

Cryptogenic Stroke Initiative

Decreasing death and disability from recurrent strokes by focusing on strokes of undetermined cause

About the Initiative

- The American Heart Association/American Stroke Association’s Cryptogenic Stroke Initiative, sponsored by Medtronic, elevates stroke of undetermined cause, “cryptogenic” stroke, as a national healthcare priority.
- This initiative seeks to improve care for the estimated 200,000 people who suffer a cryptogenic stroke each year, to help prevent disability and death from stroke.¹

Why Cryptogenic Stroke?

- About one in three ischemic strokes, or strokes caused by a blood clot, are labeled “cryptogenic,” meaning the underlying cause is still unknown after extensive testing.¹
- The ability to better discern causes of cryptogenic stroke has profound implications in terms of secondary stroke prevention and patient outcomes.

What Can Be Done?

- Increasing provider knowledge about cryptogenic stroke and discussing the topic as a healthcare community will improve treatment for these high-risk patients.
 - AF could be one of several causes of Cryptogenic stroke, but many doctors are not monitoring patients long enough to be able to detect it.²
- Educating patients and families about cryptogenic stroke and diagnostic options will help manage anxiety and frustration they report from not knowing the cause of a stroke.
 - Only 20 percent of cryptogenic stroke patients or their families report receiving information about cryptogenic stroke at the time of diagnosis and only 5 percent receive written information.²

Likely causes of cryptogenic stroke:

- **Atrial Fibrillation** (AF or Afib) - *an irregular heartbeat*
- **Patent Foreman Ovale** (PFO) - *a hole between the heart’s chambers that usually closes naturally by adulthood*
- **Thrombophilias** – *blood clotting disorder*

Where Can I Find Resources?

- To download free cryptogenic stroke resources for healthcare providers and patients, visit StrokeAssociation.org/CS or call (888) 4-STROKE.