

August 2003

Issue 13

Headlines:

- Happy 2nd Birthday
- Singapore recruiting again
- ACCESS trial
- Congratulations

ENOS milestones:

- 1st patient – 20/7/01
- 2nd site – 26/12/01
- Largest GTN trial (n=91) – 17/3/03
- Bigger than metanalysis (n=128) – 8/6/03

Recruitment total: 163

- Aberdeen - 19
- Bishop Auckland - 10
- Boston - 0
- Cheltenham - 0
- Halifax (Canada) - 5
- Liverpool - 3
- Mansfield - 0
- Manila - 0
- Nottingham (City) - 57
- Nottingham (QMC) - 0
- Sheffield (Hallamshire) - 1
- Singapore - 40
- Sydney (Canada) - 0
- Rhyl - 0
- Warsaw (IPN) - 23
- Warsaw (MMA) - 4

ENOS NEWS

The Newsletter for the Efficacy of Nitric Oxide in Stroke Trial

Happy 2nd Birthday to the ENOS trial

Welcome to the August 2003 edition of the ENOS newsletter. The trial has come a long way from when the first few patients were enrolled in 2001. As of 30th of August 163 patients have been randomised from 5 countries (Canada, Phillipines, Poland, Singapore, United Kingdom). ENOS is now

the largest trial of blood pressure lowering therapy with GTN and of stopping or continuing prior antihypertensive therapy in acute stroke. Moreover, in June the total number of randomised patients was more than those included in a metanalysis of GTN in acute stroke¹. Thank you to all centres for your

efforts in achieving these milestones.

1. Nitric oxide donors (nitrates), L-arginine, or nitric oxide synthase inhibitors in acute ischaemic stroke (Cochrane Review). In: *The Cochrane Library*. 4 ed. Oxford: Update Software; 2002

Singapore Recruiting Again

Following a short halt (partly due to the SARS epidemic), Singapore has become one of the ENOS trial's most prolific centres

for recruitment. Altogether, they have enrolled 6 new patients since being re-activated in July. Singapore was beaten into second

place by the Institute of Psychiatry and Neurology in Warsaw.

ACCESS trial

Many of you may have read the report in Stroke (Schrader et al. 34 (7): 1699) describing a randomised controlled trial of acute BP lowering with candesartan in 339

patients. Vascular events (a secondary outcome) were significantly reduced however there was no effect on BP. Although the trial was far too small to change clinical practise

it does suggest that antihypertensive therapy could be beneficial in acute stroke, as being tested in ENOS.

Congratulations

We would like to congratulate Sydney (Canada) for recruiting their first patient into the ENOS last month. Keep up the hard work! As always, we

welcome sites who are interested in ENOS to fax, email or phone us at the trial office. You will find the address for this below. Also, please note that if

you don't have time to fill out a lengthy ethics application then we can often help fill one out for you.

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