

REVIEWER'S REPORT

Manuscript No.: IJAR-53869

Date: 16/09/2025

Title: Ischemic Stroke in Young Adults: Emerging Trends and Risk Factors

Recommendation:

Accept as it is ☐☐☒☐..

Accept after minor revision ☐☐☐☐

Accept after major revision ☐☐☐☐☐

Do not accept (*Reasons below*) ☐☐☐

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality		✓		
Clarity		✓		
Significance		✓		

Reviewer Name: Sakshi Jaju

Date: 16/09/2025

Reviewer's Comment for Publication.

This article reviews studies from 2009–2023 to analyze the increasing incidence of ischemic stroke in young adults. It identifies lifestyle factors like smoking, obesity, hypertension, diabetes, and alcohol use as major contributors, along with diagnostic delays due to limited awareness and inadequate healthcare access. The review emphasizes the need for preventive measures such as lifestyle modifications, early diagnosis, digital tools, and public awareness campaigns, especially in low- and middle-income populations.

Strengths:

1. Covers multiple studies across regions for a comprehensive view.
2. Highlights both lifestyle and non-lifestyle risk factors.
3. Points out diagnostic challenges and gaps in healthcare systems.
4. Suggests practical preventive strategies like tobacco control, affordable screenings, and awareness programs.

Weaknesses:

1. Data inconsistencies due to different study designs and age group classifications.
2. Limited region-specific and longitudinal data.
3. Lack of detailed evaluation of intervention effectiveness.
4. Recommendations are general; more concrete action plans could be added.

Overall Assessment:

The article provides valuable insights into the growing problem of ischemic stroke in young adults. It effectively connects lifestyle changes, socioeconomic factors, and healthcare gaps to the rising incidence. However, it needs more region-specific data and evaluation of prevention programs to strengthen practical applicability.

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Manuscript accepted for the publication.