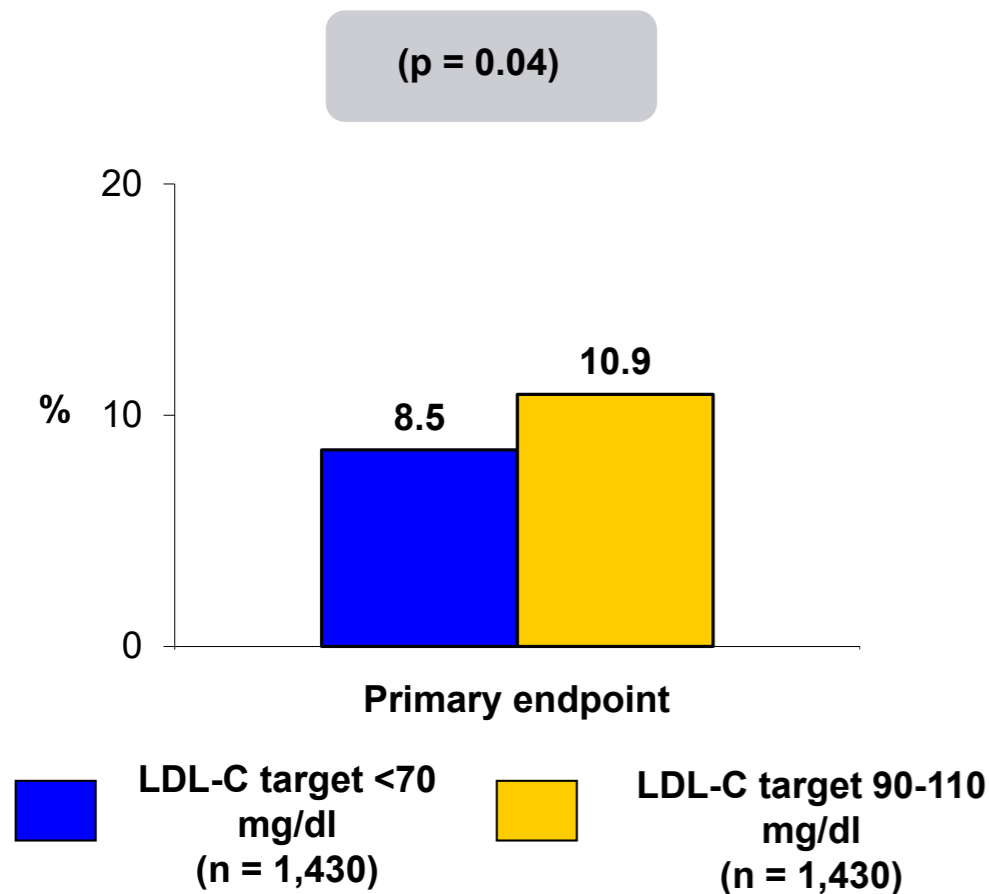


# Treat Stroke to Target

#AHA19



**Trial Description:** Patients with established atherosclerotic stroke or TIA were randomized in a 1:1 fashion to statin therapy with either a goal LDL-C of <70 mg/dl or 90-110 mg/dl. They were followed for 5.3 years. Trial stopped early due to lack of funding.



## RESULTS

- Primary outcome, MACE: lower-target vs. higher-target LDL-C: 8.5% vs. 10.9% (HR 0.78, 95% CI 0.61-0.98, p = 0.04)
- Nonfatal CVA/stroke: 5.7% vs. 7.0%; CV death: 1.2% vs. 1.7%
- MI or urgent revasc: 1.4% vs. 2.2% (p = 0.12); ICH: 1.3% vs. 0.9% (p > 0.05)

## CONCLUSIONS

- Aggressive LDL-C reduction with a goal of <70 mg/dl is superior to more modest reduction with LDL-C of 90-110 mg/dl among patients with atherosclerotic CVD and evidence of ischemic stroke/TIA; this benefit was driven primarily by a numerically greater reduction in nonfatal CVA/stroke events
- Although this trial was stopped prematurely due to loss of funding, these results are still very important and will likely inform future guidelines

Amarencu P, et al. N Engl J Med 2019;Nov 18:[Epub]