

2018 was a successful year for RUSH

There was so much good news last year that it has taken some time to summarise it for you!

Read on for some highlights:

- ✓ European Stroke Organisation's scientific excellent award (p. 1)
- ✓ The Stroke Association's Haemorrhagic Stroke Priority Programme Award (p. 1)
- ✓ Two new grants for the NICHE and SoSTART projects (p. 2)
- ✓ Major publications (p. 3)
- ✓ Two new research fellows joined RUSH (p. 3)
- ✓ Public engagement (p. 4)
- ✓ We awarded two Arthur Fonville prizes (p. 5)
- ✓ Chris Lerpiniere returned to the team (p. 6)
- ✓ We received many donations (p. 6)

Scientific Excellence Award

Prof Rustam Salman received the 2018 Scientific Excellence Award from The European Stroke Organisation at its conference in Gothenburg, Sweden (below), for the knowledge that RUSH has generated over the last 20 years.



Priority Programme Award

All four awards at The Stroke Association's 2018 awards ceremony were given to members of the stroke research community in Edinburgh (picture below, left to right): Dr Grant Mari, Dr Emily Sena, Prof

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Rustam Salman, and Prof Colin Smith. Prof Salman received the Haemorrhagic Stroke Priority Programme Award.



We began a project called the Start or STop Anticoagulants Randomised Trial (SoSTART) for atrial fibrillation after intracranial haemorrhage with funding from Chest Heart & Stroke Scotland.



Two new grants

The Stroke Association awarded a grant to Prof Salman and Dr Nesh Samarasekera for a new project within the LINCHPIN study called, “Neuro-Inflammation after Cerebral Haemorrhage in Edinburgh” (or NICHE for short). We are grateful to patients in the LINCHPIN study and some bereaved relatives, for helping to identify this project as a priority. We recruited the first participant in 2018, and will continue to recruit in 2019-2020.

SoSTART began so well that the British Heart Foundation agreed to continue the funding of the project. By the end of 2018 there were 61 participants across the UK, and we hope to reach our target of 190 in 2019-2020.

Spreading the word about RUSH globally

RUSH team members spread the word about RUSH research at the Portuguese Stroke Congress, the European Stroke Organisation conference, and the first combined patients’ and researchers’ meeting of the Angioma Alliance in the USA.

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Major publications

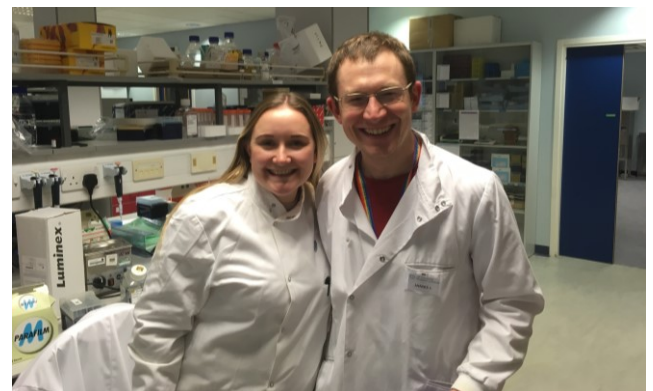
We know that brain haemorrhage grows after it starts, much like bleeding anywhere in the body. But we don't know the proportion who have growth after their first brain scan, or what predicts growth. RUSH researchers teamed up with others from all over the world to find out. Using information about more than 5,000 patients, they found that brain haemorrhages grow after the first scan in 1/5 patients. They also found four simple predictors of growth that can be used anywhere in the world. These findings were published in the top clinical neurology journal:

THE LANCET
Neurology

RUSH researchers also contributed to other research: on incidental findings on brain MRI (published in the *British Medical Journal*), on the use of tranexamic acid which sadly was

not beneficial for brain haemorrhage (published in *The Lancet*) and the ability of tiny spots of blood on brain MRI scans to predict brain haemorrhage for people taking blood-thinning anticoagulant drugs after stroke (published in *The Lancet Neurology*).

Two new research fellows joined RUSH



Caoimhe and Jamie both joined the RUSH team in 2018. They aim to study the roles of cells which control inflammation and clean up blood from the brain after stroke due to bleeding. By understanding how these cells work and interact, they hope to identify new ways to use medicine or surgery to improve

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the lives of people who have had bleeds in the brain. To do this, both Caoimhe and Jamie are applying a range of laboratory techniques to generate ideas and test these in brain tissue donated by people who have died following bleeding in the brain.

Jamie is a neurosurgical trainee who has worked across Scotland and also in South Africa. He holds an Edinburgh Clinical Academic Training lectureship, which is funded by the Wellcome Trust. Caoimhe is a scientist who completed her undergraduate training in University College Dublin and a Masters in Edinburgh, before being awarded a Wellcome Trust Translational Neuroscience fellowship to complete this research.

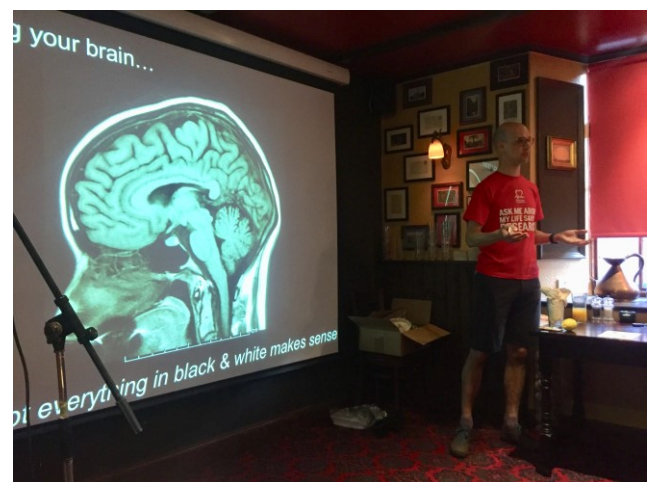
RUSH in the media



Prof Salman appeared on BBC Breakfast after being asked to comment on Sir Alex Ferguson's brain haemorrhage. We are delighted that Sir Alex made a good recovery.

Public engagement

The RUSH team believes that it is important to discuss our findings with the public. So, Prof Salman was pleased to be asked by the British Heart Foundation to present his work at the Pint of Science festival in Edinburgh (below). Pint of Science is a worldwide science festival which brings researchers to your local pub/cafe to present their scientific discoveries...



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World Stroke Day

The RUSH team again set up a stand in the Edinburgh Royal Infirmary concourse on 29 October, World Stroke Day. We invited colleagues from charities and the NHS, who supported our efforts to educate the public about how to prevent stroke. Nurses conducted blood pressure checks for patients, staff and visitors, and distributed information. We'll be there again next year...



Arthur Fonville Award for Stroke Research

We were delighted that there were two worthy successful applicants for last year's prize.

The Fonville extended family came to present the award to the first awardee from Amsterdam, where Arthur studied (Kit van der Eng) for her work on the safety of reperfusion therapy for acute ischemic stroke in pregnant women and women in the postpartum period, as well as a medical student at Edinburgh University (Edward Christopher) for his work on the Nrf2 response in humans after intracerebral haemorrhage (below).



Left to right: Joost Fonville, Edward Christopher, Kit van der Eng, Professor Salman, and Catherine Fonville.

Patient Reference Group

Thanks again to the stroke survivors who help design and

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oversee some of our projects (pictured below, with us).



Chris Lerpiniere is back

We are delighted that Chris Lerpiniere has returned to RUSH in a new role as Research Nurse Manager. She may get in touch with you about ongoing studies.



Thanks to our donors

Many thanks for the donations to our research from patients, their families, carers and friends. In the last year, RUSH received

£1,000 and the Arthur Fonville fund received £1,570. Donations help us conduct and publicise our research, which one of our patients described in *The Telegraph* last year (below).



If you would like to fundraise for us, please contact Kerry MacKay (0131 650 9221), or us directly:

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