quando o tempo é princípio do tratamento

Cronômetro cerebral



Swiss Med Wkly. 2017;147:w14538

Cronômetro cerebral

	AVC	 1.2 bilhão	 36 anos
	HORA	120 milhões	3,6 anos
	MINUTO	1.9 milhão	3,1 semanas
	SEGUNDO	32 mil	8,7 horas

(Adaptado de Jeffrey L. Saver: *Time Is Brain—Quantified Stroke Opinion*, 2006)

Como deveria ser o atendimento do paciente com AVC?



Como deveria ser o atendimento do paciente com AVC?

1

Reconhecimento



>18 anos

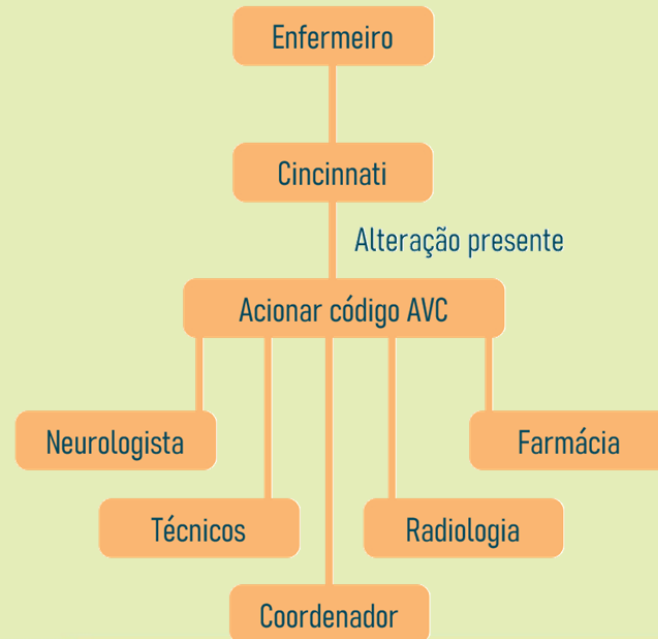


4h 30min

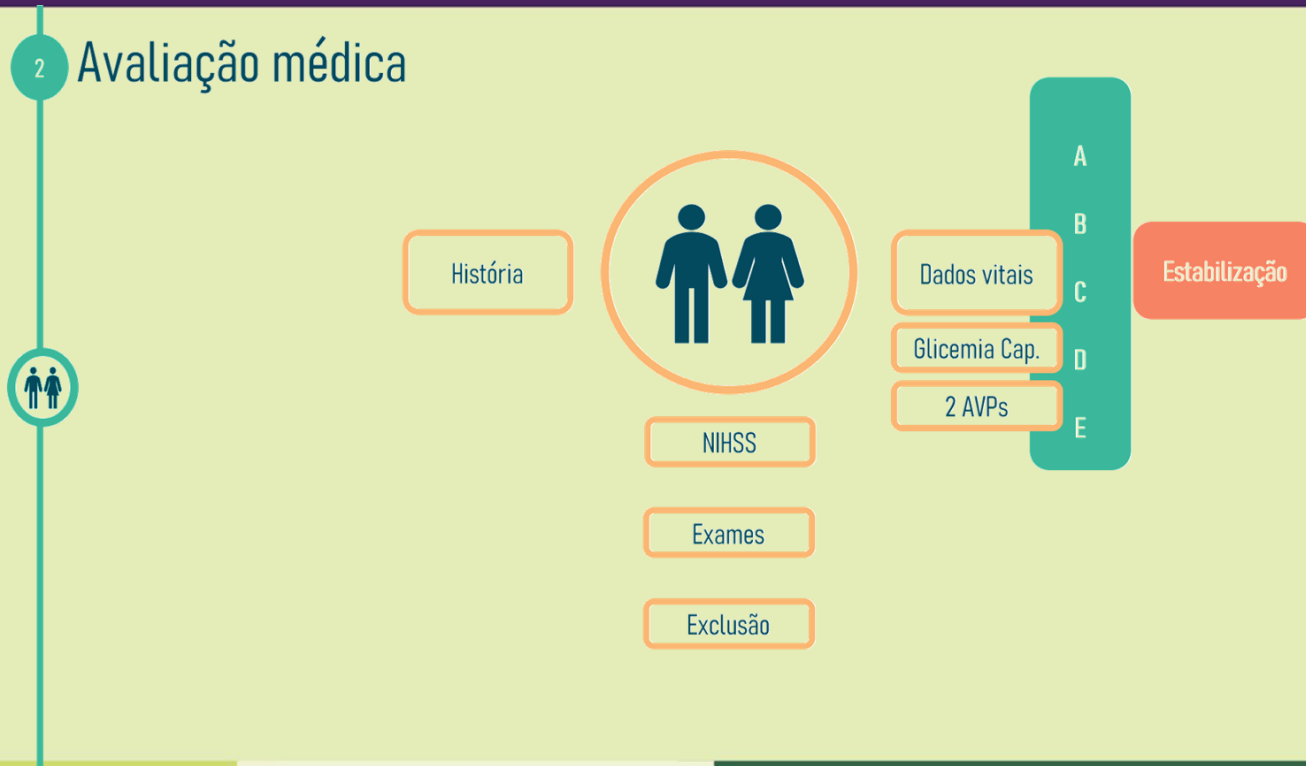
Sorria
Abrace
Música
Urgente



Sala de Triage



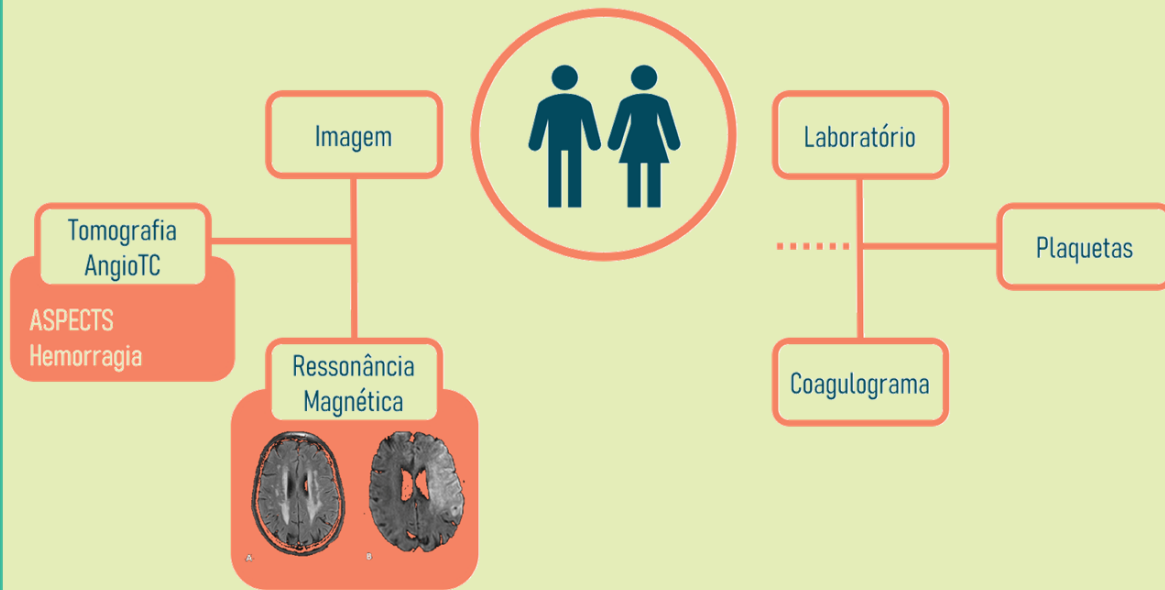
Como deveria ser o atendimento do paciente com AVC?



Como deveria ser o atendimento do paciente com AVC?

3

Exames



Como deveria ser o atendimento do paciente com AVC?

4

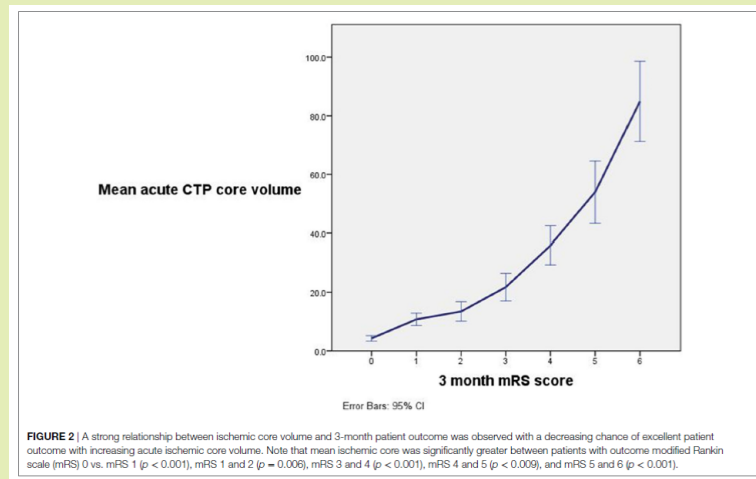
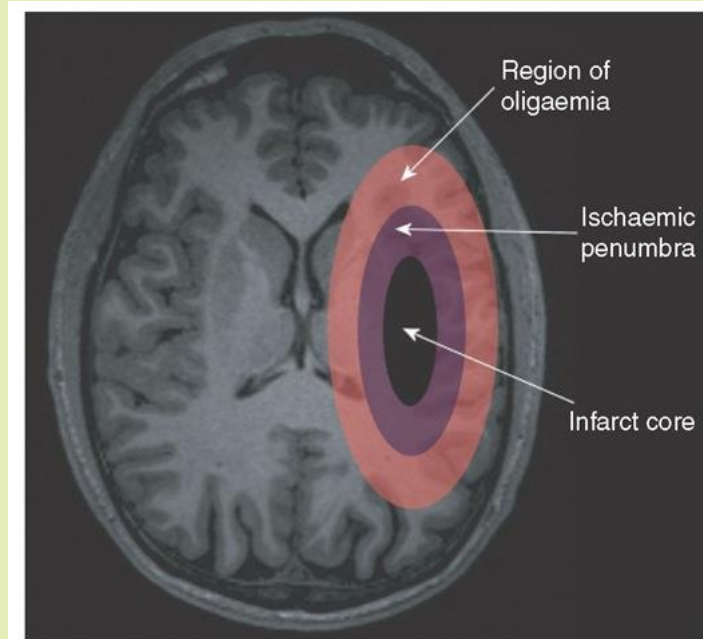
Tratamento

Trombólise

Trombectomia

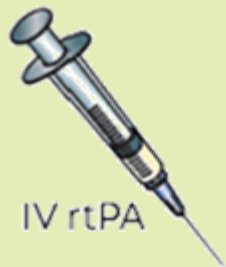
Terapias de reperfusão

O que é terapia de reperfusão?

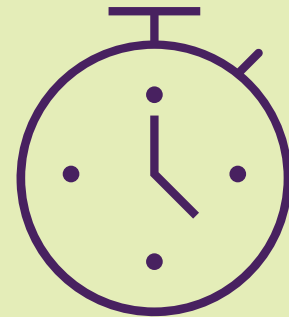
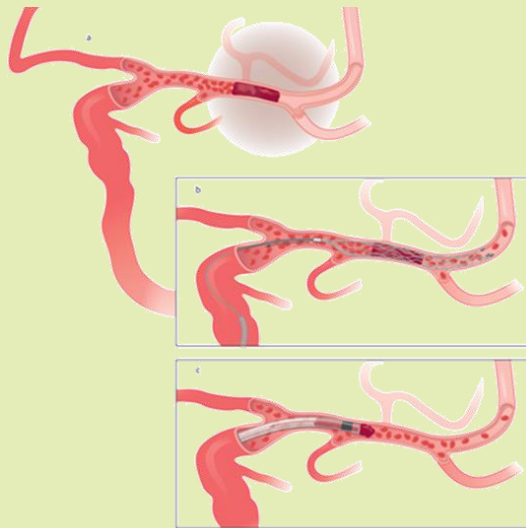


O que é terapia de reperfusão?

Trombólise



Trombectomia



Panagiotis Papanagiotou et al. *J Am Coll Cardiol Interv* 2016; 9:307-317.

Até 4 horas e meia... “Tá tranquilo”



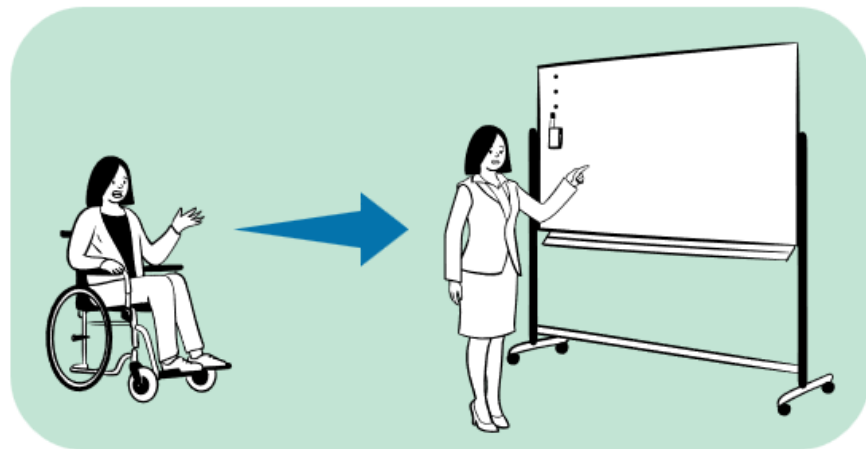
Até 90min



90min-3h



3h-4,5h



mRS 0

Sem sintomas



mRS 1

Sem incapacidade
significativa



mRS 2

Incapacidade
leve



mRS 3

Incapacidade
moderada



mRS 4

Incapacidade
Moderada a grave



mRS 5

Incapacidade
grave



mRS 6

Óbito

Trombectomia no SUS

The NEW ENGLAND JOURNAL of MEDICINE

Thrombectomy for Stroke in Brazil's Public Health Care System

MULTICENTER, RANDOMIZED, CONTROLLED TRIAL

221

Patients with proximal anterior circulation occlusions presenting <8 hr after stroke symptom onset

BRAZIL



Thrombectomy
+ standard care



(N=111)

Standard care
alone



(N=110)

Disability as shown by distribution of modified Rankin scores at 90 days

Modified Rankin score of 0–2 at 90 days
(no or minor neurologic deficit)

Common OR for better scores
with thrombectomy
2.28 (95% CI, 1.41 to 3.69; P=0.001)

35.1%

20.0%

Difference, 15.1 percentage points; 95% CI, 2.6 to 27.6

Stopped early for efficacy showing benefit of thrombectomy in this underresourced system

Como mudar minhas chances?

O que fazer para mudar minhas chances?



Up to **80%** of strokes and heart attacks happen in people with **LOW OR MODERATE CVD ABSOLUTE RISK**

10

**LEADING
STROKE
RISK FACTORS
IN THE
WORLD***

56%



**ELEVATED SYSTOLIC
BLOOD PRESSURE**

24%



HIGH BODY MASS INDEX

20%



HIGH FASTING GLUCOSE

20%



AIR POLLUTION

18%



SMOKING

31%



POOR DIET

10%



HIGH LDL CHOLESTEROL

8%



KIDNEY DYSFUNCTION

6%



ALCOHOL USE

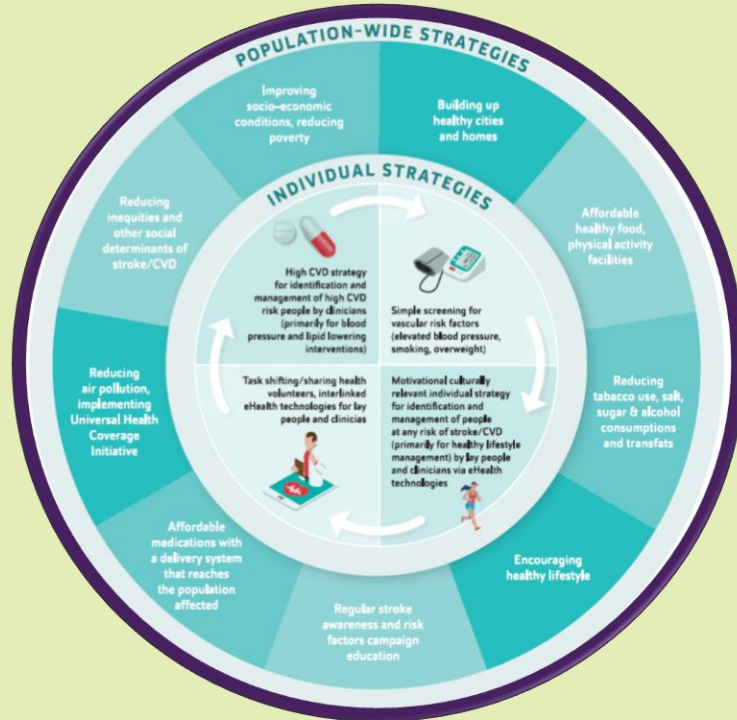
2%



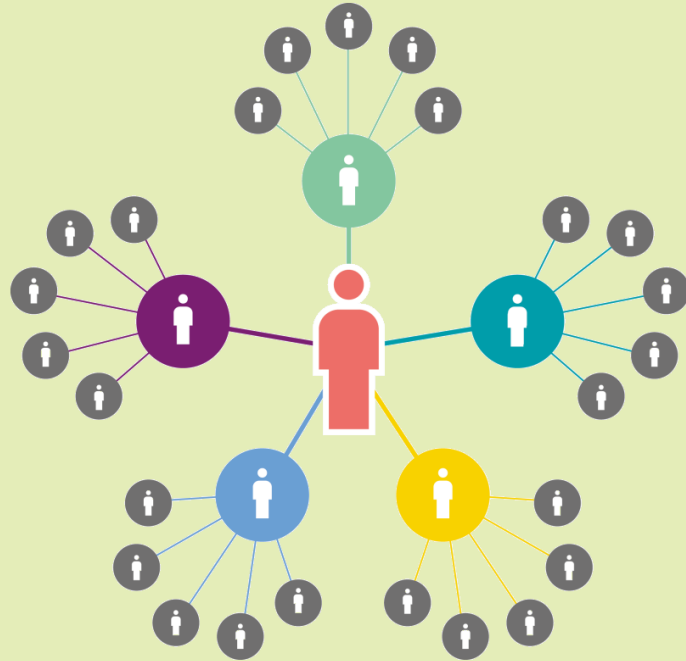
LOW PHYSICAL ACTIVITY

*The sum of stroke burden attributable to the risk factors exceeds 100% because the effect of many of these risk factors overlap and are mediated partly or wholly through another risk factors. Percentages show stroke-related disability-adjusted life years attributable to each risk factor.

O que fazer para mudar minhas chances?



O que fazer para mudar minhas chances?



Quem tem Unimed tem mais.

Unimed
Belo Horizonte