

# Can citrus ward off your risk of stroke?

February 14 2014

---

Eating foods that contain vitamin C may reduce your risk of the most common type of hemorrhagic stroke, according to a study released today that will be presented at the American Academy of Neurology's 66th Annual Meeting in Philadelphia, April 26 to May 3, 2014.

Vitamin C is found in fruits and vegetables such as oranges, papaya, peppers, broccoli and strawberries. Hemorrhagic stroke is less common than [ischemic stroke](#), but is more often deadly.

The study involved 65 people who had experienced an intracerebral [hemorrhagic stroke](#), or a blood vessel rupture inside the brain. They were compared to 65 healthy people. Participants were tested for the levels of vitamin C in their blood. Overall, 41 percent of participants had normal levels of vitamin C, 45 percent showed depleted levels of vitamin C and 14 percent were considered deficient of the vitamin.

On average, the people who had a stroke had depleted levels of vitamin C, while those who had not had a stroke had normal levels of the vitamin.

"Our results show that vitamin C deficiency should be considered a risk factor for this severe type of stroke, as were high [blood pressure](#), drinking alcohol and being overweight in our study," said study author Stéphane Vannier, MD, with Pontchaillou University Hospital in Rennes, France. "More research is needed to explore specifically how vitamin C may help to reduce stroke risk. For example, the vitamin may regulate blood pressure."

Vannier adds that [vitamin C](#) appears to have other benefits like creating collagen, a protein found in bones, skin and tissues.

Vitamin C deficiency has also been linked to heart disease.

Provided by American Academy of Neurology

Citation: Can citrus ward off your risk of stroke? (2014, February 14) retrieved 4 February 2024 from <https://medicalxpress.com/news/2014-02-citrus-ward.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.