The primary causes and risk factors associated with stroke are largely modifiable lifestyle factors and underlying health conditions. Hypertension is the most significant risk factor, as it contributes to the hardening and narrowing of arteries, thereby increasing the likelihood of stroke (Ref-s244754). Diabetes and a lack of physical activity further exacerbate the risk by promoting vascular damage and obesity, respectively, both of which are linked to increased stroke incidence. In a recent study, it was found that infections, particularly respiratory ones, can also trigger stroke, highlighting the importance of vaccinations in stroke prevention (Ref-s244754). Additionally, the COVID-19 pandemic has been associated with an increased risk of stroke, potentially due to the virus’s impact on the vascular system, underscoring the need for continuous monitoring and management of these risk factors (Ref-s244754).