

# The Official Newsletter of the **STROKE RECOVERY PROGRAM**



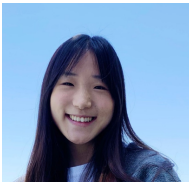
## MEET OUR COORDINATORS

Our research coordinators reach out to participants to enroll, schedule, and carry out study procedures. Each of them brings a unique perspective to the team. Learn a bit more about them below!



### **Elizabeth Osborn**

Stroke Recovery Program Manager  
Education: B.A. in Biology - College of Wooster  
Hobbies: equestrian vaulting, traveling, running



### **Katie Kim**

Projects: StrokeCog and STRONG studies  
Education: B.S. in Biochemistry- Cal Poly SLO  
Hobbies: painting, reading, trying new dessert shops!



### **Maria Mendez**

Projects: StrokeCog study  
Education: B.S. in Neuroscience- Santa Clara University  
Hobbies: traveling, swimming, puzzling



### **Leonel Lugo**

Projects: vREHAB and NeuroCoach studies  
Education: B.S. in Biology – CSU San Bernardino  
Hobbies: bird watching, watching movies, hiking

## ONGOING STUDIES:

### **NEUROCOACH**

*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 began September of 2020.*

### **vREHAB**

*Study aiming to evaluate the safety, usability, and efficacy of a virtual reality biofeedback system to promote recovery of arm and hand function in the acute period after stroke.*

### **STROKECOG**

*Tracking memory and cognition over time with annual testing and a small blood draw to find biomarkers. Optional sub-studies look for more information on neuroinflammation using spinal fluid and PET scans.*

## COVID-19 UPDATES

COVID-19 has caused a drastic change in the world and Stanford is no exception. Here we experienced a halt in research for nearly three months as our staff worked remotely to adapt as quickly as possible. Over the past few months, our research coordinators have been catching up by scheduling remote follow-up visits, so keep a look out for a call from our team if you have not completed your visit this year. If you are a participant of StrokeCog, you can help us continue our research by giving us a call at 650.723.8886 to let us know if you are coming onto the Stanford main campus for a scheduled medical appointment. Thank you for participating, we would not be able to do our work without the collaboration of our participants and we are so grateful for your enthusiasm in our research!

## MEET OUR NEUROPSYCHOLOGIST DR. LAUREN DRAG



### What sparked your interest in stroke research?

Through my work in the Stanford Neuropsychology Clinic, I see first-hand the significant impact that stroke can have on memory and thinking abilities. I am lucky to be a part of such a hard-working and enthusiastic group of researchers who devote their time to understanding and improving outcomes after stroke.

### What hobbies have you taken up during quarantine?

In my spare time, I can be found baking. Some of my concoctions include salted caramel macarons, key lime pie, and cream puffs. I also have two young daughters and during quarantine, I was promoted from chauffeur and playdate coordinator to elementary homeschool teacher.

### What have you been working on recently?

Since the start of COVID, we modified our cognitive testing so that it can be completed via telehealth. We also recently translated our tests into Spanish so that we can now recruit Spanish-speaking individuals. Finally, I'm very excited that we just published a paper describing the goals and the protocol of the StrokeCog study in the journal BMC Neurology.

Lauren Drag, PhD, is a Clinical Assistant Professor (Affiliated) in the Department of Neurology and Neurological Sciences at Stanford University School of Medicine. She received her bachelor's degree from Pomona College and a PhD in clinical psychology from the University of Arizona.

Read Lauren's most recent publication on the StrokeCog protocol [HERE](#):  
(use your phone camera to scan the QR code)



## 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.** Could you or someone you know benefit from participating in one of our studies? Let us know! Contact us for more information or visit [ClinicalTrials.gov](https://ClinicalTrials.gov) to find ongoing clinical trials near you.

**Donate.** Consider contributing to our cause and help others by supporting the research that helps develop novel therapies.

**Contact Us.** 650.723.8886 [StrokeRecovery@stanford.edu](mailto:StrokeRecovery@stanford.edu) <https://stan.md/StrokeRecovery>