

Second Chances Fact Sheet

About the Second Chances study

- The Second Chances study was initiated in April 2007 to examine the impact of stroke and the process of rehabilitation in the lives of stroke survivors and their caregivers.
- The Second Chances study is a year-long observational research study to assess the impact of stroke across a broad range of traditional risk factors, including high blood pressure, smoking, high cholesterol, diet and exercise and quality of life criteria. The study is designed to uncover the true burden of life after stroke, which can be a devastating event in a person's life.
- The Center on Outcomes, Research, and Education, Evanston Northwestern Healthcare and the Rehabilitation Institute of Chicago – *U.S. News and World Report's* “#1 Rehabilitation Hospital in America” – are conducting the research for the Second Chances study.
- Boehringer Ingelheim Pharmaceuticals, Inc. is working with National Stroke Association to communicate key milestones and findings from the Second Chances study. Both organizations are committed to increasing understanding and urgency around the need for more effective rehabilitation, treatment and prevention strategies in stroke.

Study Results

- Preliminary results from the Second Chances study will be presented in a multidisciplinary panel discussion among stroke survivors, caregivers, physicians, researchers and third-party representatives on April 29 at the Hilton Chicago, beginning at 5:30 p.m.
 - The Second Chances study will provide a glimpse into the lives of stroke survivors and the quality of life issues they struggle with every day, in addition to conveying information about the importance of secondary stroke prevention.
- The presentation will be moderated by Mark McEwen, former co-host of the CBS Early Show and moderator of the panel discussion that launched the Second Chances study in April 2007.
 - McEwen suffered a near-fatal stroke in November 2005 and is now working to encourage a better understanding of the challenges of stroke survivorship and educate people on how to recognize and prevent stroke.

Study Rationale and Design

- The Second Chances study was undertaken to gain insight into the true challenges of surviving a stroke for patients and their caregivers. These insights can potentially lead to better understanding the impact of stroke, improved treatment, prevention and care for people affected by this deadly and debilitating condition.
- A total of 184 patients and 10 caregivers were identified from a database of more than 2,000 stroke survivors and their caregivers who received inpatient care at the Rehabilitation Institute of Chicago and the neurology clinic at Evanston Northwestern Healthcare beginning in 1993.
- Identified patients were interviewed to assess the various impacts stroke has had on their lives and on the lives of their caregivers. Focus areas include stroke health-related quality of life (HRQL), treatment preference and side effects of current therapy. A follow up interview took place one year after the original assessment, and patient responses were compared with those given at the beginning of the study to determine how the impact of stroke had changed or evolved.