

April 2004

Issue 17

Headlines:

- Polish Investigator's Meeting
- High acute BP is associated with poor outcome
- Forthcoming investigator meetings

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
- 200th patient – 13/1/04
- BUPA grant commenced - 1/4/04

Recruitment total: 232

- Aberdeen - 21
- Bishop Auckland - 15
- Boston - 2
- Cheltenham - 0
- Halifax (Canada) - 10
- Liverpool - 4
- Mansfield - 0
- Manila - 0
- Nottingham (City) - 78
- Nottingham (QMC) - 7
- Sheffield (Hallamshire) - 1
- Singapore - 51
- Sydney (Canada) - 1
- Rhyl - 0
- Warsaw (IPN) - 36
- Warsaw (MMA) - 6

ENOS NEWS

The Newsletter for the 'Efficacy of Nitric Oxide in Stroke Trial'

Polish Investigator's Meeting

This month ENOS trial staff traveled to Warsaw for the first Polish investigator's meeting (picture). We would like to thank our current Polish centres who helped make this event a great success. As a result of this meeting several other sites have expressed an interest in joining the trial. Eventually we hope that ENOS will continue to expand throughout the rest of Europe.



High acute BP is associated with poor outcome

Many of you may have read the recent report in Hypertension describing a systematic review of 32 observational studies examining the relationship between BP and outcome in acute stroke¹. Death was found to be significantly associated with acutely elevated MABP and DBP. Combined death or dependency was associated with high SBP and DBP in primary intracerebral haemorrhage. Similarly,

in ischaemic stroke high SBP, MABP and DBP were all associated with death or dependency. This data supports ongoing investigation of the effects of moderate lowering of BP on stroke outcome.

1. Willmot M, Leonardi-Bee, Bath P. High blood pressure in acute stroke and subsequent outcome: a systematic review. *Hypertension*. 2004; Jan;43(1):18-24.

Forthcoming Investigator Meetings

We are pleased to announce that there will be an opportunity to meet and discuss issues relating to the trial at one of our forthcoming investigator meetings. These sessions will be open to current investigators and anyone else who might be considering participating in ENOS. The first meeting will be held at the European Stroke Conference. The venue is the

Maurice Ravel Room, Dorint Kongress Hotel, Rosengarten, Mannheim on Thursday May 13th at 17.00pm. A second meeting will take place at the World Stroke Conference in (venue to be announced) at 17.00pm on Thursday 24th June. These meetings will be held in conjunction with the IST-3 and CLOTS trials. Hot and cold refreshments will be provided.