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## Preface

Stroke exacts a huge toll throughout the world by way of its dreaded complications, death, disability, and dementia. Fortunately, the historic nihilism in stroke care has been replaced with a sense of optimism, due to a better understanding of its various underlying mechanisms, robust evidence to either support or discredit several interventions, and a measureable decline in the incidence of stroke over the last decade in many developed nations. Ischemic stroke, the more preponderant of the two main stroke types, has especially benefitted from major therapeutic strides forward in its acute management and secondary prevention. Just as thrilling is the prospect of future data from ongoing and planned clinical trials, testing a variety of treatments and strategies, aimed at improving stroke outcomes.

*Ischemic Stroke Therapeutics* is a timely and consolidated resource for clinicians, which captures state-of-the-art strategies and the accelerated pace of discovery that is revolutionizing what we know about ischemic stroke and its treatment. Therapeutics for acute management, secondary prevention, recovery/rehabilitation, asymptomatic cerebral ischemia, and implementation of stroke systems of care are all discussed in this comprehensive yet practical treatise. Leading academicians with extensive clinical practice experience from all over the world present the scientific evidence behind prevailing therapeutic strategies for managing ischemic cerebrovascular disease.

Each section follows a similar format. An introductory general concepts subsection written by a senior academician provides an overview of the key issues pertinent to that area of stroke management and is followed by chapters covering important individual topics in that section that review currently available therapies in that area, describe unresolved major issues, and present promising future areas of therapeutic focus under investigation.

Medicine is best taught case by case, so where applicable, chapters include a concise case vignette (emphasizing a key take-home point), followed by discussions of the relevant evidence-based treatments including results of clinical trials, meta-analyses of existing trial or cohort data, and “real-world” studies (hospital and community registries), along with user-friendly statistical concepts such as number needed to treat (NNT) and number needed to harm (NNH). Noteworthy differential effects of treatments in special populations (e.g., women, very elderly, race-ethnic minorities) and data on cost implications (where available) are also detailed. Where evidence is sparse or lacking, expert contributors acknowledge this and present their own management recommendations. Finally, select interventions in research development with a strong potential for transforming future care of the ischemic stroke patient are mentioned. Updated reference lists at the end of each chapter serve to direct readers to specific articles for more in-depth reading on a subject.

*Ischemic Stroke Therapeutics* will be of value to Primary Care Physicians, Geriatricians, Emergency Care Physicians, Hospitalists, General Neurologists, Neuro-Hospitalists, Vascular Neurologists-in-training, and Vascular Neurology Board Re-certification Candidates, because

it provides a comprehensive review of the most up-to-date evidence-based therapy for everyday management of ischemic stroke patients and a peek at promising future therapeutic strategies by world-renowned experts.

We are greatly indebted to our contributors, families, and especially our patients from whom we have been privileged to learn so much.

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Ischemic Stroke Therapeutics

A Comprehensive Guide

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