International Stroke Conference 2010 Highlights

The American Stroke Association’s International Stroke Conference drew over 4,000 attendees Feb. 23–26 in San Antonio, Texas. The event kicked off on Tuesday, Feb. 23 with more than 800 professionals attending the ever popular State-of-the-Art Stroke Nursing Symposium. The symposium provides current information for nursing and other healthcare professionals who treat patients and families in all phases of stroke treatment from the emergency department through rehabilitation. Attendees are updated about nursing issues along the continuum of stroke care (ischemic and hemorrhagic stroke management, rehabilitation and program development). The goal of the program is to share innovative best clinical practices that have been developed to optimize patient outcomes throughout the stroke continuum of care. This year’s program featured a morning plenary session and four afternoon break-out sessions which met the educational needs of nurses and healthcare professional at various levels of skill.

The International Stroke Conference followed the Nursing Symposium with two full days of programming. More than 900 abstract presentations, lectures and debates were featured. This year, special symposia and debates focused on topics including: brain repair after stroke; state-of-the-art surgical and endovascular treatment for intracranial occlusive disease; the economics of stroke (debate); subarachnoid hemorrhage: current protocols and future prospective; new approaches to the decision to anticoagulate; vascular cognitive impairment and Alzheimer Disease; HIV and cerebrovascular disease; comprehensive stroke centers: the future of stroke care; informed consent: have we gone too far or not far enough?; controversies in the management of cerebral arteriovenous malformations: where we are and can ARUBA help?; and emerging new mechanisms for ionic imbalance and cell death in ischemic brain damage. Sessions in clinical categories centered on diagnosis, acute management, in-hospital treatment, rehabilitation and recovery, pediatric stroke, prevention, community/risk factors, nursing, emergency medicine, outcomes and vascular cognitive impairment. Sessions in surgical and interventional categories will focus on aneurysm, carotid revascularization, intracranial atherosclerotic occlusive disease, ischemic stroke intervention, SAH management and vascular malformations. Some of the “Hot Sessions” at ISC included:

• Stroke and the Law: Legal Issues in Cerebrovascular Disease
• Physiologic Imaging of Brain Perfusion
• What Should Be the Standard of Care for Asymptomatic Carotid Stenosis? (Debate)
• Intravenous vs. Intra-arterial Therapy for Acute Ischemic Stroke (Debate)
• The Tipping Point: New Approaches to the Decision to Anticoagulate
• Management of Acute Intracerebral Hemorrhage: An Update

Two sessions, “Clinical Science: Key Findings and First Looks” and the closing plenary session featured high-impact, late-breaking science research including the primary results from The Randomized Carotid Revascularization Endarterectomy versus Stenting Trial (CREST).

New at ISC 2010

• Professor-led poster tours organized by poster category. Leaders in the stroke field took groups of conference attendees around 12 speaker-attended posters. Each poster presenter had approximately three minutes to present the highlights of his or her work, followed by two minutes for a Q&A from attendees. There were 11 to 12 different tours to select from in 21 categories. This was a wonderful opportunity to bring young investigators and seasoned stroke specialists together to exchange knowledge and ideas.

• The David G. Sherman Lecture which was begun in order to honor the memory of Dr. David G. Sherman, a prominent stroke physician and an internationally recognized leader and researcher in stroke prevention and treatment. This award supports the history and continuity between the first generation of stroke neuroscientists who attended the early years of the International Joint Conference on Stroke and Cerebral Circulation and the future of the ever-increasing new generation of stroke neurologists who attend the International Stroke Conference. The inaugural recipient was Dr. J. Donald Easton.

• A special post-conference symposium held after ISC: “Carotid Endarterectomy versus Carotid Artery Stenting: A Fresh Analysis of the Data.” It featured cutting-edge research results that focused on how the CREST results and similar trials will affect clinical practice, particularly in relation to the care of patient subgroups.

We would also like to congratulate two of the top ISC award recipients:

• Thomas Willis Lecture recipient: Donna M. Ferriero, MD, San Francisco, Calif.
• William M. Feinberg Award for Excellence in Clinical Stroke recipient: Markku Kaste, MD, PhD, FESC, FAHA, Helsinki, Finland

Remember to claim CME/CE Credit for attending the International Stroke Conference and Nursing Symposium at learn.heart.org.
Highlights of Dr. Souvik Sen’s presentation, ‘Periodontal Disease Associated with Recurrent Vascular Events in Stroke/TIA Patients,’ from the International Stroke Conference 2010

Gum disease (periodontal infection) is associated with heart attack and stroke. In a prospective longitudinal study of stroke and TIA patients, investigators led by Souvik Sen MD, MS, MPH, found that those with severe gum disease were two-and-a-half times more likely to suffer from subsequent cardiovascular event (stroke, heart attack or death) in the following two years compared with those without severe gum disease. The study was conducted at the University of North Carolina and funded by the American Heart Association. Further studies are needed to determine if treatment of gum disease can reduce this high cardiovascular risk amongst stroke and TIA patients.

International Stroke Conference
Los Angeles, California

Nursing Symposium: February 8
Sessions: February 9 – 11
Exhibits: February 9 – 10

Learn more at strokeconference.org