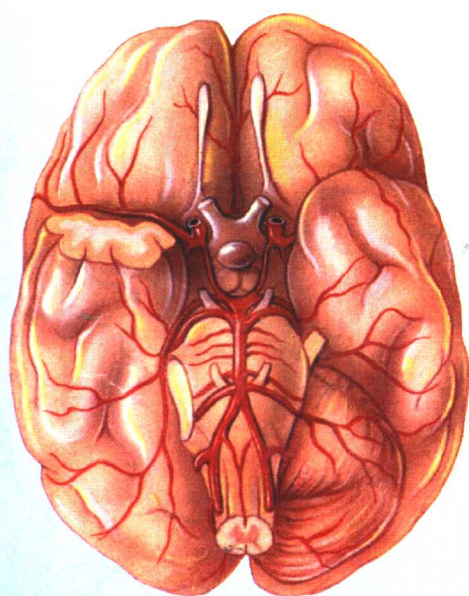


脑血管疾病研究现状与前景

NAO XUEGUAN JIBING YANJIU XIANZHUANG YU QIANJING

陈兴洲 主编



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脑血管疾病研究现状与前景

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内 容 提 要

内容涉及近年来发展很快地脑血管病研究技术、方法及取得的最新成果,如缺血性脑血管病早期或超早期溶栓、神经保护和神经营养治疗;动脉瘤的神经介入技术及临床研究现状;循证医学在脑血管病研究领域的应用及其所取得的研究成果;同时还介绍了一些国际上脑血管病研究的新观点、新技术和新方法,以开阔国内同行的思路和引起他们的注意。

读者对象:神经内外科医师、研究生和进修生。

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前 言

随着各种新技术、新方法的不断引进,脑血管疾病的研究进入了崭新的发展阶段,取得了令人瞩目的成就。基础研究取得的成就,使我们对缺血性脑血管病的病理生理机制的认识越来越深刻,已有一些研究成果用于指导临床实践。在临床研究方面,随着神经影像技术的发展,尤其是无创性影像技术的发展,如经颅多普勒超声技术、磁共振成像技术在脑血管疾病诊断中的广泛应用,使我们有可能筛选出一些早期甚至超早期溶栓治疗可能获益的病例,并对其治疗效果进行评价;缺血性卒中的神经保护和神经营养治疗也取得了令人鼓舞的成绩;广泛开展的神经介入疗法,使得一些以往无法直接手术的动脉瘤得到了有效处理,并取得了较好的临床结果。近年来,循证医学在脑血管疾病研究领域中也得到了广泛开展,这为客观评价临床试验提供了可靠的依据。一些新的药物,如他汀类、抗血小板聚集药物的应用,已使卒中再发的比例呈下降趋势。所有这些进展,与我国神经科学工作者的勤奋努力和紧跟国际发展的最新动态是分不开的,与我国一些专家学者们的开拓性研究也是分不开的。

《国外医学脑血管疾病分册》编辑部、全国脑血管疾病防治办公室和第一军医大学南方医院,将于2001年4月在广州主办国际脑血管疾病研究进展学术交流会,作为主办单位之一的《国外医学脑血管疾病分册》编辑部将会议征文编辑整理成书。这本书的内容基本上反映了我国近年来脑血管疾病研究的现状,其中的一些文章对脑血管疾病研究前景也有所反映。我们希望这本书的出版,能为我国脑血管疾病的基础研究和临床工作者提供一个交流的机会,为促进脑血管疾病研究的发展尽一点微薄之力。

这项繁杂的工作是编辑部的同志在日常工作以外完成的,由于时间比较仓促,其中必然会有一些缺点和错误,请各位同仁不吝赐教。

编 者

2001年2月

目 录

述 评

- Thrombolytic Therapy for Acute Ischemic Stroke Marc Fisher(1)
- Neuroprotection Marc Fisher(4)
- Growth Factors and Stem Cells in the Treatment of Cerebral Ischemia Seth P. Finklestein(5)
- Beyond DWI: Novel MRI Sequences for Studying Ischemic Brain Injury
..... Chung Y. Hsu, Katie Vo, Jin-Moo Lee, *et al*(6)
- Co-Administration of Neural Stem Cells and Basic Fibroblast Growth Factor Enhances
Functional Recovery after Focal Cerebral Ischemia in Rats
..... JM Ren, BA Tate, D Sietsma, *et al*(7)
- 急性脑梗死的静脉溶栓治疗..... 陈清棠(8)
- 卒中的分型分期治疗 黄如训(10)
- 电刺激小脑顶核的临床疗效与机制研究 董为伟 刘雁(18)
- 蛛网膜下腔出血急性期的处理 黄正松 石忠松(22)
- 急性缺血性卒中不同药物、剂量、给药途径溶栓治疗效果的 Meta-分析
..... 刘鸣 Joanna Wardlaw(28)
- 再论循证卒中——卒中防治研究和临床实践的必然趋势 刘鸣(29)
- 脑老化研究概况 陈曼娥(31)
- 针刺治疗卒中的随机对照试验实施方案 中国卒中针刺治疗研究组(34)

论 著

- 蚓激酶博洛克药效学研究 从玉文 善亚军 葛桂秀 等(35)
- 猫持续性局灶脑缺血模型的改进 张运周 尹岭 朱克(41)
- 大鼠局灶性脑缺血后脑组织 Ref-1 蛋白的表达 龙洁 李小玲 张在强 等(44)
- 大鼠脑缺血再灌注损伤时 IL-8 的变化 曹秋云 潘旭东(47)
- 实验性脑缺血 HSP70 表达变化研究 谷文萍 杨期东(51)
- 老龄大鼠缺血再灌注脑组织 VEGF 的表达及地塞米松对其影响
..... 陈红辉 孙圣刚 梅元武 等(54)
- 脑缺血再灌注后海马区突触素的表达及其与神经生长因子的关系
..... 丰岩清 郭云良(57)
- 磁共振波谱法观察大鼠脑缺血代谢变化及银杏叶制剂干预的影响
..... 彭海 李月芬 陈卫国 等(61)

- 粉防己碱对大鼠脑缺血海马神经细胞的保护作用 张雄 黄怀钧 刘煜敏(66)
- 轻度低温对大鼠脑缺血再灌注血中脑细胞胞浆酶的影响 许国英 张洪 梅元武等(69)
- 碱性磷酸酶单克隆抗体治疗血管源性脑水肿的实验研究 陆兵勋 王心宇 宁群(72)
- 小鼠脑内降钙素基因相关肽及血管紧张素Ⅱ含量在反复缺血/缺氧期间的动态改变
..... 侯燕芝 吕国蔚 高翠英(74)
- 反复脑缺血后痴呆大鼠皮质钙分布及生长抑素含量变化 王伯平 于涛 冯增文等(77)
- 兔血循环微栓子多普勒超声检测 王普清 黄本友 罗韵文等(80)
- 动脉瘤病因及发病机制的实验研究 张海鸥 饶明俐 张淑琴等(82)
- 人参总皂甙对大鼠脑缺血的保护作用 程兰英 李刚 徐亚平等(85)
- 川芎嗪对缺氧后血管内皮细胞功能保护作用的实验研究
..... 张志琳 邵国富 霍红梅等(89)
- 溶栓合剂超早期颈内动脉溶栓的实验研究 芮德源 郑雅文 朱雨岚等(91)
- 溶栓合剂超早期颈内动脉溶栓的病理学研究 芮德源 郑雅文 朱雨岚等(94)
- 脑梗死外周血淋巴细胞膜 bcl-2 与 Fas、Apo2.7 相关分析
..... 薛慎伍 王树才 张象温等(98)
- 急性卒中患者 D-二聚体改变的临床意义 郭毅 陈实 洪小平等(100)
- 偏头痛患者血浆一氧化氮和内皮素含量的相关性研究 宋玉强 邹宏丽(102)
- 脑血栓形成患者血浆中 TF、F-TFPI 的变化 张昆南 谢旭芳 陈婷(104)
- 急性脑梗死和 TIA 患者血清可溶性粘附分子 P-选择素、E-选择素的监测及意义
..... 盛建荣 姜宝英 曹丽丽等(106)
- 三七总皂甙对脑梗死血清 NO 含量变化的影响 郭建一(108)
- 长沙市社区人群血糖、血脂监测 周艳宏 杨期东 刘运海等(110)
- 急性卒中患者的血钠变化及其临床意义 高根方 刘培 陈金喜等(113)
- 脑梗死患者记忆障碍相关因素 孙新宇 李义召 刘言训(116)
- 脑血栓形成患者血清胰岛素及与脂质的关系 李红云 韩勃 赵伟(119)
- 高脂血症与脑血管病关系的探讨 杨柳(122)
- 夜间动态血压变化与高血压伴腔隙性梗死 张微微 黄勇华 郝小淑等(124)
- 脑血管病患者亚甲基四氢叶酸还原酶基因多态性研究 张辉 邓美英 王小莉等(127)
- 急性脑梗死患者血栓调节蛋白变化研究 周秀珍 雷惠新 陈名峰等(131)
- 卒中后抑郁状态的发生率及相关因素 龙洁 刘永珍 柴滨等(133)
- 急性脑梗死患者褪黑素受体昼夜节律的改变 赵瑛 曹方 刘志民等(137)
- 脑梗死与白质疏松髓鞘反应性 T 细胞的对照研究 王炜 南振鸿 凌振芬等(141)
- 脑梗死与颈动脉粥样硬化斑块的关系 巫冰(143)
- 急性脑梗死患者偏瘫侧皮温及足背静脉血气分析 王传森 吴光莉 彭莉等(145)
- 脑血栓患者血浆卵磷脂 - 胆固醇酰基转移酶活性与脂蛋白成分的相关性
..... 李秀珍 万太玉 殷宇刚等(147)
- 超声诊断动脉内膜损伤所致脑梗死的意义 齐兰平 马宪新 李佩莹(151)

双功能超声检测缺血性脑梗死患者颅外段颈动脉粥样硬化

- 沈介明 宋永建 傅毅 等(153)
- 无创检测脑对单侧颈动脉阻断的耐受性 仲骏 丁美修 王秉玉(155)
- 脑血液动力学检测对无症状缺血性脑血管疾病的早期诊断价值
..... 邓彦 陈泉坤 何凤萍 等(158)
- 脑梗死患者急性期的 P300 研究 高宗恩 王云生 宋和风 等(160)
- 早期急性大脑中动脉梗死的 CT 评价与临床 刘艳丽 刘禄明(163)
- 脑梗死 rCBF 与 CT 及临床表现的关系 刘绪宏 唐丽君 刘思扬(166)
- 急性脑梗死的脑循环与 MRA 的临床探讨 张秀华 张宪忠 王桂兰 等(169)
- 舟山群岛脑血管病患者细胞表型的测定与意义 唐维国 何松彬(171)
- 基底动脉尖综合征:附 10 例报告 李继梅 徐忠宝 张春玲 等(173)
- 116 例老年人脑血管病的临床分析 温清(175)
- 急性脑梗死患者血清 IL-6 含量及周围血白细胞动态变化研究计数 杨巧莲(177)
- 77 例青年脑梗死的病因分析 周成业 金勉(180)
- 100 例脑梗死患者危险因素的分析 张映琦 周华东 陈曼娥(182)
- 糖尿病性脑梗死(附 45 例临床分析) 杨官成(188)
- 急性脑梗死患者早期应用盐酸氟西汀的疗效和对康复的意义
..... 韩伏荏 冯蓓蕾 李正元(190)
- 急性脑梗死的动脉内介入治疗 张海欣 韩冰 顾俊琴(193)
- 急性缺血性卒中的静脉尿激酶溶栓治疗 苗树均 纪茹英 于文霞 等(195)
- 尿激酶静脉溶栓治疗急性脑梗死临床分析 鲍正社 石岩芳 卢强 等(197)
- 超选择性动脉内溶栓治疗急性脑梗死 董克辛 王心民 陈晓旭 等(201)
- 降纤酶治疗进展性脑梗死的临床研究 韩冰(203)
- 降纤酶对纤维蛋白原增高的老年脑供血不足患者的治疗效果
..... 戚晓昆 王湘庆 刘鹏 等(205)
- 低分子肝素治疗进展性脑梗死的临床研究 何建文(209)
- 降纤酶治疗急性脑梗死 魏兰芳 张勇军(211)
- 降纤治疗急性脑梗死临床观察 刘庆斌 李宏伟 戴秀婷 等(213)
- 大剂量降纤酶治疗脑梗死疗效评定 饶才辉 妥佳 张玉珍 等(215)
- 纳洛酮治疗椎基底动脉供血不足临床观察 高志伟 薛峰(217)
- 纳洛酮治疗急性缺血性脑血管病 陈阳美 李小凤 胡常林(219)
- 氟西汀对接受康复治疗卒中患者神经功能恢复的临床研究 赵利杰 武剑(222)
- 服用阿司匹林与老年人首次缺血性卒中的相关研究 朱晓钢(224)
- 短暂性脑缺血发作的脑血管造影及动脉溶栓治疗研究 左峰 杨威 李正光 等(226)
- Alzheimer 病和血管性痴呆患者血清 β -AP 与多肽生长因子相关性研究
..... 陈青 薛慎伍 徐军 等(228)
- 脑再梗死危险因素的临床研究 李秀珍 万太玉 李新民 等(231)

- 蛛网膜下腔出血继发癫痫发作 饶宜光 谭晓帆 马春林 等(234)
- 蛛网膜下腔出血血液流变学与颅内压临床观察 苏军凯 董润田 谢红 等(238)
- 脑血管痉挛与血清及脑脊液中 ICAM-1 关系的临床研究 王中 鲍耀东 周岱(240)
- 高血压性脑出血并发肺水肿有关问题的探讨 刘家明 李金堂 孙建国(243)
- 高血压脑出血继续出血临床与 CT 王红燕 魏琰 潘殿卿 等(246)
- 幕上自发性脑出血早期预后影响因素的评估 王中原 陈光辉 金泳清 等(248)
- 终池置管脑脊液外引流治疗蛛网膜下腔出血 李共现 姜仲毅 乔来军 等(251)
- 鞘内注射 654-2、地塞米松治疗蛛网膜下腔出血后脑血管痉挛(附 10 例报告)
..... 于红 杨万里 赢书宝 等(254)
- 脑脊液置换疗法治疗蛛网膜下腔出血 28 例临床观察 吴淑平 苏德国 徐忠宝(256)
- 腰大池持续引流配合尼莫地平治疗蛛网膜下腔出血后脑血管痉挛的研究
..... 张成 郝冬梅 钱宝 等(258)
- CT 引导下锥颅穿刺留管治疗超早期脑出血临床研究 张丽雅 成新玲 吕涵青(260)
- 老年人重型脑室出血的临床治疗 许宏伟 杨期东 唐北沙 等(262)
- 颅内迷走神经减压在高血压脑出血患者中的初步应用 孙克华 傅华 孙康健 等(265)
- 微骨孔入路治疗颅内前循环动脉瘤 赵继宗 王硕 隋大立 等(268)
- 颅内动脉瘤术中破裂原因探讨 夏玉成 李宗正 孙涛 等(271)
- 颅内动脉瘤切除术的价值及其疗效 孙克华 谭启富 郭祖良 等(274)
- 破裂脑动脉瘤急性期的显微外科手术治疗 章威 袁坚列 陈杰(277)
- GDC 血管内栓塞治疗颅内动脉瘤 张海欣 顾俊琴(279)
- 脑动静脉畸形出血手术及其选择性治疗的探讨 罗力 李明洙(281)
- 早期血肿扩大型高血压脑出血(附 20 例报告) 孙丽 李从真(283)
- 一氧化氮在脑出血不同时期动态变化的临床意义 王国平 李淮玉 郑志 等(285)
- 头颅 DSA 临床应用的回顾性研究 赵映红 张树生 吴新民(288)
- 蛛网膜下腔置管稳压引流脑脊液治疗自发性蛛网膜下腔出血 张树生(290)
- 甘油果糖和甘露醇联合应用治疗脑出血所致脑水肿的临床观察
..... 贾晓燕 李秉艳 李元 等(292)
- 卒中相关头痛的临床研究 唐素珍(294)
- 卒中后血清酶谱水平波动机制 石向群 杨金升 孙小莉 等(297)
- 脑血管病的人群监护及防治方法 杨新平 张葆椿(300)
- 脑血管病预防的监护观念 张葆椿 杨新平(303)
- 卒中早期康复的预后 周宝玉 孙启良 桂德超 等(308)
- 神经康复与卒中住院费用及时间的比较 王新文 郑小敏 谢瑞满 等(311)
- 神经源性神经保护对急性卒中患者运动功能恢复及 MEP 的影响
..... 刘雁 董为伟 石尚金(314)
- 脑疾病患者脑脊液血浆渗透压、pH 值及电解质含量的研究
..... 于红 彭英 王映红(317)

PEG 天冬氨酸修饰壳聚糖对血浆低密度脂蛋白清除作用的研究

..... 台立稳 刘满英 赵丽瑞(320)

论著摘要

脑缺血再灌注损伤后 STAT3 变化的免疫组织化学研究 谢惠芳 刘振华(50)

抗老年性痴呆药他克林的合成研究 王亦流 禹道春(53)

脑梗死患者 ApoA 和 ApoB 变化的临床研究 李润今 钱志敏(60)

大鼠局灶性脑缺血/再灌注对 NMDA 受体的影响 程兰英 张忱 徐亚平(65)

慢性脑血流灌注不足对大鼠学习记忆能力影响的研究 李露斯 刘之荣(76)

诱生型一氧化氮合酶抑制剂对大鼠脑缺血再灌注损伤的保护作用 李伟荣 余华峰(88)

50 例脑血管畸形特点分析 凌勤(112)

亚低温对卒中后脑损伤的临床研究 常立国 杨雁北 杨华等(115)

降纤酶对急性缺血性脑血管病患者血液纤溶功能的作用 崔淑芳 徐忠宝(322)

复方抗血小板制剂治疗缺血性卒中及其预防复发的作用

..... 王介明 周宇 付瑞平等(323)

血管内栓塞治疗颅内囊性巨大动脉瘤 何奇元 杨东虹 许民辉等(324)

脑出血患者周围血细胞免疫功能的研究 李作孝 熊先骥 张泽兰等(325)

综述与编译

缺血神经元 DNA 损伤及切除修复机制 陈曼娥 周华东 张莉莉(326)

Caspase 抑制剂在缺血性卒中中的治疗潜力 管阳太 郭志福 郑惠民(330)

血小板内皮细胞粘附分子-1 及其在中枢神经系统中的作用 王雪松 阮旭中(335)

温度变化与缺血性卒中 文薇 杨丹 王文敏(339)

脑缺血与小胶质细胞 张微微 谢荣堂 郝小淑(343)

动脉粥样硬化与内皮细胞功能 王文敏 王荪(347)

缺血性脑损伤后神经元存活的分子机制 王宇卉 邵福源(351)

预缺血处理对脑保护的实验研究进展 王晓斌 况铤(356)

脑缺血预适应的分子生物学研究进展 赵仁亮 王春霞(360)

颅内动脉瘤的血管内治疗进展 张海欣 韩冰 顾俊琴等(364)

经颅多普勒超声在缺血性脑血管病的应用与进展 王薇 冯立群 张苗等(367)

血浆同型半胱氨酸与动脉粥样硬化性脑血管病 邓美英 张辉 薛明战(370)

心与脑疾病的相互影响 代成波 季晓林 周秀珍(374)

重症脑梗死的部分治疗进展 续运勤 于宗明 汤克仁等(378)

卒中二级预防的药物疗法 苏克江 祖国友 张以善(382)

卒中危险因素与首次卒中预防的新概念 赵莉莉 宋扬 苏克江(385)

基因表达谱芯片技术原理及其在脑血管疾病研究中的应用 裴军 陈欣莉(388)

神经血管减压术治疗原发性高血压的理论基础 傅华 孙克华(392)

溶栓疗法的进展	谢瑞满(395)
海绵窦动静脉瘘的临床、诊断及治疗	涂通今 韩志安 李铁林(396)
他汀类药物在缺血性脑血管病中的应用及机制	陈兴洲 李宏建 倪长江(400)
作为神经科急症的急性卒中	王介明(405)

短篇报道

糖尿病患者与健康查体者脑血流速度对比分析	赵芳婷 刘惠芬(413)
椎基底动脉供血不足所致眩晕	邢万年(414)
低分子量肝素治疗急性脑梗死 30 例临床观察	柳静 胡云(415)
低分子量肝素治疗短暂性脑缺血发作 20 例临床观察	魏琰 王红燕 付广印 等(416)
盐酸氟桂嗪治疗偏头痛 30 例及对血小板聚集率的影响	张慧英 刘力(417)
促细胞代谢素治疗急性脑梗死临床疗效观察	王雅君 孙旭红 王秀锦(418)
亚低温疗法辅助治疗脑干梗死的临床分析	李德香 闫士广 高晓玉 等(419)
重症脑出血的 CT 与脑-内脏综合征	李保健 张英俊 侯春莹 等(420)
脑梗死患者血细胞比容和 MRI 的对比研究	杜晓莲 黄颖 张莲花(421)
大面积脑梗死 38 例临床分析	边俊兰(422)
皮质下动脉硬化性脑病的影像学特点及临床分析(附 26 例分析)	吕田明(423)
乳糜血与脑梗死	巫冰(424)
72 例老年人大面积脑梗死的临床分析	王雅君 张淑玉 李楠(425)
酷似大脑半球病变的桥脑基底部梗死 19 例分析	李梅笑(426)

INVITED REVIEW

Thrombolytic Therapy for Acute Ischemic Stroke

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The NINDS rtPA trial was the first acute ischemic stroke trial to unequivocally demonstrate that this disorder could be benefited by any therapeutic intervention^[1]. In this trial, 624 carefully selected patients were randomly and blindly assigned to therapy with rtPA (0.9mg/kg) or placebo within 3 hours of stroke onset. Half of the patients were treated within 90 minutes of onset, a truly remarkable accomplishment by the investigators participating in the trial. The rtPA treated patients had an absolute improvement rate of 11-13% at 90 days when compared to the placebo patients on various outcome measures that evaluated both neurological and functional status. The rtPA treated patients had a symptomatic intracerebral hemorrhage rate of 6.4% (almost 1/2 fatal) within 36 hours of onset, while the rate was only 0.6% in the placebo group. Despite this early hemorrhagic risk, the 90-day mortality was 17% in the rtPA group and 21% in the placebo group. Subsequent analysis of the study data demonstrated that early CT demonstration of extensive edema or hypodensity, history of diabetes mellitus, and elevated baseline National Institute of Health Stroke Scale Score (NIHSS) were predictors of poor outcome^[5]. The use of rtPA was associated with improved outcome in all stroke subtypes included in the study, in patients across the broad range of baseline stroke severity, and in all age groups. The initial analysis of the study data did not distinguish a difference in benefit of rtPA related to time of treatment initiation. However, in a subsequent analysis that adjusted for baseline severity of the neurological impairment an earlier time to initiation of therapy was associated with a more favorable outcome, demonstrating an inverse linear relationship between time to treat and the odds ratio of a favorable outcome^[6]. The confidence interval for a favorable outcome crossed 1 in patients treated beyond 2 hours and 40 minutes after stroke onset, suggesting that treatment initiated beyond this time point may not be of proven efficacy.

Several post-marketing studies of i.v. rtPA are now available^[7-15]. Patients were included in these studies using the general guidelines for treatment employed in the NINDS trial. The most important inclusion criteria were initiation of therapy within 3 hours of stroke onset. Most of the studies encompassed relatively small numbers of patients, ranging from 14-75. However several larger studies are available, including the study reported by Grond et al of 100 patients^[11] and the STARS study of 296 patients^[15]. The median time from stroke onset to initiation of rtPA therapy ranged from 124 minutes in the Grond study to 165 minutes in the STARS study. The percentage of patients achieving a modified Rankin Score of 0-1, the results defined as a favorable outcome in the NINDS trial, ranged from 34% to 57% although, in several of the reports day 90 data were not provided.

On the surface the rates of favorable functional outcome demonstrated in these post-marketing studies appears to be quite good, surpassing in some studies the 39% 0-1 Rankin rate at 90 days seen in the NINDS trial. These results must be interpreted cautiously because the baseline severity of the patients treated in these post-marketing studies was not as severe as in the NINDS trial. For example in the two largest post-marketing studies, the Grond study and the STARS study the median baseline NIHSS scores were 12 and 13, while in the NINDS trial the median baseline NIHSS score in the placebo group was 14 in part 1 and 15 in part 2. In other acute stroke trials where the baseline NIHSS score was 11, the percentage of patients achieving a Rankin score of 0-1 approximates 37%^[13] and when the baseline NIHSS score was 13, 29% achieved this outcome^[14]. Comparing the outcomes in the Grond and STARS studies to a placebo group with a similar degree of baseline severity demonstrates an absolute improvement rate of

3-6%, not the approximately 12% absolute rate of improvement observed with rtPA treatment in the NINDS trial. The post-marketing studies do however provide some encouraging data about the rate of symptomatic intracerebral hemorrhage. The percentage of patients experiencing this serious complication of thrombolysis ranged from 0-19% with only two studies observing double-digit rates of intracerebral hemorrhage. In the two largest studies, the intracerebral hemorrhage rates were only 4-5%. It therefore appears that expanding i.v. rtPA use into general practice is not associated with a substantially increased risk of intracerebral hemorrhage, if the guidelines for patient selection employed in the NINDS trial are followed.

Studies evaluating the efficacy of i.v. rtPA beyond the 3-hour time window were conducted. The first clinical trial to evaluate i.v. rtPA up to 6 hours after stroke onset was the European Cooperative Acute Stroke Study (ECASS-1)^[14]. Patients were randomly and blindly assigned to rtPA (1.1 mg/kg) or placebo within the 6-hour time period after acute stroke onset in the middle cerebral artery territory. Pre-defined exclusion criteria included evidence of CT hypodensity or sulcal effacement involving more than 1/3 of the middle cerebral artery territory on the pretreatment CT scan. The overall results as analyzed in the intention to treat analysis of the trial were negative, but when protocol violators were excluded several outcome measures were better in the rtPA group. CT exclusion criteria (> 1/3 of the MCA territory showing early infarct signs) occurred in 63 of 109 protocol violators and these patients had a very high risk of symptomatic often-fatal intracerebral hemorrhages when they received rtPA. A second ECASS study was performed using the NINDS dose of rtPA, 0.9mg/kg and in this study the study investigators received better CT training to identify hyperacute CT changes indicative of early infarction^[13]. Patients were again randomized up to 6 hours after stroke onset. In ECASS-2, the primary endpoint was the % of patients in the two treatment groups achieving a Rankin score of 0-1 and this outcome was observed in 40.3% of the rtPA treated group and 36.6% of the placebo group, a nonsignificant difference. Interestingly, the median baseline NIHSS scores were only 11 in the two groups. Therefore, the baseline severity of the stroke patients included in ECASS-2 was less than in the first ECASS study or the NINDS study, likely explaining in part the better outcome observed in the placebo group of this trial than in the other two i.v. thrombolysis trials. A post-hoc analysis of the ECASS-2 data demonstrated a significant difference between the rtPA treated group and the placebo group when the Rankin score was dichotomized into 0-2 and > 2. In this analysis, 54.3% of the rtPA patients achieved a 90-day outcome of 0-2, while only 46% of placebo patients had a 90-day Rankin score of 0-2. The difference between a score of 1 or 2 on the Rankin scale is not great and this result speaks to the inherent difficulties in determining the best outcome measure to employ in acute stroke studies. One other large i.v. rtPA study evaluating therapy initiated from 3-5 hours after stroke onset is available. In this study, Alteplase Thrombolysis for Acute Non-Interventional Therapy in Ischemic Stroke (ATLANTIS), the patients received 0.9 mg/kg of rtPA i.v. and the primary outcome measure was the % of patients achieving an NIHSS score of 0-1 at 90 days^[15]. The study included 547 patients and the primary endpoint was almost identical in the two groups. The median baseline NIHSS score was 11 in the two groups and a day 90 modified Rankin of 0-1 was achieved in 42% of the rtPA group and 40% of the placebo patients. One positive result from the ECASS-2 and ATLANTIS trials was that the rate of symptomatic intracerebral hemorrhage was 8.8% and 7.0% respectively, not greatly increased from the 6.4% rate seen with rtPA in the 3-hour window NINDS trial.

There is a 0-6 hour thrombolysis trial that does demonstrate a significant treatment effect. This study, the i.a. PROACT-2 study, used recombinant prourokinase (r-proUK) delivered locally into an angiographically documented proximal middle cerebral artery thrombus with low-dose i.v. heparin^[2]. In both the active treatment and placebo groups, the median time to treat in PROACT-2 was 5.3 hours and the median baseline NIHSS score was 17. The trial included 180 patients randomized 2:1 to r-proUK or placebo. At day 90, 40% of the r-proUK treated patients achieved the primary outcome measure of a Rankin score of 0-2, while only 25% of the placebo patients achieved this favorable outcome, $P = 0.04$. Secondary outcome measures also tended to be better in the r-proUK group. Symptomatic intracerebral hemorrhage within 24 hours occurred in 10.2% of the r-proUK group and 1.9% of control patients. Despite the early risk of symptomatic intracerebral hemorrhage, the 90-day mortality was almost identical in the two groups, 25% in the r-proUK group and 27% in controls. The PROACT-2 study demonstrates that

thrombolytic therapy can be effective when initiated up to 6 hours after stroke onset in carefully selected patients and should initiate additional attempts to successfully expand the time window for i. v. thrombolysis in acute ischemic stroke.

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INVITED REVIEW

Neuroprotection

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The premise of neuroprotective therapy for acute ischemic stroke is based upon the possibility to interfere with the cellular consequences of focal brain ischemia, i.e. the ischemic cascade. Neuroprotective therapy alone is dependent upon the delivery of such drugs to the ischemic penumbra where there is some residual blood flow. In animal stroke models, a wide variety of neuroprotective drugs demonstrated significant effects upon the ischemic tissue with the significant reduction of ischemic lesion volume. The main approaches to neuroprotection are: presynaptic inhibition of excitatory amino-acid release, inhibition of upstream portions of the ischemic cascade and finally inhibition of more distal aspects of the ischemic cascade. Synergistic activity has been observed when these various approaches are combined. So far, none of the neuroprotective drugs evaluated in clinical trials have shown significant efficacy. The potential reasons for this lack of efficacy will be discussed and future approaches to increase the likelihood of success in clinical trials with neuroprotective drugs outlined. Specifically, diffusion-perfusion MRI can be used to identify patients with the most appropriate ischemic lesion for inclusion in a clinical trial and to eliminate patients not appropriate, i.e. lacunar stroke patients. Additionally, evidence is emerging that diffusion-perfusion MRI may be able to identify the existence and extent of the ischemic penumbra and therefore lead to clinical trials targeted at patients who are most likely to respond to treatment. The use of MRI to target patients who can still respond to therapy will help to extend the therapeutic time window. Another way to use neuroprotection, in combination with thrombolysis will be discussed. Neuroprotection may be useful with thrombolysis to provide another way to extend the time window for successful therapy and to ameliorate the consequences of secondary injury associated with reperfusion. Past experiences with neuroprotection have been disappointing for a variety of reasons, but hopefully the future will be brighter, if we learn from past mistakes and adopt new approaches such as those afforded by diffusion-perfusion MRI.

INVITED REVIEW

Growth Factors and Stem Cells in the Treatment of Cerebral Ischemia

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Stroke remains a major cause of morbidity and mortality in the US and worldwide. It causes deficits of motor, cognitive, language and visual function. Some degree of functional recovery occurs after stroke, although often incomplete. Such recovery is likely due to functional and structural reorganization of the remaining intact brain.

We have investigated the role of growth factors in animal models of focal cerebral infarction, especially basic fibroblast growth factor (bFGF), a factor that supports neuronal survival and axonal outgrowth, and osteogenic protein-1 (OP-1, BMP-7), a factor that supports dendritic outgrowth. The endogenous expression of both of these factors is increased in brain after focal stroke. Moreover, if recombinant bFGF is administered exogenously (intracerebrally or intravenously) within a few hours after the onset of ischemia, infarct size is reduced^{1,2}, presumably due to protection of cells at the borders of infarcts. On the other hand, if bFGF or OP-1 is administered intracerebrally (intracisternally) at later times (> 24 hours) after stroke, infarct size is not reduced, but neurological recovery is enhanced²⁻⁸, presumably due to stimulation of new neuronal sprouting and synapse formation in the remaining intact brain.

Recently, we have tested the ability of transplanted neural stem cells (NSCs), obtained from the neonatal mouse brain, to enhance stroke recovery in the same animal model. NSCs were given intracisternally or directly into the peri-infarct striatum with and without simultaneous administration of bFGF intracisternally. Both bFGF alone and NSCs alone showed significant benefit compared to the control group. The best result was seen with the combination of NSCs and bFGF⁹. Intracisternally administered mouse NSCs had migrated to peri-infarct tissue and possibly differentiated into both neurons and glia. The combination of NSCs and bFGF may enhance sensorimotor recovery through stimulation of endogenous recovery mechanisms and/or establishment of new connections in the post-stroke brain. More recently, we have obtained similar result using human umbilical cord blood stem cells.

In summary, growth factors and stem cells have promise as treatments to enhance functional recovery after stroke.

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INVITED REVIEW

Beyond DWI Novel MRI Sequences for Studying Ischemic Brain Injury

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Diffusion weighted imaging (DWI) has been widely used to study patients with acute ischemic stroke. While DWI is highly sensitive in depicting an acute ischemic lesion, its value in predicting final infarct volume has been called into question in the acute stage. However, when coupled with perfusion weighted imaging (PWI), a mismatch has been suggested to delineate reversible ischemic lesions that may be amenable to therapeutic interventions. A number of clinical trials of neuroprotective agents are ongoing in the US and other countries applying DWI/PWI in the selection of patients with salvageable brain tissue. However, the lack of quantitative measurements for the perfusion-weighted images, the definitions of the ischemic lesions are somewhat subjective, making it difficult to consistently determine the ischemic lesions. At the Washington University/Barnes-Jewish Hospital, the Stroke Management and Rehabilitation Team (SMART) has been applying a number of novel MR techniques to aid in the delineation of the dynamic pathophysiology of brain injury following ischemia. Novel MR sequences based on the BOLD mechanism are useful in the assessment of the extent of deoxygenation in ischemic tissue and adjacent areas to derive the oxygen extraction fraction (OEF). In addition, an absolute measurement of CBF was also obtained for each patient. By combining both MR measured CBF and OEF, CMRO₂ may also be estimated. Using this MR-CMRO₂ method, we noted significant difference between core lesions that went on to become infarcted *vs* penumbra with viable brain tissues. Further advances in the development of MR-CMRO₂ may obviate the need of PET scanners to measure CBF, OEF, and CMRO₂, and may permit serial imaging to delineate the dynamic pathophysiology of brain ischemia. These MR-derived parameters may also supplement DWI/PWI in predicting the fate of acute ischemic lesions.

The visualization of water diffusion anisotropy in cerebral white matters has made diffusion tensor imaging (DTI) a promising tool for non-invasive *in vivo* neuronal fiber tract mapping. This technique has been applied in human and animal brains for neuronal fiber tracking in three dimensions. DTI may be used to assess the extent of myelin formation or degradation. It may also differentiate demyelination from the axonal injury. The DTI method has been used at the Mallinckrodt Institute of Radiology to assess myelin abnormalities in mice with genetic defects in myelination including twitcher, shiverer, AD and patients with multiple sclerosis and AD. We have also applied DTI to evaluate animal models of ischemic brain and traumatic spinal cord injury. DTI has greater sensitivity than conventional MR sequences in identifying acute or chronic white matter lesions, and is likely to be useful in the future to monitor the resolution or progression of white matter lesions caused by ischemia, trauma, or chronic neurodegenerative diseases.

INVITED ARTICLE

Co-Administration of Neural Stem Cells and Basic Fibroblast Growth Factor Enhances Functional Recovery after Focal Cerebral Ischemia in Rats

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In previous studies, we showed that intracisternal injection of basic fibroblast growth factor (bFGF) enhances the recovery of sensorimotor function of the contralateral limbs following focal stroke in rats^{1, 2}. In the current studies, we tested the effect of bFGF (administered intracisternally) in combination with neural stem cells (NSCs), obtained from the neonatal mouse brain, administered intracisternally or directly into the peri-infarct striatum at 1 (or) and 3 days after the onset of the cerebral ischemia in rats.

Right cerebral infarcts were made in the dorsolateral cerebral cortex and underlying striatum by electrocoagulation of the proximal middle cerebral artery (MCA). The animals then received injections of (1) vehicle, (2) bFGF alone (0.5 μ g), (3) NSCs alone (10^6) or (4) bFGF(0.5 μ g) plus NSCs(10^6) at 1 (or) and 3 days after stroke. Behavioral tests were carried out for 21 to 45 days. Histology and immunohistochemical staining of brain tissue then followed. For the behavioral tests, we used limb placing tests to examine sensorimotor recovery, the cylinder test which monitors spontaneous forelimb use, the body swing test which shows side preferences, and the reaching test which measures reaching ability of the forelimbs. We found that, treatment with bFGF alone or NSCs alone enhanced recovery compared to the vehicle group. Among all the groups, the animals that received bFGF plus NSCs performed the best in all tests over time. Infarct volume analysis showed no difference among groups.

Immunohistochemistry showed engraftment of mouse donor cells in peri-infarct regions of rat brain. Some of these cells appeared to have differentiated into glial cells and perhaps neurons as well. The mechanism by which bFGF and NSCs enhances functional recovery in this model maybe due to new axonal growth in the intact contralateral hemisphere and/or newly generated glia and neurons.

References

- 1 Kawamata T, Alexis NE, Dietrich WD, *et al.* Intracisternal basic fibroblast growth factor (bFGF) enhances behavioral recovery following focal cerebral infarction in the rat. *J Cereb Blood Flow Metab*, 1996,16:542-547
- 2 Kawamata T, Dietrich WD, Schallert T, *et al.* Intracisternal basic fibroblast growth factor enhances functional recovery and up-regulates the expression of a molecular marker of neuronal sprouting following focal cerebral infarction. *Proc Natl Acad Sci USA*, 1997,94:8179-8184