ISSUE 2
APRIL 2026

laci-3 LACunar Intervention TRIAL 3

NIHR | National Institute for Health Research

THE UNIVERSITY of EDINBURGH

The University of Nottingham

Participant Newsletter

INSIDE:

The 150th participant was recruited by the Victoria Hospital in Kirkcaldy. We are enormously grateful to all of you for your engagement in LACI-3. It is very inspiring to see such a vibrant community of so many dedicated people. Your support is crucial for the success of LACI-3.

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

Lacunar strokes are caused when small blood vessels deep within the brain become damaged and do not give enough oxygen and nutrients to the brain.

LACI-3 aims to find effective treatments for people who have had a lacunar stroke to:

- Reduce thinking and memory problems
- Prevent another stroke
- Improve mobility and independence

We test two well-known drugs, used by the NHS for decades, to confirm if they can improve outcomes after lacunar stroke, prevent problems with thinking, and maintain independence.

Your contribution matters a lot to find new treatments to help the brain's small blood vessels work better.

Meet the Team

We asked the people who lead the LACI-3 project why this study is so important to them.

There are hundreds of medical , nursing, pharmacy & research staff working on the LACI-3 across the UK.

How long have you been working to find an effective treatment for Small Vessel Disease?

We started work to find better treatments for lacunar stroke about 10 years ago. We did lots of scientific studies to find potential treatments. The two drugs that we are testing in LACI-3 are the most promising and have the most data to back them up.

Professor Joanna Wardlaw
LACI-3 Chief Investigator

How close we are to finding effective drugs?

LACI-3 is the final test to see if the two drugs are effective. Earlier, smaller trials showed promise. If LACI-3 proves either drug works better than standard stroke prevention, they could be available on the NHS for lacunar stroke patients within a year of the trial's end.

What is the most important right now?

To involve more patients in LACI-3 to reach the 1300 recruitment target as soon as possible, and for patients in LACI-3 to stick to the trial and try to follow their instructions so that we can find out as soon as possible if the drugs make people better.

What happens if LACI-3 is positive - how soon can I get the drugs on prescription?

LACI-3 is set up with advice from the UK Medicines Regulator so that the drugs can reach patients as fast as possible, ideally within a year, if LACI-3 is positive.

What is the main concern for your patients?

Patients worry about cognitive decline and loss of independance.

How urgently do doctors need an evidence-based treatment?

We need better treatments to prevent cognitive decline, more strokes that damage the brain, and to keep patients independent.

What advice can you give to LACI-3 participants?

LACI-3 is the third trial testing these two drugs. The two earlier trials found the drugs to be very safe. We know they are safe for heart and leg disease. We are very sure that there are no interactions of concern and side effects are minimal once you get used to the drugs.

Dr Fergus N Doubal
LACI-3
Principal Investigator

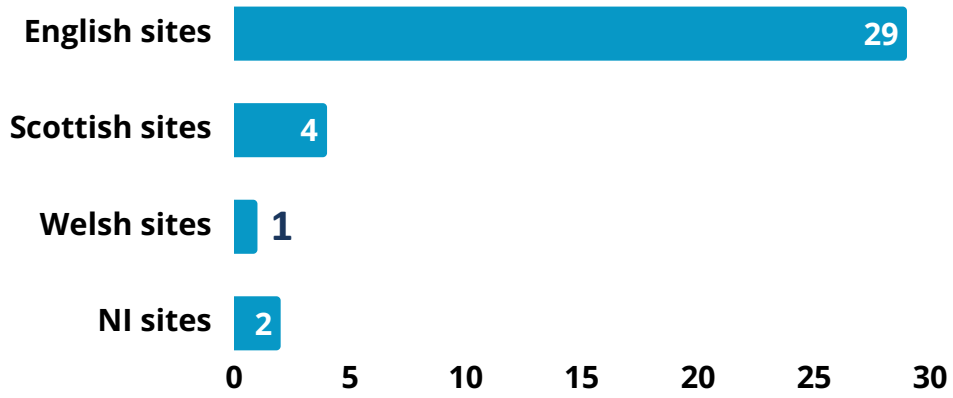
LACI-3 update

Each participant who joins the study tells us it is possible to recruit and reach our recruitment goal. Your commitment is so important to answer this vital research question.

150

UK Recruitment

150 participants like **you** joined LACI-3 across **36** recruiting hospitals.

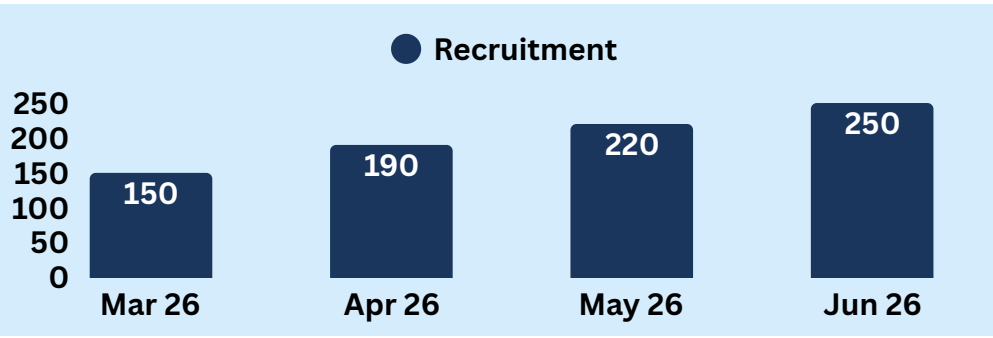


UK Sites

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

Recruitment Trend

250 participants are expected by June 2026



Sub-studies

Medical Research Council has granted extra funding for sub-studies to tell us more about which patients with lacunar stroke may be at risk of memory or thinking problems, having another stroke or declining mobility.

If your hospital takes part in the optional sub-studies, we will invite you to take part in all or some of them at the last follow-up visit:

Additional MRI

- You may already have had a scan like this as part of your lacunar stroke diagnosis.

Additional memory and thinking tests

- Like the pen and paper tests that you did at the start of the trial.

Additional Blood Biomarker

- We plan to collect a small blood sample via a finger-prick.

Brain week

Every time we learn something new our brain changes.
Every new word, food, sound, place or meeting is
a micro-training exercise for our memories and thinking skills.

Monday

The brain likes surprises
Do something for the first time: a new walking route, a different bus stop, a dinner made from a recipe you don't know.

Tuesday

Memory training
Read a short article and try to summarize it from memory after an hour. Talk about what you have read e.g., this newsletter.




Wednesday

Movement and relationships
Go for a walk with someone you enjoy talking to. The combination of exercise and conversation is good for our brains.

Thursday


Solve puzzles doing challenging tasks helps strengthen and make new brain connections.

Friday

Music and the brain
Listen to recent or older music, remember what you were doing then. Tell someone about it.

Saturday

We are what we eat
A good menu includes fish or lean meat, vegetables, and plenty of water. Nuts and fruit for dessert. The brain needs fuel.

Rest on SUNDAY!

Tip: Regularity is more important than intensity.
15 minutes of brain training a day is a workout.

Contact us: 0131 465 9592 www.laci-3.ed.ac.uk

LACI-3 Trial, Centre for Clinical Brain Sciences (CCBS), University of Edinburgh, Chancellor's Building, 49 Little France Crescent, Edinburgh, EH16 4SB; www.laci-3.ed.ac.uk