

# Bulgaria's National Stroke Program: Prevention strategies



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**OBJECTIVES:** This abstract aims to analyze the strategies for stroke prevention in Bulgaria employed by the National Stroke Program including public education, lifestyle modification programs, control of risk factors, and primary prevention through pharmacological interventions in high-risk groups. The objective is to assess the effectiveness and potential impact of these strategies in the context of stroke prevention in Bulgaria.

**METHODS:** A comprehensive analysis of the strategies for stroke prevention in Bulgaria is conducted based on a review of relevant literature and existing evidence. The methods involve evaluating the applicability, feasibility, and evidence-based effectiveness of each strategy within the Bulgarian context.

**CONCLUSION:** The analyzed strategies for stroke prevention in Bulgaria, including public education, lifestyle modification programs, control of risk factors, and primary prevention through pharmacological interventions, offer a comprehensive approach to reducing the burden of stroke. Implementing these strategies requires collaboration among healthcare professionals, policymakers, and the public to ensure effective implementation, widespread adoption, and long-term sustainability. By addressing stroke prevention through these multifaceted strategies, Bulgaria has the potential to significantly improve population health outcomes and reduce the incidence of stroke.

**RESULTS:** Public education campaigns are identified as a crucial strategy for raising awareness about stroke risk factors and early signs among the population. These campaigns can contribute to early recognition of symptoms and prompt medical intervention. Lifestyle modification programs focusing on balanced nutrition, regular physical activity, and smoking cessation are also highlighted as essential components of stroke prevention. The control of risk factors, including hypertension, diabetes, and high cholesterol, is found to be crucial in reducing stroke risk. Lastly, primary prevention through pharmacological interventions in high-risk groups, such as anticoagulant therapy or carotid endarterectomy, is identified as an effective approach.