

SECRETO Newsletter

June 2019

Welcoming new SECRETO Sites

We most warmly welcome UK-members - Royal Stoke University Hospital with Phillip Ferdinand as the UK Principal Investigator and Peterborough City Hospital with Radim Ličenik as the Site-PI - to the SECRETO team!

Royal Stoke University Hospital



From left to right: Research nurses Alda Remegoso and Resti Varquez, UK-PI Dr Phillip Ferdinand and Senior research administrator Joanne Hiden.

Study Sites

The study is now enrolling participants at 20 sites, 17 of which have saved participant data in the database. We'd be happy to have a couple of more sites to achieve our goal by the end of next year.

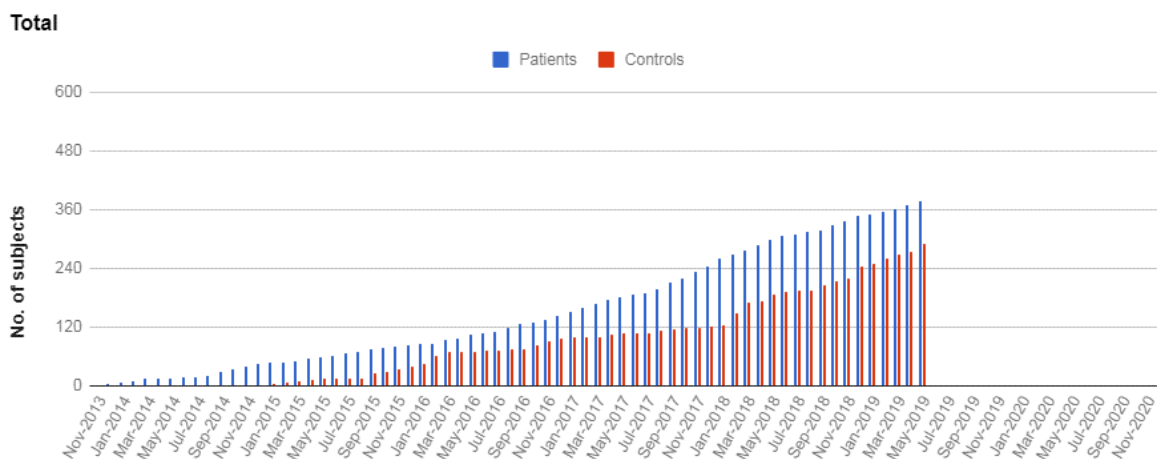
Peterborough City Hospital



From left to right: Stroke Consultant, Dr Peter Owusu-Agyei, Research Nurses Zoey Horne and Natalie Temple, Stroke Consultant and Site-PI Dr Radim Licenik, and Stroke Consultant Dr Santhosh Subramonian. In the picture on the left, Dr Mohammad Haque.

Recruitment status

There were 378 patients and 291 controls enrolled in the study at the end of May. Honor and surprises are waiting for the Site recruiting the 400th patient and 300th control!



SECRETO at ESOC in Milan

We were delighted to meet neurologist-investigators from almost all of the study sites enrolling or soon-to-be enrolling participants. Thank you to all speakers, including Marialuisa Zedde (“How to effectively screen patients and find control subjects?”), Nicolas Martinez-Majander (“Migraine as a risk factor for cryptogenic stroke – preliminary results and future plans”, Nina Jaakonmäki (“Obesity, reproductive health, and hypercoagulation – preliminary results and future plans”), and Jani Pirinen (“Insights into cardiac MRI in the evaluation of cryptogenic stroke”).

As discussed in the meeting, the timelines of key actions of the project for the upcoming couple of years could look as follows:

2019-20	List of specific study questions formulated and circulated
2019-	Begin lab analytics, DNA sequencing, collaboration with Genetics of Early-Onset Stroke consortium/ISCG
2019-	Writing groups TBD, collect list of project proposals (PPs)
2020-	PPs generated by writing groups, statistical consultation
2020-	Publication meetings
2020	Data monitoring
Q1/2021	Database clean & lock, format data dictionary
Q2/2021-	Create working datasets
Q2/2021-	Begin data analysis
Q3/2021	First manuscripts ready for submission

A nice-to-know fact: There are approximately 3.2 million saunas in Finland (population 5.5M). Four to seven sauna bathing sessions per week is associated with about 60 % stroke risk reduction when adjusted for confounders.

Kunutsor SK, et al. Sauna bathing reduces the risk of stroke in Finnish men and women: A prospective cohort study. *Neurology*. 2018;90:e1937-



Financing

As announced in the investigator meeting in Milan, we received a positive decision on a new grant from the Academy of Finland. The grant allows us to increase the compensations for patients and controls as of Jan 2019 to a level better corresponding to costs and efforts done at study sites. It also ensures that all central readings at core labs and much of the planned lab analyses can be carried out.

We will contact each site-PI in order to ask for invoices until June 2019. Prior to sending invoices, we encourage to check that all data gathered are entered into the database and checked for accuracy.

Renewing the Collaboration Agreement

At the end of last year, we started the process of updating Collaboration Agreements (CA). We have received a couple of renewed CAs to which we will make the amendment with respect to the new funding. Sites, in which the renewal of the CA is still pending, we will make respective changes before signing.

- ◆ Keep up the good pace in recruiting participants!
- ◆ Take good care of your data in the database!
- ◆ Keep on sending images timely to core labs!
- ◆ Last but definitely not least:

Have a very nice and relaxing summer!



After bathing in a sauna and cooling off, it is advisable to jump into cold water to further promote your cardiovascular health.