

Moonstroke & MUSS

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Editorial

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Abbreviations: TIA: Transient Ischemic Attack; RMH: Royal Melbourne Hospital; TIA: Transient Ischemic Attack; ICH: Intra Cranial Haemorrhage; IS: Ischemic Stroke; MUSS: Medically Unexplained Stroke Symptoms.

Introduction

Moonstroke

For centuries the lunar effects on human health and behaviour have been theorized; Association amongst vascular and psychiatric disorders, lunar phases was testified [1]. In the medical community it is commonly alleged that moon has some impact on the health of human beings [2]. Latest research suggests that there is a sign of association between the lunar cerebrovascular events and lunar phases. Studies show that haemorrhagic stroke, transient ischemic attack (TIA) and medically unexplained stroke symptoms had a complex occurrence throughout the full moon period [1]. Based mostly on circumstantial signs the waxing phase of moon is supposed to be linked with additional danger of impediments all through the surgery [3] also throughout the new moon period there is an augmented occurrence of intracranial aneurysm rupture [4].

The valuation of figures related to the stroke admissions in Royal Melbourne Hospital (RMH) from the interval between 2004 to 2011 disclosed that among 6252 patients, 632 (15.5%) had Intra Cranial Haemorrhage (ICH), 658 (16.1%) had Transient Ischemic Attack (TIA), 2202 (53.9%) presented with Ischemic Stroke (IS) and 593 (14.5%) stroke mimics. When equated to new moon phase, TIAs, ICHs befell in addition

throughout the phase of first quarter of moon. There was a noteworthy lessening in ICH and TIA with intensification of lunar illumination [5].

Lunar Phase and Stroke-like Symptoms: MUSS (Medically Unexplained Stroke Symptoms)

Over a period of 15 years that is sandwiched between 1993 January and 2006 September; Faheem Ahmad, et al (University of Glasgow Medical School) analysed the admissions of 7,200 patients to an intensive care stroke unit. They established a solid connotation amongst the full moon and admission for (medically unexplained stroke symptoms) MUSS. Throughout the full moon phase almost 36% of Medically unexplained stroke symptoms and about 25% during the quarter period of lunar cycle. Seasonal variation was also observed in MUSS with amplified admission rates during autumn, winter. But stroke or MUSS was not allied with 'culturally vital dates' such as Friday the 13th or Halloween. There was a higher prevalence of MUSS in Females and patients less than 65 years of age. Statistically substantial association flanked by admission to acute stroke unit with a diagnosis of MUSS and lunar phase [1].

Conclusion and Recommendations

The researchers suggest that the alertness about the MUSS and the lunar phases for the working hospital staff throughout the full moon phase may benefit with staff drill, amenity development, speeding up precise diagnosis and aid to evade needless emergency interventions. Assumed that MUSS is established only when additional explanations cannot be found for the stroke like

symptoms, it is of more important to diagnose precisely with imaging of any patient with stroke symptoms. It is critical that a patient writhing from stroke like symptoms hunt for medical care immediately with no unduly delay, since the quicker the treatment, improved is the probabilities of complete recovery for the patient.

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