Update on the ECST-2 Trial

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No disclosures

Stroke and Carotid Disease

- ECST and NASCET trials both showed the benefit of CEA in preventing stroke in patients with symptomatic carotid stenosis compared to medical therapy alone.
- A risk model derived from ECST and validated by NASCET data has indicated that only patients with a 5 year risk of stroke >20% benefit from CEA.*


Medical Therapy has Improved

Since the original trials medical treatment for the prevention of stroke (and MI) has evolved:
- Clopidogrel
- Statins
- Better medications for BP control
- Better smoking cessation therapy

Hypothesis of the ECST-2 Trial

The routine use of modern optimised medical treatment (OMT) in patients with carotid stenosis will halve the risk of recurrent stroke.

Patients with a predicted risk of stroke in the next 5 years <20% will not benefit from intervention (CEA or CAS)

CAR Score

- Carotid Artery Risk (CAR) score recalibrated to include asymptomatic patients and the predicted benefit of OMT.
- Risk factors used to assess CAR score are:
  - Gender: male or female
  - Severity of presenting events: stroke, TIA or ocular
  - Degree of stenosis: 50-69% or 70-99%
  - Plaque morphology: smooth or ulcerated/irregular
  - Age: <65, 65-74 or >75
  - Time since last event: >12, 4-12, 2-4 or <2 weeks

CAR Score*

*Recalibrated to take account of OMT
Clinical screening
- CARI Score
- <20% risk: Eligible for ECST-2
- MRI brain + carotid (or CT)
- US carotid (plaque)

Randomisation
- CEA preferred
- CAS preferred

Follow up for 5 years
- MRI Brain at 2 & 5 years

Primary Outcome Measure
- Any stroke, any MI or procedural death attributed to carotid revascularisation
- MRI (CT) brain required for any stroke
- ECG + troponin required for any MI

ECST-2 Progress
- 32 centres enrolled
- 364 patients randomised to 29 Oct 2018
- Number needed for MRI-based study=320 with 2 years follow-up
- 164 included with MR plaque imaging
  - Number needed for MR plaque imaging analysis=244 with 2 years follow-up
- New centres needed
- Please contact us on office@ecst2.com or via the website www.ecst2.com

Recruitment Graph
- Total number of patients recruited: 337 (June 2018)