



Edinburgh Stroke Trials

Effects of antiplatelet therapy after stroke due to intracerebral haemorrhage (ICH): extended follow-up of the REstart or STop Antithrombotics Randomised Trial (RESTART)

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on behalf of the RESTART Collaboration





122 hospitals
in the UK

537 adults ≥ 18 y, taking antithrombotic (antiplatelet or anticoagulant) therapy for the prevention of occlusive vascular disease at intracerebral haemorrhage (ICH) onset, who discontinued antithrombotic therapy, and survived ≥ 24 h



Brain MRI before randomisation

Randomisation (central)

1:1

268 START antiplatelet therapy*

269 AVOID antiplatelet therapy

Follow-up (central, masked) for vascular events, death, mRS, adherence, BP control

* Aspirin or clopidogrel or dipyridamole (open, no placebo)

ISRCTN71907627

Effects of antiplatelet therapy over median 3.0 years

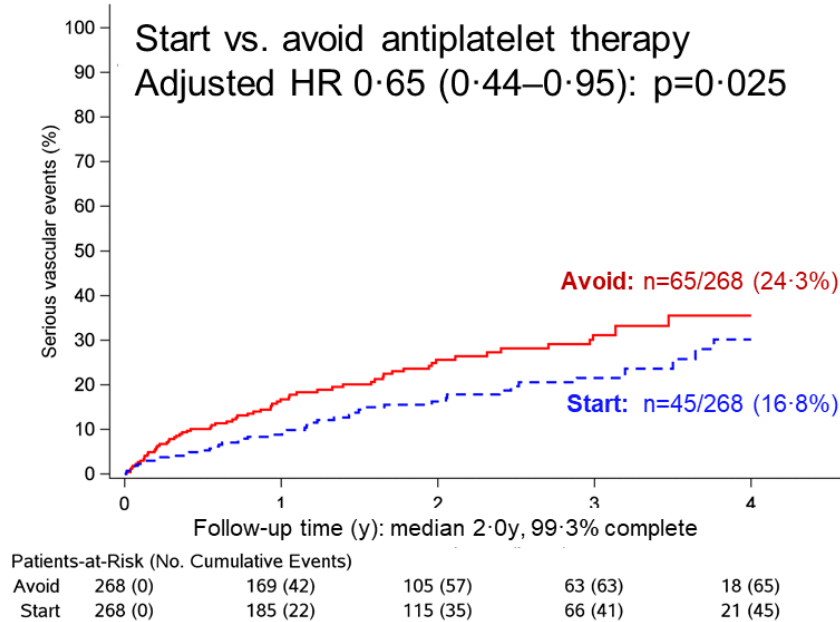


| | Start antiplatelet therapy (n=268) | Avoid antiplatelet therapy (n=269) | Adjusted HR (95%CI) | p value |
|---|------------------------------------|------------------------------------|---------------------|---------|
| Primary outcome – antiplatelet therapy seemed safe | | | | |
| Recurrent ICH | 22 (8.2%) | 25 (9.3%) | 0.87 (0.49–1.55) | 0.64 |
| Secondary outcomes – antiplatelet therapy might be superior | | | | |
| Major vascular events (non-fatal myocardial infarction, non-fatal stroke, or death from a vascular cause) | 72 (26.8%) | 87 (32.5%) | 0.79 (0.58–1.08) | 0.14 |

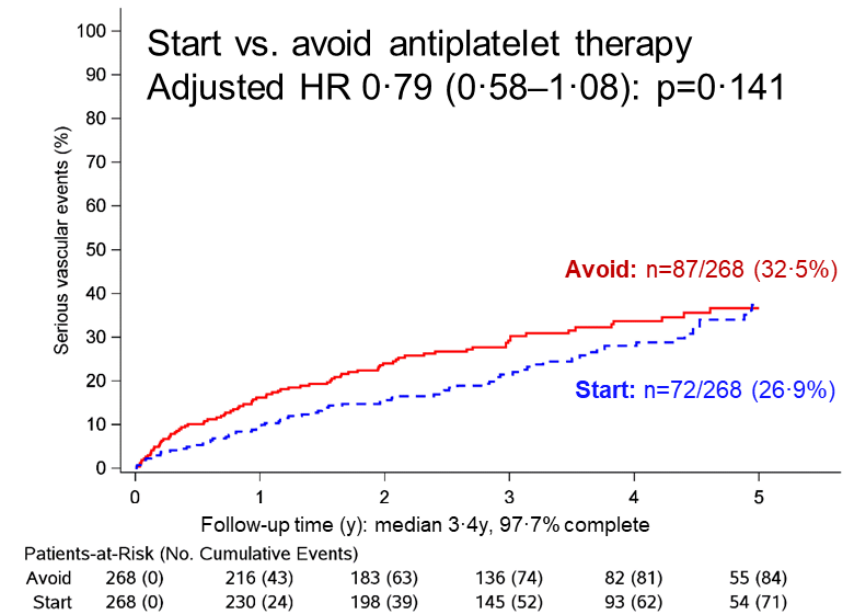
Effects of antiplatelet therapy on major vascular events



Main results



Extended follow-up



Main results vs. extended follow-up results

Conclusions



- Antiplatelet therapy seems safe and might be beneficial after ICH
 - Small pilot trial, UK only
- Consistent with known effects of antiplatelet therapy in people without ICH
- Ongoing RCTs (RESTART-Fr & STATICH) are much smaller
- Collaborative IPDMA planned,* but will not be definitive
- A definitive trial of ~4,000 patients is needed (ASPIRING NCT04522102) to address overall effects, sub-groups, timecourse
- We are seeking funding!

* www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021246133