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Media Release

RUH researchers launch new stroke study

This World Stroke Day (Wednesday 29 October) researchers at the Royal United Hospitals Bath NHS Foundation Trust have launched a new recruitment drive for a study looking at how two different medications might help people who have suffered a particular type of stroke.

The national LACunar Intervention (LACI) Trial-3 is investigating whether two types of oral medication - isosorbide mononitrate and cilostazol – may help patients who have had a cerebral small vessel disease (lacunar) ischaemic stroke.

Around 25% of strokes are caused by small vessel disease in the brain. When these vessels become damaged, the interruption of blood supply to the brain can cause lacunar stroke.

This can affect about 35,000 people each year in the UK. Small vessel disease can also lead to problems with cognitive function - thinking, balance and walking - and sometimes lead to dementia.

As there are no treatments for small vessel disease, this study is looking at the use of two drugs that are used for other diseases to see if they help to prevent the small vessel disease from causing another stroke or negatively impacting cognitive function.

Hayley Stoney, RUH Stroke Research Nurse, said: "Lacunar stroke is quite common but can still have very serious consequences for people, particularly the way it can affect people's thinking, balance and walking.

"We're really proud to be part of such an important study which has the potential to make a real difference to the quality of life of people who have already had a stroke, and others in the future too.

“I would appeal to anyone who could be part of the trial to get in touch and find out more – you will be playing a vital role in shaping the future of treatment for stroke patients.”

The study is open to patients aged 30 and above who have had a lacunar ischemic stroke involving the small blood vessels. They must have no other active neurological disease, for example multiple sclerosis, recurrent seizures, or neurodevelopmental disorder.

Those who volunteer for the study will be involved in the trial for around 18 months. After an initial assessment at the RUH, trial participants will have their progress checked through telephone calls, avoiding the need for regular visits to the hospital.

To volunteer for the trial, or for more information, contact the RUH's stroke research team on 01225 824120 or ruh-tr.strokeresearch@nhs.net

The LACunar Intervention (LACI) Trial-3 is being run by the University of Edinburgh and the University of Nottingham and is funded by NIHR (National Institute for Health and Research).

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Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

Our new Dyson Cancer Centre brings together many of the RUH's cancer services under one roof to provide a cancer services hub for over 500,000 people in the South West. The centre includes the RUH's oncology, chemotherapy and radiotherapy services, a 22-bed inpatient ward, a dedicated pharmacy, research team and nuclear medicine and physics teams.

A key feature of the new centre is the Macmillan Wellbeing Hub. The three-storey hub provides a welcoming, non-clinical space designed around the needs of patients and their families. It also includes comfortable accommodation where relatives and loved ones can stay overnight.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk