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Clinical Characteristics of Stroke Among Chinese Patients

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To compare the characteristics and experience of Chinese patients experiencing stroke with others in New York City, we have reviewed the medical records of stroke patients hospitalized at New York University Downtown hospital from January 1995 to July 1998. During three and half years, there were 843 stroke patients admitted (Chinese 499, whites 153, blacks 88, Hispanics 99 and other Asia 4). Compared to other race/ethnic groups, Chinese stroke patients were older 71.5 vs 69.7 (whites), 62.6 (blacks), and 64.9 (Hispanics) ($p < 0.01$); had lower body mass index (22.8 vs 26.1, 26.2 and 25.2 respectively) ($p < 0.01$), were less likely to smoke (11.8% vs 22.2%, 22.7 and 32.3%, $p < 0.01$), to regularly drink alcohol (7.8% vs 28.1%, 34.1% and 29.3%, $p < 0.01$). Chinese and blacks were more likely, and whites least likely, to have history of hypertension, untreated hypertension, and left ventricular hypertrophy. Compared with other race/ethnic groups, Chinese had the highest risk of hemorrhagic stroke (19.2% vs 12.4%, 12.5% and 11.1%). Overall hospital mortality was 12% with no significant difference between groups. Hemorrhagic stroke was more likely to be fatal than ischemic stroke (35.3% vs 7.0%, $p < 0.001$). However, Chinese patients had the lowest hospital death rates for both hemorrhagic and ischemic stroke, compared to whites, blacks and Hispanics (6.1% vs 9.5%, 8.1% and 7.6% for ischemic stroke, 31.3% vs 31.6%, 54.5% and 54.5% for hemorrhagic stroke, $p < 0.05$). Controlling for age and gender, the variables significantly predictive of hospital deaths for stroke (odds ratios and 95% confidence interval) are SBP (1.02, 1.01-1.03), blood sugar (1.01, 1.005-1.016), and hemorrhagic stroke (5.53, 1.96-15.61). These associations were similar for all groups.

Although Chinese stroke patients different in important ways from others, mortality rate did not, despite the fact that Chinese were more likely to experience the more lethal hemorrhagic than ischemic form of stroke.