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## **INTERVENT to Participate in Multi-Center Study to Test Best Approaches to Stroke Prevention**

*Telephone and online lifestyle health coaching program to be used by patients from 120 medical centers as part of landmark NIH-funded clinical trial*

**Savannah, Georgia (February 23, 2015)** – INTERVENT International (“INTERVENT”) has been selected to provide its telephonic and online lifestyle health coaching program to participants in the Carotid Revascularization and Medical Management for Asymptomatic Carotid Stenosis Trial (CREST-2). The aim of the CREST-2 trial is to determine if intensive medical management alone is as effective as carotid artery surgery or stenting plus intensive medical management in preventing a stroke caused by the buildup of plaque in a carotid artery. More than 100,000 carotid artery surgeries and stentings are performed each year in the U.S. on patients at risk for stroke. This study will determine whether the intensive medical management of stroke risk factors obviates the need for surgery or stenting in patients with a narrowed carotid artery who do not have warning signs of stroke in that artery.

Funded for \$39.5 million over a seven-year period by the National Institute of Neurological Disorders and Stroke (NINDS), the CREST-2 trial will enroll 2,480 patients from 120 medical centers in the U.S. and Canada. Thomas Brott, M.D., CREST-2 principal investigator and James Meschia, M.D., co-principal investigator, are neurologists at the Mayo Clinic in Florida. Brajesh K. Lal, M.D., co-principal investigator, is a vascular surgeon at the University of Maryland. The intensive medical management (including lifestyle management) component of the study will be supervised by Tanya Turan, M.D. and Marc Chimowitz, M.B.Ch.B., neurologists at the Medical University of South Carolina. Management of patient data and the statistical analysis will be carried out at the University of Alabama at Birmingham under the direction of George Howard, Dr.P.H., principal investigator.

CREST-2 will consist of two parallel but separate studies, conducted with patients who have asymptomatic carotid artery disease and at least 70 percent or greater blockage in one of their carotid arteries, but who have not suffered a stroke and have not had warning signs caused by that artery. CREST-2 will compare intensive medical management to a combination of carotid endarterectomy and intensive medical management or intensive medical management to a combination of carotid artery stenting and intensive medical management. Therefore, all enrolled patients will be treated with intensive medical management, which includes lifestyle management together with appropriate drug therapy such as antiplatelet drugs to prevent clotting, statins to manage blood cholesterol levels and drugs to manage high blood pressure and diabetes.

INTERVENT’s telephonic and online lifestyle health coaching program, which will be provided to all enrolled patients, addresses education on stroke risk factor reduction and management and behavior change processes to help patients eat healthfully, be physically active, manage weight, cope with stress and, if applicable, give up tobacco. Neil Gordon, M.D., Ph.D., M.P.H., CEO and

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medical director, says, “Patients in CREST-2 will receive the highest-quality medical management possible, including individualized assistance in making and adhering to meaningful lifestyle changes. CREST-2 is the second multi-center NIH-funded stroke risk reduction study to use INTERVENT’s evidence-based lifestyle management program. We could not be more excited about participating in this landmark clinical trial and, in the process, helping to benefit the health of individuals at heightened risk for stroke.”

### ***About INTERVENT***

**INTERVENT International** is a global company that develops, licenses and provides evidence-based programs for the prevention and management of cardiovascular and other chronic diseases. The primary purpose of INTERVENT’s programs is to improve individual and population-based measures of health while simultaneously reducing healthcare costs and enhancing productivity. The programs provide unique solutions for employers, health insurers, healthcare systems, physicians, individual consumers and others. INTERVENT’s programs have been successfully used to serve numerous clients on multiple continents and in a variety of languages via telephone call centers and the Internet. For more information, visit [www.myintervent.com](http://www.myintervent.com) and [www.intervent.ca](http://www.intervent.ca) or email [info@myintervent.com](mailto:info@myintervent.com).

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