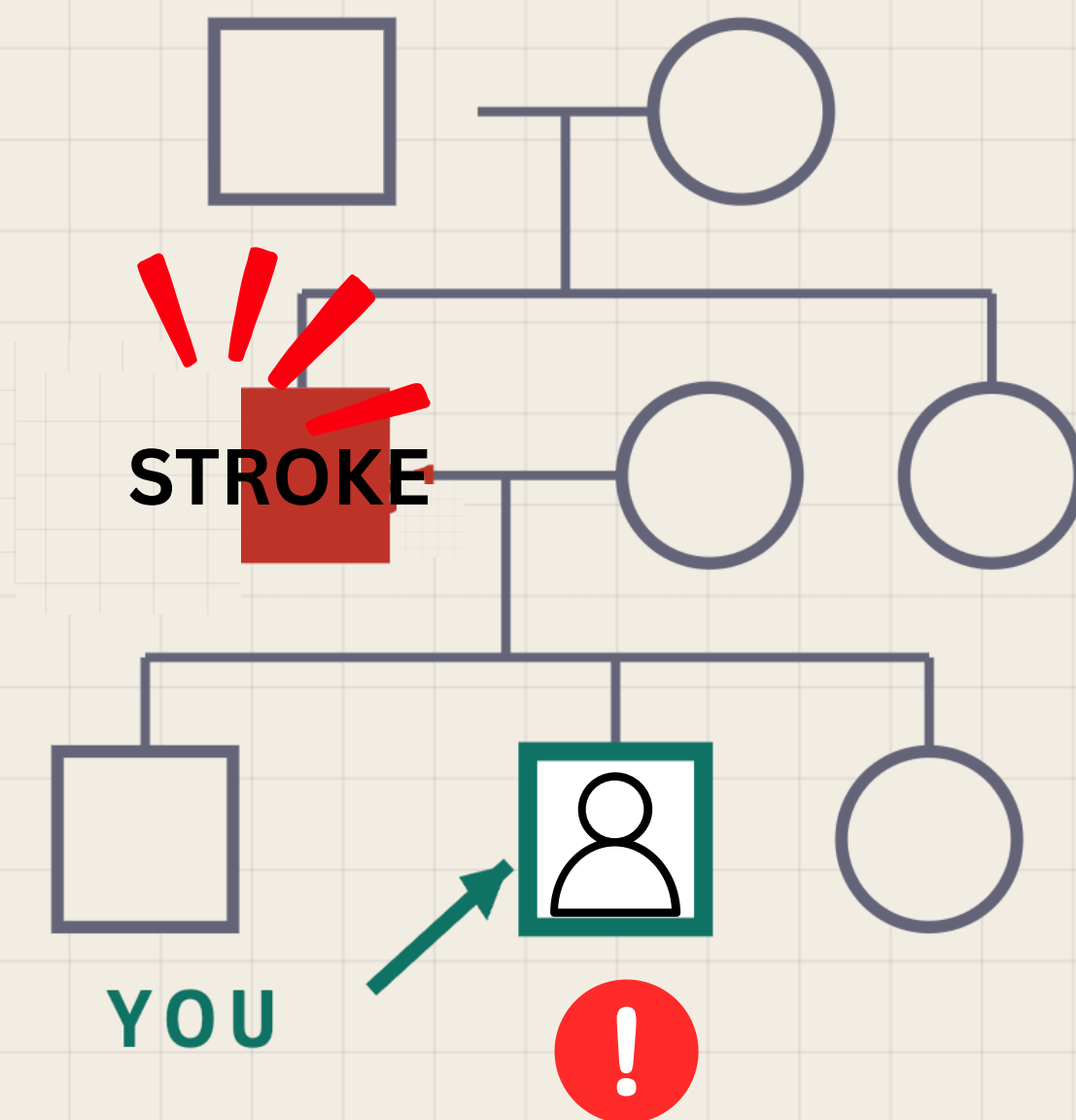


Stroke in the family tree

— am I next?



■ HAD A STROKE □ UNAFFECTED SQUARE = MALE · CIRCLE = FEMALE

A first-degree relative with a stroke changes your numbers.
It does not decide your ending. Here is exactly what to do.

You don't inherit a stroke. You inherit the road to one.

STREAM 01 · RARE **A single faulty gene**

CADASIL. Familial aneurysm syndromes. Sickle cell disease. Fabry disease. These follow clear inheritance patterns and often strike young — but they account for only a **small minority** of families.

STREAM 02 · COMMON **An inherited tendency**

This is the real mechanism for most people. You inherit a **blood-pressure set-point**, a **cholesterol and ApoB pattern**, a **glucose-handling tendency**, a clotting profile, vessel-wall structure, and susceptibility to **atrial fibrillation**. Each one is a step on the road. Stroke is the destination.

STREAM 03 · SHARED **The house you grew up in**

Families share more than DNA. The **salt in the kitchen**, the cooking oil, the smoke in the room, whether anyone walked after dinner, how stress was handled. This travels down generations and looks exactly like genetics.

THE POINT

Streams 2 and 3 hold almost all the risk — and neither one is fixed. That is the entire opening.

The numbers, without the panic.

+30–40%

higher stroke risk linked to a family history of stroke
POOLED META-ANALYSES

~3_x

risk in the offspring when a parent's stroke occurred
before 65 — using medically verified parental strokes,
adjusted for conventional risk factors

FRAMINGHAM OFFSPRING · CIRCULATION 2010

~90%

of stroke risk **at the population level** is tied to ten
modifiable factors

INTERSTROKE · 13,000 CASES · 32 COUNTRIES

~48%

of that carried by high blood pressure alone — the single
largest lever anyone has

INTERSTROKE · LANCET 2016

8% vs 2–3%

chance of carrying a brain aneurysm if **two or more** first-
degree relatives had an aneurysmal bleed, versus the
general population

FAMILIAL SAH SCREENING DATA

Population figures describe groups, not individuals. A family history raises your odds — it does not set them. Read every number here as “associated with,” never “will cause.”

Five things that actually move the odds.

01

Turn blood pressure into a number, not a feeling

Buy a home cuff. **Sit five minutes first** — back supported, feet flat, arm at heart level, no talking. Same time each day for a week, then take the log to your doctor.

02

Find out which stroke — and at what age

Clot or bleed? They are different diseases. If a relative had a **subarachnoid bleed from an aneurysm**, say so out loud. With two or more first-degree relatives affected, ask about screening. With one, it's a conversation — not an automatic scan.

03

Get the tests your relative never got

A lipid profile or **ApoB**. An **HbA1c**. And check your pulse — atrial fibrillation is often silent and causes some of the most disabling strokes.

04

Move — vessels respond to load

150 minutes a week of brisk movement. Walking counts. Regular physical activity was one of the strongest protective factors in the same global dataset.

05

Build stillness into the week

Psychosocial stress was one of the ten factors. Chronic sympathetic drive keeps pressure high in vessels already working against a family history. **Stillness is S10 in the 10-S Brain Protocol.**

B **Balance** — sudden loss of balance or coordination

E **Eyes** — sudden loss or blurring of vision

F **Face** — one side droops when they smile

A **Arm** — one arm drifts down when both are raised

S **Speech** — slurred, jumbled, or lost

T **Time** — call emergency services immediately

Don't lie down and wait for it to pass. In stroke, waiting *is* the injury.

**Heredity loads the gun.
Your lifestyle pulls the trigger.**

DR. ARUN L. NAIK · NEUROSURGEON
@DOCLOGUES · DRARUNLNAIK.COM
#10SBRAINPROTOCOL

Educational content. Not a substitute for
personal medical advice — take this checklist
to your own doctor.

**SAVE THIS.
SEND IT TO
YOUR SIBLING.**
05 / 05



Dr. Arun L. Naik
Chief Neurosurgeon
Sagar Hospitals
Bengaluru
India 560041

Instagram-@doclogues: <https://instagram.com/doclogues>

YouTube-@doclogues: <https://youtube.com/@doclogues>

Facebook - @doclogues: <https://facebook.com/doclogues>

Video Consultation Link

<https://drarunlnaik.com/consult>

WhatsApp : +91 9538512121

International patients seeking surgery, please WhatsApp for info.



Follow Dr Arun L Naik on Social Media