

# STANFORD

# STROKE RECOVERY

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## ONGOING STUDIES

### STROKECOG

Tracking memory and cognition over time with annual testing and a small blood draw to find biomarkers. Optional sub-studies look more deeply for neuroinflammation using spinal fluid and PET scans.

### VREHAB

Study aiming to evaluate the safety, usability, and efficacy of a virtual reality biofeedback system to promote recovery of arm and hand function in the acute period after stroke.

### STRONG

Examines how our genes interact with rehab therapy and with stress to affect stroke recovery.

### STROKESENSE

Uses a robotic device to understand how a person's sense of their arm in space changes after stroke.



Introducing the very first Stanford Stroke Recovery Newsletter! We prepared this with love from our research team to you - here is a big **Thank You** for your participation or interest in stroke recovery research. You are part of an exciting movement to increase our understanding and provide novel therapies for you and others to recover from stroke. We could not do this without you!

## MEET OUR COORDINATORS

Contact us if you are interested in participating, learning more, or donating to our cause.

Phone & Email:  
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<https://stan.md/StrokeRecovery>



### ELIZABETH OSBORN

Stroke Recovery Program Manager  
Education: B.A. in Biology - College of Wooster  
Hobbies: equestrian vaulting, traveling, running



### EMILY HUANG

Projects: vREHAB and STRONG study  
Education: B.A. in Biology - Carleton College  
Hobbies: cycling, teaching figure skating, yoga



### LEONEL LUGO

Projects: vREHAB and STRONG study  
Education: B.S. in Biology - CSU San Bernardino  
Hobbies: bird watching, watching movies, hiking



### ESTHER RAH

Projects: StrokeCog Year 1 and Year 2  
Education: B.A. in Sociology - UC Berkeley  
Hobbies: reading, swimming, watercoloring

## Q&A WITH

### Adam MacLellan, MD

completed his medical degree and neurology residency training in Canada at the University of Toronto, and subsequently came to Stanford for a clinical fellowship program in Vascular Neurology (Stroke) in 2017.



#### Q: What excites you the most about research?

A: Research gives you the opportunity to answer questions that currently have no known answers. A lot of research ideas are born out of questions patients ask providers, and it is gratifying to be working toward providing more insight and clarity for stroke survivors in that sense.

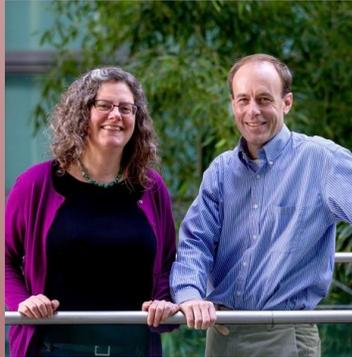
#### Q: Why are you interested in stroke research?

A: Over 20 years, stroke has changed drastically from a field famous for having little to offer a patient, to a field with some of the most effective treatments in medicine. We have made so many advances in acute stroke, and now the world is realizing the potential we have to improve post-stroke care after the acute phase – I think this is where the future of stroke is headed.

#### Q: What do you enjoy outside of work?

A: Nothing makes me happier after work than discovering a new recipe and preparing a meal for friends and family. I am not very artistic, but I have discovered my creativity lies in the kitchen!

Marion S. Buckwalter, MD, PhD and Maarten Lansberg, MD, PhD are co-directors for the Stroke Recovery Program. Both are working on how to prevent dementia in stroke survivors and are collaborating with engineering departments to make activities of daily living easier after stroke.



## HIGHLIGHTS

Recent findings published in Brain show a pattern of inflammatory activity in circulating blood cells two days after a stroke strongly predicts the likelihood of losing substantial mental acuity one year later. We are working to identify, early on, patients who are at risk for dementia and figuring out how to treat those at-risk patients.

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