

Effect of different Lifestyle Interventions on Vascular Risk factors and Arterial stiffness in Non-disabling Stroke and Transient Ischemic Attack (TIA) patients

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Status RECRUITING
Sponsor Massey University
Enrollment 100 participants

Plain Language Summary

This study is investigating which type of exercise — aerobic (e.g., walking, cycling) or resistance (strength training), or a combination, or nutrition changes — is best at reducing the risk of another stroke or TIA (mini-stroke) in people who have recently had a non-disabling stroke or TIA. Researchers will track changes in blood vessel stiffness and other cardiovascular risk factors over 12 weeks.

You may be eligible if:

- You are between 18 and 85 years old
- You have recently been diagnosed with a non-disabling stroke or TIA by a specialist
- You are located within the Capital and Coast District Health Board (Wellington, New Zealand)

You may NOT be eligible if:

- You require supplemental oxygen
- You have uncontrolled chest pain (angina) or an unstable heart condition
- You have uncontrolled diabetes
- You have a fever or active illness
- You have leg pain when walking (claudication)
- You have significant cognitive impairment
- You are unable to walk or move independently

Talk to your doctor about whether this trial might be right for you.

Locations (1 total)

Wellington, New Zealand