Cryptogenic Strokes

Having a stroke of unknown cause, or cryptogenic stroke, may be frustrating and overwhelming. Understanding and identifying the cause of your stroke is important in preventing future strokes. The testing you have undergone in the hospital has been done in an attempt to identify the cause of your stroke (Echocardiogram, vessel imaging, Hemoglobin A1c, lipid panel).

Cryptogenic stroke is diagnosed by excluding all other possibilities of stroke. When you are found to have a cryptogenic stroke, it means that the above work-up has not found a clear cause and further testing or monitoring needs to be done.

1 in 3 ischemic strokes are cryptogenic (unknown cause)

The most important thing to remember is that keeping your follow-up appointment with the Neurologist (APRN or MD) is very important, as they will be the ones to guide you through the next steps. If you are given a 30 day cardiac event monitor to wear, it is because we are concerned your stroke was caused by an irregular heartbeat called Atrial Fibrillation. Wearing your event monitor as instructed is the only way we can detect this, and detection of this is key to preventing a future stroke.

Possible Causes of Cryptogenic Strokes

- Cardiac Embolism
- Patent Foramen Ovale
- Clotting Disorders
- Narrowing of Blood Vessels

Diagnosis

You may undergo testing such as CT or MRI scans, echocardiogram, cardiac monitoring, or blood testing. Some of this testing may extend beyond your discharge from the hospital.

Minimizing Your Risk of Another Stroke

You can help minimize your risk of another stroke by controlling your risk factors **and by following these suggestions:**

- Monitoring your blood pressure daily and recording it in a log (on your phone or on a piece of paper)
- Following up with your primary care Provider within 1-2 weeks from discharge
- Taking medications as prescribed
- Monitoring your blood sugar if you have been diagnosed with diabetes
- Smoking cessation
- Lifestyle changes such as healthy eating
- Limiting alcohol intake