PRESERVE

UNIVERSITY OF CAMBRIDGE

CambridgeBiomedicalCampus
Innovation and Excellence in Health and Care

Working together to improve treatments in stroke

Volume 1, Issue 1

Newsletter Date

'Season's Greetings' from the 'Study Chief'

King's College Cambridge

As we approach the end of 2015 I would like to take this opportunity to say a huge thank you to all our PRESERVE participants. This has been a fruitful year for the study, as we have now recruited all our participants. Patient recruitment to the perfusion imaging arm of PRESERVE has actually exceeded our expectations, which means we can improve the reliability of our results even further.

The first analyses of the data are being done now and we are anticipating a busy and exciting start to 2016 as the first results are generated and the data analysed further.

We will update you next year as the results are published. For now I'd like to wish all our participants a very ***Merry Christmas*** and a ***Happy New Year***!

Professor Hugh Markus.

PRESERVE Study Assessments Focus: What happens to your Cognitive Tests?

PRESERVE Participants perform a number of cognitive tests throughout the study, the majority at the beginning and at the end of the trial, but what are they for?

The tests you perform are designed to tell us a bit about how you think. They also allow us to compare how the blood pressure treatment you receive affects your thinking, if at all. As part of the study analysis we plan to compare your cognitive tests with the brain scans we have taken of some participants at some of our research sites, This comparison will help us find out whether patterns in brain activation relate to a specific way of thinking and whether both are affected by the blood pressure treatment received.

To ensure the cognitive data we collect for these analyses is as accurate as possible all the cognitive tests are collected from the study sites by the central study team, based at The University of Cambridge. Here, our resident Psychologist, Matt Hollocks, quality checks all the test sheets and makes any amendments that are needed.

The cognitive assessments performed for PRESERVE are an intrinsic part of the study and vital to the study outcomes. We are grateful for every assessment we receive, even incomplete tests contribute significantly to what we are learning about the link between blood pressure and cognition after stroke.

Dr Matt Hollocks, Psychologist

In this issue

Picture Credit: The Permaculture Research Institute, 2013

The PRESERVE Study is funded by:

Stroke association

British Heart Foundation

You can find out more about these organisations at:

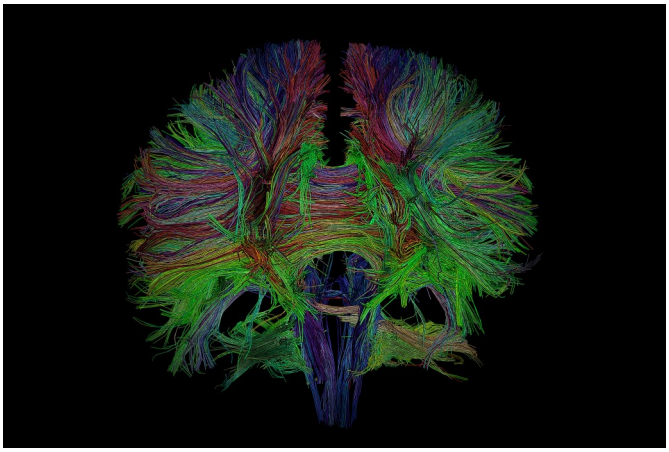
www.stroke.org.uk and www.bhf.org.uk

The PRESERVE Team

We are based at The University of Cambridge, where we can be found working hard in the Department of Neurology!

Any questions you may have about the PRESERVE Trial should be directed to the research team at your study site in the first instance. If additional information is required, you can contact us at the email address below:

studyteam@preserve.org.uk.



Brain imaging is a major part of the PRESERVE Trial. Our Image Analyst explains in the article at the bottom of this page, what we can learn from pictures of your brain!

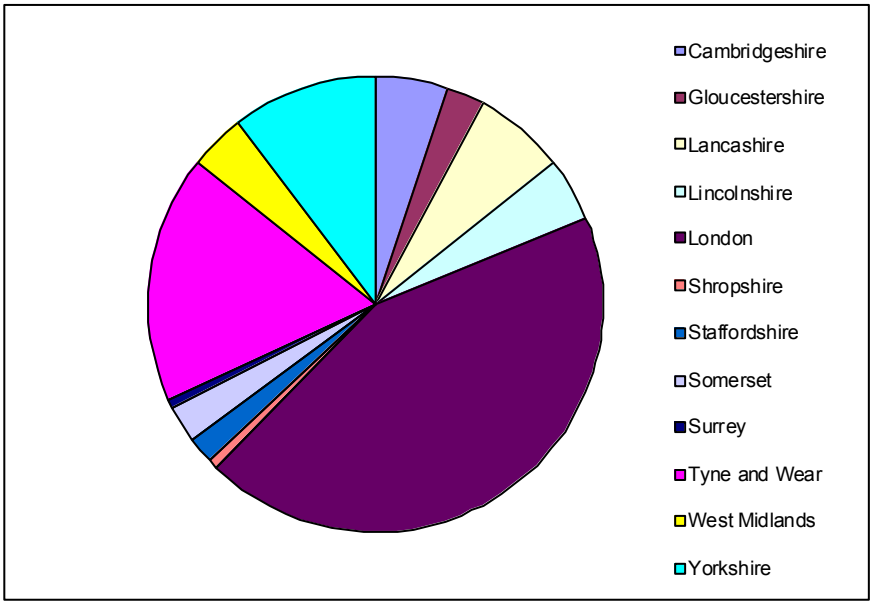
How many of you are there?

A total of 167 people are currently enrolled in the PRESERVE Study and 109 of these participants have also joined one or both of the MRI sub studies that make up the trial.

Study participants are recruited from all over the country, and there are a total of 19 PRESERVE sites nationwide.

The chart opposite shows how recruitment is spread across various regions in England and shows you the proportion of PRESERVE recruits that can be found in your part of the country!

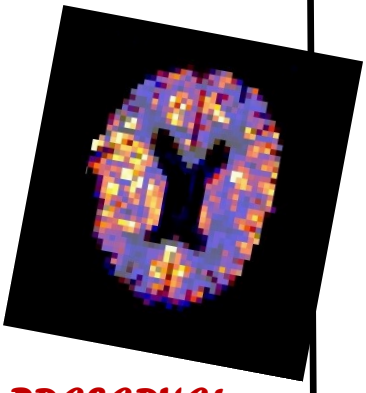
The PRESERVE Team would like to thank all study members for their participation in the trial, *wherever they are from!*



What happens to the pictures of your brain?!

An MRI scan can do a lot more than just "take a picture" of your brain, and in the PRESERVE trial we're using a lot of MRI techniques to get all sorts of information about the brains of our participants.

All MRI scans are examined by Iain Croall, our Image Analyst. One of the main kinds of image Iain looks at is called an ASL image. Instead of showing what the brain looks like, the pictures we get from this show us how much blood is flowing into different parts of it. This is very useful as it will let us see if the medication our participants receive improves their cerebral blood flow over the course of the study. We will then also be able to combine this information with other measures we have taken to see how blood flow affects things like cognitive ability. The scans we receive are invaluable in allowing us to directly look at how blood pressure affects the functioning of the brain, and tremendously helpful in helping us address the main aims of the project!



Blood flow shows up as different colours on the MRI images.

Merry Christmas and a Happy New Year from all at PRESERVE!