Small vessel disease burden in acute ischemic stroke: the role of physical activity and vascular risk factors

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We aimed to investigate the interaction of physical activity and cardio-vascular risk factors on the development of small vessel disease (SVD)

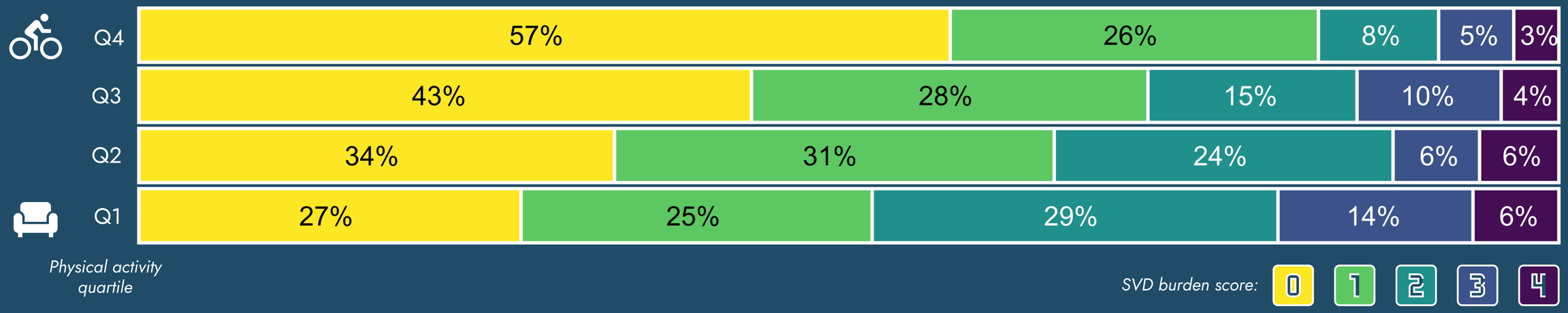
Cross-sectional, pooled study on patients with acute ischemic stroke admitted between 2013-2022

Physical activity 7 days before stroke was recorded on admission

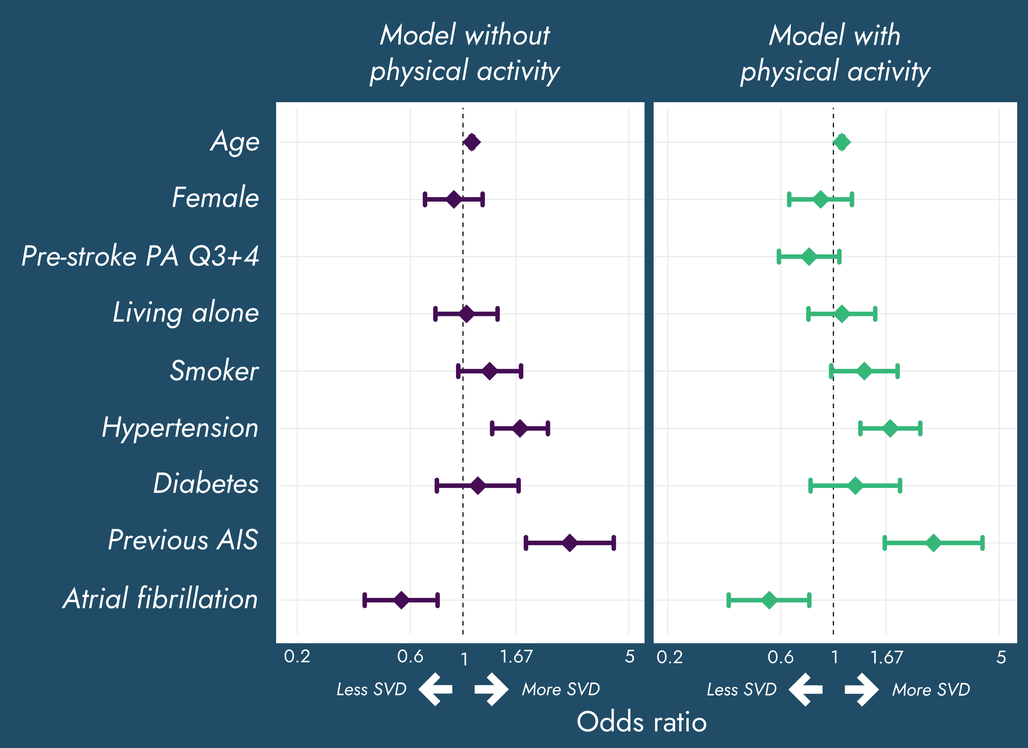
T2*/SWI and FLAIR sequences from acute MRI scans were assessed by 2 independent, blinded assessors

764 included: 279 (37%) females; NIHSS 4 [2;7]; age 71 [62; 79]

SMALL VESSEL DISEASE BURDEN BY PHYSICAL ACTIVITY QUARTILE



MULTIVARIATE ORDINAL LOGISTIC REGRESSION OF SVD BURDEN



Higher level of **physical activity** correlates to **lower SVD burden**, but **modification of vascular risk factors** is to be **further investigated**

SVD burden score

FEATURE	ANNOTATION	SCORE
Microbleeds	0	0
	1 2-4 5-10 >10	1
Lacunes	0	0
	1 2 3–5 >5	1
Deep white matter hyperintensity	Absent Punctate foci	0
	Beginning confluence Large confluent areas	1
Atrophy (GCA)	No Mild	0
	Moderate Severe	1

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Read more: andreas.gdamsbo.dk/academia/svd_burden

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