



October 2017 Newsletter

274 patients have been randomized so far this year, giving a total of **2,657** trial participants to date. Thank you for your continued efforts, this is your trial and you are doing a great job

Please keep up the good work!

*Alison Halliday, Richard Bulbulia, Richard Peto,
Leo Bonati, Hongchao Pan & the ACST-2 team*

**Next target:
2700 patients**



Top 5 recruiting centres - 2017


	Novosibirsk Research Institute of Circulation Pathology, Russia	21
	Regional Specialist Hospital Wroclaw, Poland	17
	Serbian Clinical Centre	15
	University of Sao Paulo (HCFMUSP), Brazil	12
	Nuovo Ospedale Civile Sant' Agostino Estense (NOCSAE Modena), Italy	11

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New Asymptomatic Stenosis Guidelines Summary for ACST-2

Print out and Share with your Stroke Physicians! [Download here](#)



ACST-2




Go with the Guidelines!

“10-15% of all strokes follow thromboembolism from an asymptomatic ICA stenosis > 50%”
ESVS Guidelines, 2017


<p>Consider for Intervention</p> <div style="background-color: yellow; padding: 2px; display: inline-block;">II a</div> <div style="background-color: blue; padding: 2px; display: inline-block;">B</div>	<p>Asymptomatic 60-90% stenosis at increased risk of late stroke, provided perioperative risk of stroke/death is <3% and life expectancy > 5 yrs</p>
<p>Patients at higher risk of stroke</p>	<ul style="list-style-type: none"> History of contralateral TIA/ Stroke Silent ipsilateral infection Diabetes Specific plaque markers/TCD emboli Impaired cerebral reserve

“ACST-2 has been randomising asymptomatic patients to CEA or CAS – it is hoped that all surgeons and interventionalists will support these RCTs” *ESVS Guidelines, 2017*

Class	Evidence Level
I General Agreement Procedure beneficial/ effective	A > I RCTs or meta analyses
IIa Conflicting evidence but weight of opinion in favour	B > I RCT or large non-randomised studies
IIb Less well established usefulness/efficacy	C Consensus or small studies or registries



ACST-2



Go with the Guidelines!

Medical Treatment for all	<ul style="list-style-type: none"> Longterm single APT (usually aspirin) Clopidogrel if aspirin intolerant Statin therapy BP lowering treatment to maintain BP < 140/90 	<div style="background-color: #28a745; padding: 2px; display: inline-block;">I</div> <div style="background-color: #17a2b8; padding: 2px; display: inline-block;">A</div>
CEA & CAS	<ul style="list-style-type: none"> APT periprocedure and longterm Continue statins Caution in reducing BP, but avoid uncontrolled hypertension > 180/90 mmHg 	<div style="background-color: #28a745; padding: 2px; display: inline-block;">I</div> <div style="background-color: #17a2b8; padding: 2px; display: inline-block;">B</div>
CAS only	<ul style="list-style-type: none"> Consider EPDs DAPT (aspirin/clopidogrel) for at least 1 month after 	<div style="background-color: #ffc107; padding: 2px; display: inline-block;">II</div> <div style="background-color: #17a2b8; padding: 2px; display: inline-block;">C</div>
Post procedure	<ul style="list-style-type: none"> Independent assessment is recommended 	<div style="background-color: #28a745; padding: 2px; display: inline-block;">I</div> <div style="background-color: #17a2b8; padding: 2px; display: inline-block;">C</div>

ESC/ESVS Algorithm for Treatment of Asymptomatic Carotid Stenosis

```

graph TD
    A[60-99% stenosis] --> B{Life expectancy > 5 yrs?}
    B -- No --> C[BMT]
    B -- Yes --> D{Favourable anatomy?}
    D -- No --> C
    D -- Yes --> E{Higher stroke risk on BMT?}
    E -- Yes --> F[Consider CEA + BMT]
    E -- No --> G[Consider CAS + BMT]
    
```

Within ACST-2

IIa

B

IIb

B

Recruitment Awards Congratulations

Bronze

IRCCS Policlinico
San Donato,
Italy



Ribbon

Department of Vascular
Surgery, Attikon University
Hospital, Greece





Congratulations also to Professor Alonso and the team at
Universitätsmedizin Mannheim on becoming the 121th ACST-2 recruiting
centre and randomising their 1st patient into ACST-2. Gut gemacht!



**5th ACST-2
Collaborators'
Meeting
September 2017
St Anne's College,
Oxford**



Collaborators from 48 Centres across 20 different countries came to Oxford. It was great to see so many of you this year! Everyone enjoyed the meeting and the talks were extremely informative (available via ACST-2 website [Click Here](#)).

Prize were awarded for: **Best Recruiting Centre** - Novosibirsk; **Best Improvement in Recruitment** – NOCSAE Modena; **Best New Centre** - Trieste; **Best Initial forms** – Sao Paulo; and **Recruiting 2600th Patient** – Tallinn and Dedinje.



Sebastian Debus (Hamburg)



Antonio Lauricella
(NOSCAE, Modena)



Anders Gottsäter (Malmo)

Recruitment Awards - nearly there!

Silver award:



Ceske Budejovice – 4 patients away
University of Basel – 3 patients away
University Hospital Utrecht –
3 patients away

Bronze award:



Foothills – 3 patients away
University of Bari – 3 patients away
Teaching Hospital Maribor – 5 patients away
Sunderland Royal Hospital – 5 patients away
John Radcliffe Hospital – 5 patients away



Professor Martin Björck handed over the Presidency of the European Society for Vascular Surgery (ESVS) to Professor Alison Halliday at the Annual Meeting in Lyon last month.

Alison has already started planning the next ESVS meeting in Valencia (24th to 28th September 2018) at which an ACST-2 Collaborators' Meeting will also be held. Please save these dates and we look forward to seeing as many of you there as possible.

Photograph courtesy of Simon Parvin

<http://simonparvin.com/>

Join Alison and Richard at these upcoming meetings

16th Italian National Congress (SICVE), Bologna:
23-25th Oct 2017

CSVS, Zagreb: 10-11th Nov 2017

VEITH, New York: 14-18th Nov 2017

UK Vascular Society, Manchester: 22-24th Nov 2017

UK Stroke Forum, Liverpool: 28-30th Nov 2017

MAC Congress, Munich: 7-8th Dec 2017

*We look forward
to seeing you
there!*

Updates from the ACST-2 Office



Alison

Annual follow-up 2017

64.1 % have been returned, would you please return the remainder by the end of November and put a smile on Wojciech's face :-)



Wojciech

New Recruitment Administrators



Zahra

If you attended the collaborators' meeting you will already have met Zahra Madgwick and Mo Gray who have recently joined ACST-2, focusing on recruitment. Get in touch with us at the ACST-2 office:

Asymptomatic Carotid Surgery Trial-2 (ACST-2)

Nuffield Department of Surgical Sciences

University of Oxford, Richard Doll Building, Old Road Campus,

Roosevelt Drive, Oxford, OX3 7LF ENGLAND.



Mo

Tel: +44 (0)1865 61 79 79 Fax: +44 (0)1865 61 79 80 email: acst@nds.ox.ac.uk