



laci-3
LACunar
Intervention
TRIAL 3

NIHR | National Institute
for Health Research



THE UNIVERSITY
of EDINBURGH



The University of
Nottingham

Participant Newsletter



INSIDE:

- Interview with LACI-3 Participant
- Study update
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- Lifestyle advice

Thank you for being a part of the LACI-3 study! We are so grateful to our participants for helping to find out the best treatments for people who have had a lacunar stroke.

This newsletter has been created to share the latest updates from the LACI-3 study with you.

We hope you enjoy reading! From the LACI-3 Team

“

Every participant helps us to understand more about lacunar stroke and how to treat it. Together, researchers and participants are a big team, with participants in LACI-3 being the most important part. Thank you for joining LACI-3 and helping to improve treatment.



Professor Joanna Wardlaw
LACI-3 Chief Investigator

”

LACI-3 is very important. It is testing if two very promising tablets improve long term health after lacunar stroke. Both tablets have been used for blood vessel diseases in the heart or legs for 30 to 60 years worldwide.

LACI-3 is the third, most important, trial of these tablets for lacunar stroke- the two previous trials showed the tablets were safe, with few side effects, and helped reduce strokes, dependence on other people, and worsening of thinking and memory.

LACI-3 is the final stage of finding out if the tablets work. Then many 1000s of people around the world will benefit in future. It is very exciting to get this far! So please help us by following your LACI-3 instructions. It is very important to find out if the tablets work!

Interview

We asked one of the LACI-3 Participants to share their experience with us.



Why did you decide to take part in the LACI-3 Trial?

I just feel that I have had a stroke, there are 1000's of people like me, I have been lucky in surviving it, If I can help enhance the research that would be good. We need to know more about lots of conditions. **I didn't realise that women are less represented in research.**

Have you made any changes to your lifestyle since the stroke?

I eat more healthily and cut out junk food and use my air fryer! I **take my blood pressure once a week** I'm also more aware of falling- and use a stick and won't go anywhere without it. Consequently **I don't socialise as much, no alcohol, and have lost lots of confidence since stroke.** I get very tired with fatigue since stroke which is more than just tired it means can't concentrate and has to rest which other people find difficult to understand. **My hearing is lots worse since the stroke** for example I need to wear ear pods to have a conversation on phone and can't hear things from another room, and I'm wanting to go and get this checked.

”

There are 1000's of people like me.

Participant's Journey

Tell us a bit about yourself?

I have lived for 30 years in a small mining village in Midlothian just outside of Edinburgh. Originally I'm from the North of Scotland. I have 2 Children, a Son and Daughter. My son Lives in Australia, my daughter in the same village. I have 5 Grandchildren and have been married for 56 years.



What was it like when you started the trial?

It was ok at the start, there were a few hiccups with the medication. No problems really in dealing with those. I am used to dealing with medication post stroke, prior to the stroke I was on no medication so that was a big shock and it took some getting used to.



Medical fact: Lacunar stroke is more common in men. Men have an overall higher risk of stroke than women, although women are often older when they experience a stroke.

What would you like to say to other people in the study?

I think as many people as possible should take part to get some advancement in medical research it's the only way to resolve things- there are lots of questions but not always answers.”

LACI-3 update

Participation in LACI-3 is growing across the UK.

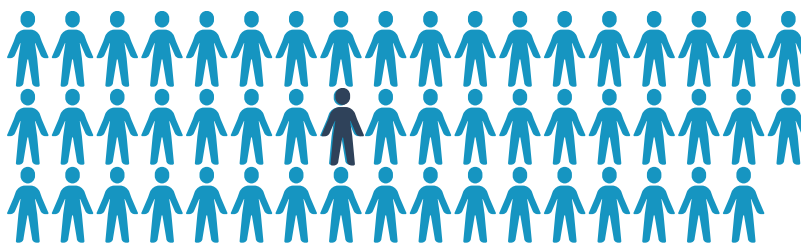
The first hospital has started recruitment in June 2025.

We have 31 hospitals now inviting patients to join LACI-3.



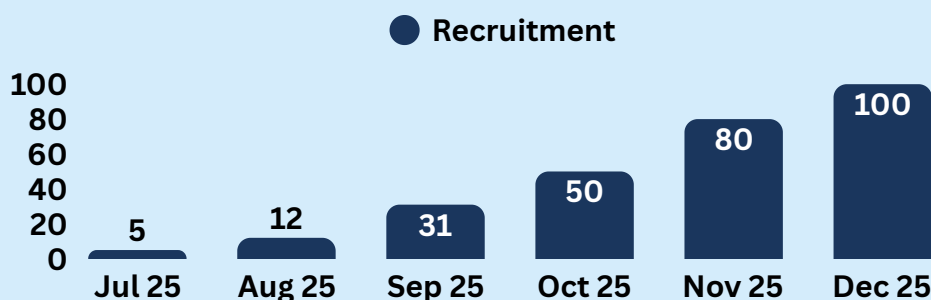
UK Recruitment

53 participants like **you** joined LACI-3



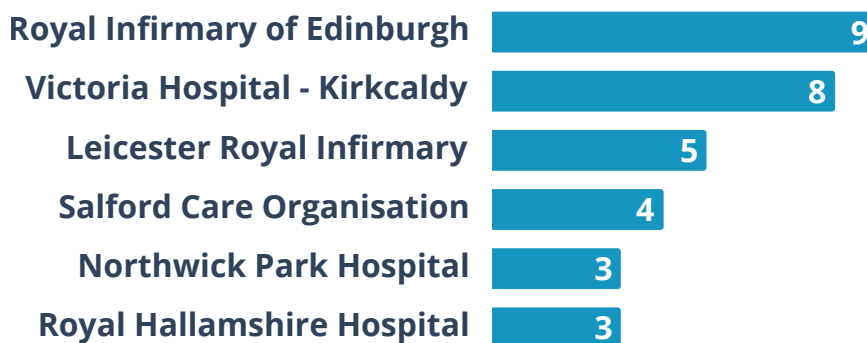
Recruitment Trend

100 participants are expected by December 25



Top 6 UK Hospitals

Hospital research teams recruiting participants across Scotland, England, Wales and Northern Ireland.



Follow-up Visits



You will be followed-up by two teams:



Your local hospital team:

- will call to check how you get on;
- will send new supply of study drugs, if allocated to.



The central research team:

- will send a postal questionnaire to ask about your health & quality of life;
- will call you to ask about memory, thinking & mood.

Lifestyle advice



Here are some evidence based tips to maintain a healthy lifestyle and reduce the risk of having another stroke.



Diet

Have you tried beetroot?

Beetroot is naturally high in Nitrates which turn to Nitric Oxide in the body assisting lowering blood pressure and **increasing blood flow** around the body including brain.



Where else I can find nitrates?

- Nitrates can be found in other vegetables like leafy greens ([spinach](#), [kale](#), [rocket](#)), [carrots](#), [celery](#), [broccoli](#), [cabbage](#), [leeks](#), [pumpkin](#), [radishes](#).
- Nitrates help to dilates blood vessels and can reduce blood pressure, which may lower the risk of having a stroke.



Drugs

How LACI-3 drugs work?

We test two drugs which help to maintain the normal blood flow and delivery of the oxygen and nutrients to the brain.

Are LACI-3 drugs safe?

- Both drugs, cilostazol and isosorbide mononitrate are safe, and used by millions of patients every day worldwide for other diseases like angina or poor blood supply to the legs.
- Doctors know how to deal with any side effects which are controllable and transient.
- The body needs time to adjust to get use to new tablets just like many other tablets.
- The expected benefits include less problems with thinking, memory, fewer strokes and better mobility, and outweigh short-term side effects sometimes seen when starting the tablets.



Brain
needs
Oxygen



Drugs help
blood vessels
work well



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