

MEDICAL NEWS

TIP HABERİ

**TURKISH CEREBROVASCULAR DISEASES SOCIETY INFORMATIVE STUDIES FOR
PATIENTS AND THEIR RELATIVES**

**TÜRK BEYİN DAMAR HASTALIKLARI DERNEĞİ HASTA VE HASTA YAKINLARINA YÖNELİK
BİLGİLENDİRME ÇALIŞMALARI**

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Stroke remains one of the causes of death and disability worldwide, and it is estimated that the burden of stroke will continue to increase over the next decade and beyond. About 17 million people in the world and 140 thousand people in our country suffer a stroke each year. According to the recent Turkish Statistical Institute (TurkStat) report, 33.4% of 565.594 deaths in 2021 were due to vasculatory system diseases, 18.9% of this rate was due to cerebrovascular diseases (1). In the report published by the European Stroke Organization (ESO) and Stroke Alliance for Europe (SAFE), it is emphasized that 780 thousand new cases of stroke are seen in Europe every year, and this number is expected to be around 4 million 630 thousand in 2035 (2).

Turkish Cerebrovascular Diseases Society (TCVDS) founded in 1994 is one of the authority that has been carrying out important duties on stroke and disability due to stroke. TCVDS is a member of World Stroke Organization (WSO),

European Stroke Organization (ESO), Stroke Alliance for Europe (SAFE) and Society of Vascular and Interventional Neurology (SVIN). In addition to academic studies, the society carries out active field studies for patients and their relatives, carries out health communication campaigns, and performs important projects related to stroke awareness (3-6). Also, the society aims to spread stroke awareness by reaching more people with social media shares by using the power of digital media.

Considering the burden of stroke and patients who have to continue their lives with disability after stroke, the most important motivation of the society is knowing that stroke is a preventable disease when necessary precautions are taken. Stroke is a successfully treatable disease with early intervention. As a consequence, Turkish Cerebrovascular Diseases Society continues to perform stroke awareness studies without slowing down.

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As the Turkish Cerebrovascular Diseases Society, a series of informative meetings were performed for stroke patients and their relatives in cooperation with SAFE in 2023. At the first informative meeting on February 25, 2023, Turkish Cerebrovascular Diseases Society Board Member and Gazi University Faculty of Medicine, Neurology Department Lecturer Prof. Dr. Bijen Nazliel gave information to the stroke patients and their relatives about the primary and secondary risk factors of stroke and prevention methods. In the same session, Gazi University Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation Lecturer Assoc. Prof. Gökhan Yazıcı talked detailed the physical problems seen after stroke and advised weekly routine physical activities to stroke patients (Figure 1 and 2).



Figure 1. Announcement poster of the first informative meeting dated 25 February 2023.

At the second information meeting on March 18, 2023, Prof. Dr. Bijen Nazliel talked about depression, one of the most common problems after stroke. Msc. Özlem Akarsu, a specialist psychologist from Eskişehir Osmangazi University Faculty of Medicine, Department of Neurology, gave information about the psychological problems experienced by the stroke patient and their relatives after stroke and advised solutions for these problems (Figure 3 and 4).



Figure 2. Participants of the first information meeting on February 25, 2023.

*Consent was obtained from all people in the photos for taking and sharing photos.

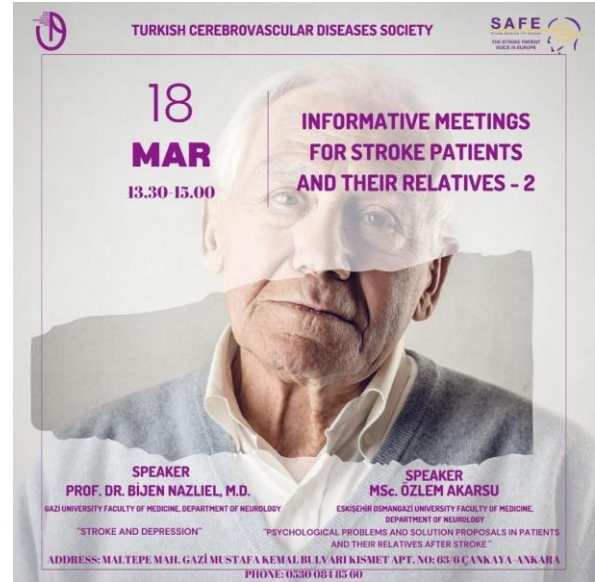


Figure 3. Announcement poster of the second informative meeting dated 18 March 2023.

At the third information meeting on April 15, 2023, Prof. Dr. Bijen Nazliel shared information



Figure 4. Participants of the second information meeting on 18 March 2023.

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about the causes and treatment methods of dysphagia in stroke patients. Specialist Audiologist, Voice and Speech Disorders Therapist Ebru Şansal from Gazi University Faculty of Medicine, Department of Otorhinolaryngology, shared information about how to achieve safe swallowing in stroke patients (Figure 5 and 6).

As a conclusion, it is known that the frequency of stroke, which ranks third among the causes of death in our country, continues to increase with the aging of the population and technological developments. One of the main missions of the Turkish Cerebrovascular Diseases Society is to reach out to all age groups and announce that stroke is both a preventable and treatable disease, to raise awareness of stroke in the society and, in addition, to provide all kinds of support to stroke patients and their relatives. The positive feedback we received from the patients and their relatives in the meetings showed us that there is a need for more and comprehensive informative meetings to prevent recurrence of stroke and to decrease frequently seen post-stroke complications.



Figure 5. Announcement poster of the third informative meeting dated 15 April 2023.



Figure 6. Participants of the third information meeting on 15 April 2023.

*Consent was obtained from all people in the photos for taking and sharing photos.

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Ethics

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