Stanford MEDICINE | Stroke Recovery
Stanford Stroke Center

SPRING 2020, ISSUE NO. 3

The Official Newsletter of the

STROKE RECOVERY PROGRAM

Milestones

Join us through a few of the milestones the Stanford Stroke Center has reached so far. Thank you for your support and participation in reaching our goals!

- StrokeCog: 146 Enrolled (recruiting)
- LP Study 35 Enrolled (recruiting)
- StrokeCog at UCSF 20 (enrolled)
- Rehab Glove: 10 Enrolled (recruiting)
- vREHAB: 7 Enrolled (recruiting)
- STRONG: 51 Enrolled (enrollment closed)
- StrokeCoach (recruiting soon)

COVID19 and the Impact on Stroke Research

During the COVID-19 pandemic, the Stanford Stroke Center is taking measures to protect the health and safety of all participants, researchers and staff. We have cancelled participant study visits. Join us in flattening the curve. Stay Home, Save Lives.When we are able to meet safely again, we will contact participants for follow-up visits.

LONGITUDINAL STUDIES

Most stroke research focuses on the phase immediately after stroke. Longitudinal studies are different because they follow participants over a long period of time. In our largest longitudinal study, the Stanford StrokeCog Study, participants undergo annual blood draws and cognitive testing over years. This will help us understand the long-term effects of stroke on memory and thinking, and determine if there are factors present in the blood that can predict ongoing or worsening stroke impacts. The data we collect from this multiple-year study may allow us to discover treatments that prevent dementia. This is our long-term goal. We have truly dedicated participants in this study, despite its length, and are enrolling more going forward. If you are a participant in StrokeCog, we thank you for your ongoing help and patience as you return for your annual study visits over the next few years! Also, do not worry if your visit is delayed due to COVID-19. We will still be able to use all of your data to learn more about cognition after stroke.

SCIENCE CORNER

Results from our CYTOF study revealed that people with increased inflammation in their blood 2 days after their stroke were more likely to have declines in memory during the first year after stroke. This inflammation could be caused by diabetes, hypertension, or high cholesterol, from the stroke itself, or from an infection caused by the stroke. We are currently learning more about this in the StrokeCog study. Also many stroke survivors from the CYTOF study are continuing to help us, by volunteering to continue their testing yearly as part of StrokeCog. This will further our understanding of what happens beyond that first year.

In the Pipeline: StrokeCoach

StrokeCoach is a virtual therapist for stroke rehab therapy, connecting patients to their occupational therapist from the comfort of their home to promote recovery. Clinical trials studying the dose-response, efficacy and feasibility of StrokeCoach are beginning summer of 2020.

SUPPORT THE STANFORD STROKE RECOVERY PROGRAM

Learn more. Visit our website to learn more about stroke recovery and find more information about our ongoing trials.

Participate. Are you or is someone you know interested in participating in one of our studies? Let us know! Visit ClinicalTrials.gov to find ongoing clinical trials near you.

Donate. Contribute to our cause and help others by supporting the research that develops novel therapies.

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