Stroke Disparities in the Pacific: Update

Sept 12, 2015

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Disclosure

No commercial interest

Research Grants

• NIMHD/NIH (P20MD000173) - Project PI
• American Heart Association (11CRP7160019) - PI
• Hawaii Community Foundation (10ADVC-47086) - PI
Global Perspective

The 10 leading causes of death in the world 2012

- Ischaemic heart disease: 7.4 million
- Stroke: 6.7 million
- COPD: 3.1 million
- Lower respiratory infections: 3.1 million
- Trachea bronchus, lung: 1.6 million
- HIV/AIDS: 1.5 million
- Diarrhoeal diseases: 1.5 million
- Diabetes mellitus: 1.5 million
- Road injury: 1.3 million
- Hypertensive diseases: 1.1 million

www.who.int/en/
Global Perspective of Stroke

• Worldwide, 2\textsuperscript{nd} leading cause of death.
• In the U.S., 5\textsuperscript{th} leading cause of death.
• In Hawaii, 3\textsuperscript{rd} leading cause of death.
• Stroke incidence is increasing

Global Stroke Disparities

Age-standardized stroke incidence per 100,000 person-years for 2010.

Regional Stroke Disparities

“Stroke Belt”
### Ischemic Stroke (85%)

- Blockage of the artery
- Causes lack of oxygen to the brain supplied by that artery.

### Hemorrhagic Stroke (15%)

- “Intracerebral Hemorrhage” or “ICH”
- Rupture of the artery, causing bleeding and hematoma formation.
Stroke Risk Factors (Primary)

- Hypertension
- Diabetes
- Dyslipidemia
- Obesity
- Low fruit and vegetable intake
- Physical inactivity
- Cigarette smoking
- Alcohol use
Pick Your Battle

Population attributable fraction of stroke mortality by risk factors

- High blood pressure
- High cholesterol
- Overweight and obesity
- Low fruit and vegetable intake
- Physical inactivity
- Alcohol use
- Cigarette smoking

Mensah G A Heart 2008;94:697-705
Risk of Stroke and Blood Pressure

Relative risk of ischemic and hemorrhagic stroke

Haemorrhagic stroke

Ischaemic stroke

Lancet, 1998; 352: 1801–1807
Relative risk of ischemic and hemorrhagic stroke

Non-haemorrhagic stroke (17 studies, 115757 participants, 901 events)
Haemorrhagic stroke (17 studies, 115757 participants, 751 events)

Risk of Stroke and Blood Pressure

The Lancet, 1998; 352: 1801–1807
Intracerebral Hemorrhage (ICH)

- Medical Emergency
- High rate of severe disability
- 30-50% death rate
- Hypertension is the major cause (~70%)
- Methamphetamine is another cause

Mechanism

Spontaneous rupture of small arterioles

Formation of hematoma ("blood clot")

Mechanical damage to the surrounding brain tissue due to compression.

(Qureshi AI et al. N Engl J Med. 2001)
Hypertension related ICH

Normal Blood Pressure

High Blood Pressure
Case

27 yo Native Hawaiian man developed difficulty speaking and right-sided paralysis.

Etiology = uncontrolled hypertension

3-month outcome

- Moderately severe disability
- Unable to walk without assistance
- Unable to attend to own bodily needs without assistance.
ICH Disparities - 2010

Feigin et al. Lancet Neuro. 2006

Age

- Non-Hispanic White
- Hispanic American
- African American
- Maori/Pacific
A retrospective cross-sectional study of the stroke database from The Queen’s Medical Center between 2004 and 2010 (N=562).
Results: Disparities in Risk Factors

Table 1. Characteristics of ICH Patients at The Queen’s Medical Center: 2004-2010

<table>
<thead>
<tr>
<th>Risk factors</th>
<th>NHPI</th>
<th>Asian</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of patients</td>
<td>100</td>
<td>352</td>
<td>92</td>
</tr>
<tr>
<td>Transferred from another hospital</td>
<td>27 (27)</td>
<td>64 (18)</td>
<td>22 (24)</td>
</tr>
<tr>
<td>Age, years</td>
<td>55 ± 16**</td>
<td>67 ± 17</td>
<td>66 ± 16</td>
</tr>
<tr>
<td>Female</td>
<td>40 (40)</td>
<td>172 (49)</td>
<td>39 (42)</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>35 (35)*</td>
<td>78 (22)</td>
<td>18 (20)</td>
</tr>
<tr>
<td>Hypertension</td>
<td>77 (77)*</td>
<td>267 (76)*</td>
<td>59 (64)</td>
</tr>
<tr>
<td>Atrial fibrillation/Atrial flutter</td>
<td>10 (10)</td>
<td>41 (12)</td>
<td>16 (17)</td>
</tr>
<tr>
<td>Congestive heart failure</td>
<td>0 (0)</td>
<td>4 (1)</td>
<td>2 (2)</td>
</tr>
<tr>
<td>Previous stroke or TIA</td>
<td>16 (16)</td>
<td>69 (20)</td>
<td>19 (21)</td>
</tr>
<tr>
<td>Coronary artery disease or prior MI</td>
<td>10 (10)</td>
<td>42 (12)</td>
<td>15 (16)</td>
</tr>
<tr>
<td>Peripheral vascular disease</td>
<td>0 (0)</td>
<td>5 (1)</td>
<td>1 (1)</td>
</tr>
<tr>
<td>Smoking</td>
<td>17 (17)</td>
<td>44 (13)</td>
<td>11 (12)</td>
</tr>
<tr>
<td>Dyslipidemia</td>
<td>22 (22)</td>
<td>112 (32)</td>
<td>29 (32)</td>
</tr>
<tr>
<td>Prosthetic heart valve</td>
<td>1 (1)</td>
<td>5 (1)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>Hospital LOS, days</td>
<td>13 ± 19*</td>
<td>11 ± 17</td>
<td>7 ± 10</td>
</tr>
<tr>
<td>In-hospital mortality</td>
<td>22 (22)*</td>
<td>91 (26)</td>
<td>33 (36)</td>
</tr>
<tr>
<td>Ambulatory at discharge</td>
<td>22 (22)</td>
<td>70 (20)*</td>
<td>28 (30)</td>
</tr>
<tr>
<td>Discharged home</td>
<td>27 (27)</td>
<td>57 (16)*</td>
<td>25 (27)</td>
</tr>
</tbody>
</table>

Racial disparities among Native Hawaiians and Pacific Islanders with intracerebral hemorrhage

ABSTRACT

Objectives: To evaluate disparities in stroke risk factors and outcome among the Native Hawaiians and other Pacific Islanders (NHPI) in Hawaii who are hospitalized with intracerebral hemorrhage (ICH).

Methods: We performed a retrospective study on consecutive patients hospitalized for acute ICH at a single tertiary center on Oahu between 2004 and 2010. Clinical data were obtained from the Get With the Guidelines–Stroke database. Multivariable logistic regression was used to assess the predictors for young ICH (age <45).

Results: A total of 562 patients hospitalized for acute ICH (Asian 63%, NHPI 18%, white 16%, other 3%) were studied. The NHPI were younger (mean ages, NHPI 55 ± 16 vs white 66 ± 16 years, p < 0.0001), and had higher prevalence of diabetes (NHPI 35% vs white 20%, p = 0.01) and history of hypertension (NHPI 77% vs white 64%, p = 0.04) compared to white patients. Independent predictors for young ICH were NHPI race (odds ratio [OR] 3.55; 95% confidence interval [CI] 1.33–9.45), being transferred from another hospital (OR 2.03; 95% CI 1.05–3.93), hypertension (OR 0.49; 95% CI 0.27–0.91), previous stroke or TIA (OR 0.21; 95% CI 0.05–0.91), and dyslipidemia (OR 0.13; 95% CI 0.05–0.50).

Conclusions: NHPI with ICH are younger and have higher burden of risk factors compared to white patients. Further studies controlling for socioeconomic modifiers are needed to determine factors contributing to the younger age at presentation in this racial group. Neurology® 2012;79:675-680
ICH Disparities - 2010

Age

Non-Hispanic White
Hispanic American
African American
Maori/Pacific

Feigin et al. Lancet Neuro. 2006
ICH Disparities - 2011

Feigin et al. Lancet Neuro. 2006
Questions

• What is driving this age disparity?
• How much of this is due to methamphetamine abuse among young NHOPI?
• How much of this is due to lack of blood pressure control?
Methamphetamine and ICH

Daily injection of methamphetamine in mice.

Mechanism:

- Damage to arteries
- High blood pressure
- Inflammation
- Neurotoxic

Courtesy of James Haorah, Ph.D., Associate Professor, Laboratory of Neurovascular Oxidative Injury, Department of Pharmacology and Experimental Neuroscience, University of Nebraska Medical Center, Omaha, NE.
Aim 1: To determine the prevalence of methamphetamine-related ICH (Meth-ICH) for each racial group.

The primary hypothesis: NHOPPI with ICH would have significantly higher prevalence of Meth-ICH than whites or Asians.
Patient Enrollment (7/11 – 1/14)

367 patients screened

295 patients met criteria

200 patients in enrolled

193 patients analyzed

Excluded:
- 28 trauma-related ICH
- 16 non-Hawaii residence
- 15 tumor-related ICH
- 8 aneurysm-related ICH
- 4 ischemic stroke w/ hemorrhage
- 1 age <18 years

Unable to consent:
- 26 no family available
- 21 language barrier
- 12 expired prior to recruitment
- 11 patient/family declined
- 9 discharged prior to recruitment
- 6 homeless and lack telephone
- 5 lesions that appeared as ICH
- 3 post-op ICH
- 2 prisoners

7 with “other” race excluded
Results (N = 193)

Enrolled Patients

• 23% NHOPI
• 59% Asians
• 16% Non-Hispanic whites
### Results

<table>
<thead>
<tr>
<th></th>
<th>NHOPI</th>
<th>Whites</th>
<th>Asians</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>45</td>
<td>30</td>
<td>118</td>
</tr>
<tr>
<td>Age (yrs)</td>
<td>54 ± 15</td>
<td>68 ± 15*</td>
<td>65 ± 16*</td>
</tr>
<tr>
<td>Female, n (%)</td>
<td>14 (31)</td>
<td>10 (33)</td>
<td>54 (46)</td>
</tr>
<tr>
<td>Married, n (%)</td>
<td>24 (53)</td>
<td>17 (57)</td>
<td>65 (55)</td>
</tr>
<tr>
<td>No Insurance, n (%)</td>
<td>8 (18)</td>
<td>1 (3)</td>
<td>12 (10)</td>
</tr>
<tr>
<td>Household income &lt; $15,000, n (%)</td>
<td>18 (40)</td>
<td>5 (17)*</td>
<td>20 (17)*</td>
</tr>
<tr>
<td>Regular visit to Primary Care Physician, n (%)</td>
<td>17 (42)</td>
<td>21 (72)*</td>
<td>73 (67)*</td>
</tr>
<tr>
<td>Hypertension</td>
<td>37 (82)</td>
<td>18 (60)*</td>
<td>95 (81)*</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>19 (42)</td>
<td>5 (17)*</td>
<td>27 (23)*</td>
</tr>
<tr>
<td>Hypercholesterolemia</td>
<td>19 (42)</td>
<td>15 (50)</td>
<td>55 (47)</td>
</tr>
<tr>
<td>Coronary artery disease</td>
<td>4 (9)</td>
<td>6 (20)</td>
<td>12 (10)</td>
</tr>
<tr>
<td>Atrial Fibrillation</td>
<td>7 (16)</td>
<td>8 (27)</td>
<td>19 (16)</td>
</tr>
</tbody>
</table>
### Results

<table>
<thead>
<tr>
<th></th>
<th>NHOPI</th>
<th>Whites</th>
<th>Asians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meth - associated ICH</td>
<td>24%</td>
<td>0%*</td>
<td>12%*</td>
</tr>
</tbody>
</table>

*Nakagawa et al. Neurology. 2015*  

*P < 0.05*
Meth vs. non-Meth ICH

- Age difference: 16 years

*N P<0.0001

Nakagawa et al. Neurology. 2015
Conclusion #1:

Native Hawaiians and other Pacific Islanders have higher prevalence of Meth-ICH compared to whites and Asians.

Meth-ICH patients are significantly younger than non-Meth ICH patients.
Non-Meth ICH

- Only Non-Meth ICH (Excluded 25 Meth-ICH patients)

Nakagawa et al. Neurology. 2015
Conclusion #2:

Even after excluding the Meth-ICH group, NHOPI still had younger age, suggesting that observed health disparities are not entirely driven by the methamphetamine abuse in the community.
Racial disparities in methamphetamine-associated intracerebral hemorrhage

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Todd B. Seto, MD, MPH

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ABSTRACT

Objective: To assess racial disparities in the prevalence of methamphetamine-associated intracerebral hemorrhage (Meth-ICH) among Native Hawaiians and other Pacific Islanders (NHOPIs).

Methods: Prospectively collected data from an ongoing, multiethnic, single-center cohort study were analyzed. The inclusion criteria for the cohort study required that patients be adult (age 18 years or older) residents of Hawaii with nontraumatic spontaneous intracerebral hemorrhage (ICH). Patients of race other than white, Asian, or NHOPI were excluded. Determination of Meth-ICH was made prospectively by positive urine toxicology result and lack of other clinically suspected ICH etiology. Prevalence of Meth-ICH among NHOPI was compared with that of white and Asian patients.

Results: A total of 193 patients (white 16%, Asian 61%, NHOPI 23%) were analyzed. NHOPI were younger than white (54 ± 15 vs 68 ± 15 years, respectively, p = 0.0001) and Asian (vs 65 ± 16 years, p = 0.0001) patients. Overall, 25 (13%) Meth-IChs (mean age: 49 ± 6 years, range: 33-56 years) were identified. NHOPI had higher prevalence of Meth-ICH compared with white (24% vs 0%, respectively, p = 0.003) and Asian (vs 12%, p = 0.046) patients. The observed age differences between the racial groups persisted even after excluding the Meth-ICH group (p < 0.01 for all comparison).

Conclusions: NHOPI have higher prevalence of Meth-ICH compared with white and Asian patients. However, the age disparity is not entirely driven by methamphetamine abuse. Neurology® 2015;84:995-1001
Questions / Next Step

Is there any difference in outcome after stroke?

Specific Aim 2: To determine the difference in 3-month disability level between NHOPI and whites.
**Modified Rankin Scale**

0  No symptoms at all

1  No significant disability despite symptoms; able to carry out all usual duties and activities

2  Slight disability; unable to carry out all previous activities, but able to look after own affairs without assistance

3  Moderate disability; requiring some help, but able to walk without assistance

4  Moderately severe disability; unable to walk without assistance and unable to attend to own bodily needs without assistance

5  Severe disability; bedridden, incontinent and requiring constant nursing care and attention

6  Dead
3-month outcome

NHOPI

Asians

Whites

P = NS

P < 0.05

Mild Disability  Severe Disability  Dead

mRS 0  mRS 1  mRS 2  mRS 3  mRS 4  mRS 5  mRS 6
Observation

3-month neurological outcome:

• No difference between NHOPPI and whites.
• Possible difference between NHOPPI and Asians.
3-month mortality

![Bar chart showing 3-month mortality by race and mRS scores.](chart_image)

- **NHPOI**: Alive - Dead
- **Asians**: Alive - Dead

Legend:
- mRS 0
- mRS 1
- mRS 2
- mRS 3
- mRS 4
- mRS 5
- mRS 6
3-month mortality

Unadjusted: $P = 0.02$

<p>| | |</p>
<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asians</td>
<td>40%</td>
</tr>
<tr>
<td>NHOPPI</td>
<td>24%</td>
</tr>
</tbody>
</table>

Age-adjusted: $P = \text{NS}$ (Asians 65 years vs. NHOPPI 52 years)
Observation

- NHOPl have lower 3-month mortality compared to Asians.
- However, this was driven by their younger age.
- Most likely higher number of elderly Asians expired due to cessation of aggressive care (i.e., comfort care/hospice)
Question

• Among the survivors, is there any difference in the disability severity between NHOPI and Asians?
Survivors

NHPI

Alive

Dead

Asians

0% 20% 40% 60% 80% 100%

mRS 0 mRS 1 mRS 2 mRS 3 mRS 4 mRS 5 mRS 6

Dead

Alive
3-month disability of survivors

NHOPi

Asians

mRS 0  mRS 1  mRS 2  mRS 3  mRS 4  mRS 5
3-month disability of survivors

- **NHAPI**:
  - **Mild**: 40%
  - **Moderate/Severe**: 60%

- **Asians**:
  - **Mild**: 60%
  - **Moderate/Severe**: 40%

Legend:
- mRS 0
- mRS 1
- mRS 2
- mRS 3
- mRS 4
- mRS 5
3-month mRS ≤2 (mild disability)

Unadjusted: $P = 0.02$

Age-adjusted: $P = \text{NS}$ (Asians 65 years vs. NHOPSI 52 years)
Conclusion of Aim 2

- NHOPIs have lower 3-month mortality compared to Asians.
- Among the survivors, NHOPIs have milder neurological disability compared to Asians.
- However, these findings were driven by their young age.
- There is no significant age-adjusted racial difference in outcome after intracerebral hemorrhage.
Acknowledgment

CNPHDR “Center”
Marjorie Mau, MD, MS
Deborah Juarez, ScD
Cecilia Shikuma, MD
Mariana Gerschenson, PhD
Kimberly Spencer, MPH
Sheri Koike, BEd

University of Hawaii, JABSOM
Todd Seto, MD, MPH
James Davis, PhD

QMC Neuroscience Institute
Sage King, MPH
Tracy Stern, BSN
Denise Dittrich, BSN
Megan Vento, BS
Marissa Ing, MSW
Susan Asai, MSN
Matthew Koenig, MD
Cherylee Chang, MD

UCSF
J. Claude Hemphill, MD, MAS