

Strokes rising fast among young, middle-aged

LOS ANGELES (AP) — Strokes are rising dramatically among young and middle-aged Americans while dropping in older people, a sign that the obesity epidemic may be starting to shift the age burden of the disease.

The numbers, reported Wednesday at an American Stroke Association conference, come from the first large nationwide study of stroke hospitalizations by age. Government researchers compared hospitalizations in 1994 and 1995 with ones in 2006 and 2007.

The sharpest increase — 51 percent — was among men 15 through 34. Strokes rose among women in this age group, too, but not as fast — 17 percent. "It's definitely alarming,"

said Dr. Ralph Sacco, American Heart Association president and a neurologist at the University of Miami. "We have worried for a while that the increased prevalence of obesity in children and young adults may take its toll in cardiovascular disease and stroke," and that appears to be happening, he said.

Stroke still takes its highest toll on older people. For those over 65, there were nearly 300 stroke cases among 10,000 hospitalizations in the more recent period studied. For males 15 to 34, there were about 15 stroke cases per 10,000, and for girls and women in that age group there were about 4 per 10,000.

Several small studies had recently suggested an ominous rise among the young and

among middle-aged women.

"We were interested in whether we could pick that up in a much larger, nationwide dataset," said Dr. Mary George, a stroke researcher at the U.S. Centers for Disease Control and Prevention.

The researchers examined federal records from a sample of hospitals in 41 states, covering about 8 million cases each year. They looked at the percentage of all hospitalizations for stroke by gender and in six age groups.

For every 10,000 hospitalizations in 1994-95 compared with 2006-07, strokes rose:

—51 percent, from 9.8 to 14.8, among males 15 to 34 years old

—17 percent, from 3.6 to 4.2, in females 15 to 34

—47 percent, from 36 to 52.9, in males 35 to 44

—36 percent, from 21.9 to 30, in females 35 to 44

"The increases seen in children are very modest, but they are more so in the young adult age groups, and we feel that deserves further study," George said.

Better awareness of stroke symptoms and better imaging methods for detecting strokes in young people could account for some of that change, but there is no way to know, she said.

Trends went the opposite way in older people. Strokes dropped 25 percent among men 65 and older (from 404 to 303 per 10,000 hospitalizations), and 28 percent among women in this age group (from 379 to 274).

Doctors think better prevention and treatment of risk factors such as high blood pressure in older people may be contributing to the decline.

At the University of California at Los Angeles, doctors are seeing more strokes related to high blood pressure and clogged arteries in younger people, said Dr. Jeffrey Saver, director of the stroke center at UCLA.

Allison Hooker, a nurse who coordinates stroke care at Forsyth Medical Center in Winston-Salem, N.C., said her hospital also is seeing more strokes in younger people with risk factors such as smoking, obesity, high blood pressure, alcohol overuse and diabetes.

Happenings

The Material w/Tracing Yesterday and Antiem will perform **alternative rock** at 8 p.m. on Wednesday, Feb. 16, at Why Sound, 30 Federal Ave.

The USU Extension Office in Cache County will present a **cooking demonstration/nutrition class** at 7 p.m. on Wednesday, Feb. 16, in the Cache County Administration Building Multipurpose Room, 179 N. Main St. Free. The topic is Heart Healthy Eating. For reservations, call 752-6263.

The **Blue Thong Society** will meet Feb. 16 at 7 p.m. at Glennette's house, 381 E. 450 North, Hyde Park. Call 232-5823 for more information.

Arts Bridge America and Fast Forward Charter High School will host the inaugural **Ford Chancellor Campaign for Health: 1920's SPEAKEASY** from 6 to 8 p.m. Friday, Feb. 18, at The Iron Gate Grill, 155 Church St., Logan, for dinner and music by a local jazz band and the Cache Valley

African Dance and Drum Group. Fast Forward High School will also premiere its **Black and White** short film. A live show by local band Red Scare (\$5 donation encouraged) and a charity poker tournament will be from 8 to 11 p.m. Dinner is \$40 and by reservation only. Because of limited seating, RSVP to Madison Dodge at 435-890-9105 by Feb. 16. Tickets for the poker event are \$10. Proceeds will be donated to Logan Regional Hospital to fund educational efforts for cancer.

The Utah Apartment Association is hosting a free seminar on **"New Laws Concerning Rentals" and the "Rental Agreements: New Clauses & Best Policies"** at 6:30 p.m. on Thursday, Feb. 17, at the Logan Library, Jim Bridger Room: 255 N. Main St. Call 801-506-0204 for information.

The **AARP Senior Defensive Drivers class** will be held from 9 a.m. to 1 p.m. on Saturday, Feb. 19, at the Cache County sheriff's complex. Cost is \$12

for AARP members; \$14 for non-members. Certificate of completion will reduce insurance rate. Call Susi at 753-2866 for reservations.

"Our Country's Good," a historic drama about the lives of English convicts in 18th century Australia is presented by Utah State University's Caine College of the Arts at 7:30 p.m. Feb. 17-19 and 23-26 in USU's Morgan Theatre in the Chase Fine Arts Center. For more information, go to www.arts.usu.edu.

Bridgerland SHRM will hold a luncheon from noon to 1 p.m. on Thursday, Feb. 17, at Hamilton's Accolade. Speakers R. Kim Watts and Colonel E. Morty Jenkins will explain the role of Employer Support of the Guard and Reserve (ESGR) and its connection to businesses. Cost is \$10 for SHRM members; \$12 for non-members. RSVP to danene.dustin@usu.edu or register online at www.bridgerlandshrm.org no later than Tuesday, Feb. 15 at noon.

The Friends of the Cache County Children's Justice Center will host their 11th annual **dinner and auction** on Thursday, Feb. 17, at the Copper Mill Restaurant. A silent auction and social will start at 6:30 p.m. and dinner will begin at 7 p.m. A live auction will follow the dinner. Tickets are \$35 per person or \$60 per couple. A table for eight is \$240. For ticket information, call Janna at 890-8596 or the center at

753-7017.

The Daughters of the Utah Pioneers Spring Creek Camp will hold its **monthly meeting** at 6:30 p.m. on Thursday, Feb. 17, at Copper Mill Restaurant, 55 N. Main St. The hostess is Merlene Ivie.

Director and choreographer Camille Litalien is the featured speaker for

February's Kiger Hour event, scheduled for 5:15 to 7 p.m. on Thursday, Feb. 17, at Hamilton's Steak and Seafood, 2427 N. Main St. A buffet with appetizers, desserts and soft drinks, iced tea or coffee is available for \$6.95 per person. RSVP to Natalie Archibald Smoot in the college office at 797-2796, or e-mail natalie.archibald@usu.edu.

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HARRY POTTER & THE DEATHLY HOLLOW PT. 1 (PG-13) 4:00, 6:45 & 9:35 Saturday Matinee 12:45	TRON LEGACY (PG) 4:15 & 7:15 Saturday Matinee 12:30
	MEGAMIND 2D (PG) 4:45 Saturday Matinee 12:15 & 2:30

PLAYING FEB. 11-17
MOVIE HOTLINE 435-753-1900

STADIUM 8
535 W. 100 N. PROVIDENCE

GNOME and JULIET in 2D (G)
12:35 2:25 4:15 6:05 7:55 9:45

THE EAGLE (PG-13)
12:30 2:50 5:10 7:30 9:50

THE VOYAGE OF THE DAWN TREADER 2D (PG) 12:45 3:00 5:15
BLACK SWAN (R) 7:35 9:50

JUST GO WITH IT (PG-13)
1:00 3:30 6:30 9:30

JUSTIN BIEBER: NEVER SAY NEVER in 3D (PG)
12:30 2:40 4:50 7:00 9:10

TANGLED (PG)
12:35 2:40 4:45 6:50 9:05

KING'S SPEECH (R)
1:20 3:40 6:40 9:10

THE ROOMMATE (PG-13)
1:15 3:15 5:15 7:15 9:15

UNIVERSITY 6
1225 N. 200 E., BEHIND HOME DEPOT
MIDNIGHT SHOW FRI/SAT \$5.50
NO STRINGS ATTACHED (R)
12:40 2:55 5:10 7:25 9:40
GREEN HORNET in 2D (PG-13)
1:20 4:00 6:45 9:15
GNOME and JULIET in Digital 3D (G)
12:30 2:20 4:10 6:00 7:50 9:40
JUST GO WITH IT (PG-13)
1:10 4:10 6:40 9:05
TRUE GRIT (PG-13)
2:25 4:50 7:10 9:30
SANCTUM in 2D (R)
12:30 2:45 5:00 7:15 9:30

MOVIES STADIUM 5
2450 NORTH MAIN

TANGLED in 2D (PG) 4:15
THE DILEMMA (PG-13)
6:45 FRI/SAT 9:10
COUNTRY STRONG (PG-13)
4:00 6:30 FRI/SAT 9:05
THE MECHANIC (R)
4:20 6:50 FRI/SAT 9:15
THE RITE (PG-13)
4:05 6:45 FRI/SAT 9:10
127 HOURS (R)
4:10 6:55 FRI/SAT 9:00

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