

Saccular Cerebral Aneurysms In Young Adults In Saudi Arabia

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Objective:

To review a series of aneurysms occurring in young adults all of which presented with subarachnoid hemorrhage.

Methods:

Retrospective review of prospectively collected data from Jan 2014 to Jan 2017. Included were any patient with an aneurysmal SAH. We excluded non-aneurysmal SAH and fusiform aneurysms. Parameters of location, size, complexity and mode of therapy and clinical course were reviewed. Chi square contingency analysis was used with significance below 0.05.

Results:

A total of 96 patients harboring 114 aneurysms were reviewed. A total of 30 patients harboring 36 aneurysm were aged between 18 and 36 years (31.5%). 2/3 were anterior circulation and 1/3 were posterior circulation aneurysms. 60% males and 40% female, 50% of males died due to SAH compared to 25% of females. 9 patients suffered a rebleed (30%), 6 of those died. 21 out of 27 patients developed vasospasm, 3 died early due to a rebleed. 15 out of 27 patients were coiled, no significant difference in outcome was observed whether with coiling or clipping.

Conclusion:

Microsurgical or endovascular obliteration of the aneurysms produced equal results in the young adults presenting with SAH. Maintaining aggressive medical/INR therapy during vasospasm is key to preserving good outcome. Rebleed is a key factor in poor outcome and death. This group of SAH patients deserves further study in terms of their genetic influences which might alter the recommendation for longitudinal follow up for each patient and the screening of their families.