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## Ottava Giornata della Ricerca della Svizzera Italiana

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### Modulo per la sottomissione abstract di ricerca CLINICA

**Titolo** (massimo **15 parole**)

Periodic Limb Movements during Sleep in Stroke/TIA:  
Prevalence, Course and Cardiovascular Burden

**Autori** (cognome e iniziali, es: Grassi L.)

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**Testo** (massimo **250 parole**, preferibilmente in italiano (accettato anche in inglese), suddiviso in Introduzione, **Metodi, Risultati, Conclusioni e Finanziamento**)

**Objective.** To define prevalence, time course and associated factors of periodic limb movements during sleep (PLMS) in patients with ischemic stroke or TIA.

**Methods.** Patients enrolled in the prospective SAS-CARE study underwent a double polysomnographic investigation in the acute and chronic phases after stroke/TIA, together with a MRI brain scan and a 24-hour blood pressure evaluation. The prevalence of PLMS in patients was compared with that in a matched sample of randomly selected healthy controls from the HypnoLaus cohort. One-hundred-and-sixty-nine recordings were performed in the acute phase and 191 after 3 months (210 recordings were obtained from the same 105 patients in both phases), and were compared to those of 162 controls.

**Results.** The mean number of PLMS per hour, as well as the percentage of participants with a PLMS index >10 and >15/hour, were similar between patients and controls. PLMS remained stable from the acute to the chronic phase after stroke. Factors positively associated with PLMS were: age, BMI, history of hypertension. Blood pressure over 24 hours and the burden of cerebro-vascular damage was similar between the PLMS and non-PLMS groups.

**Conclusions.** PLMS are equally frequent in patients with stroke/TIA and the general population. The absence of higher blood pressure values and of a greater vascular brain damage found in patients with PLMS compared to non-PLMS patients might be due to a larger use of antihypertensive medication among patients with PLMS, which corresponds to a higher prevalence of previous diagnosis of hypertension in patients with PLMS.

**Visto superiore** (prego indicare Nome e Cognome del superiore)

Mauro Manconi

**Criteria per sottomissione Abstract:**  
NO Case report  
NO Abstract senza nessun risultato  
VISTO da un superiore



**Invio Abstract**