



PODCAST INCLUSION AND EXCLUSION CRITERIA

Inclusion criteria

1. Age >70 years and telephone-MMSE >16; or age >60 years and telephone-MMSE 17-20/22.
2. Functionally independent (mRS 0-2)
3. Ischaemic stroke (any cortical OCSP/TOAST type) or primary intracerebral haemorrhage (cortical or basal ganglia).
4. 3-7 months post-event (to allow cognitive, neurological, BP and lipid stabilisation, but avoid attrition)
5. Systolic BP 125-170 mm Hg.
6. Total cholesterol 3-8 mmol/l.
7. Presence of an informant: partner, sibling, child, friend (for IQCODE).
8. Capacity and willingness to give consent.



Exclusion criteria

1. Participants not meeting inclusion criteria.
2. Subarachnoid haemorrhage.
3. Secondary intracranial haemorrhage (trauma, AVM, cavernoma).
4. No CT/MRI within 10 days of index stroke.
5. Inability to give consent or do study measures, e.g. severe dysphasia, weakness of dominant arm
6. Profound deafness.
7. Severe hypertension (systolic BP > 170 mmHg)
8. Definite need for 'intensive' BP control
9. Severe hypercholesterolemia (TC > 8 mmol/l)
10. Definite need for, or demonstrated intolerance of, 'high intensity' statin.
11. Definite need for a cholinesterase inhibitor.
12. Familial stroke associated with dementia, e.g. CADASIL
13. Chronic renal failure: eGFR < 45 (or eGFR < 37 in people of African/Afro-Caribbean origin).
14. Liver disease, ALT > 60 U/l.
15. Ongoing participation in trials involving drug (including CTIMP trials) and/or devices. Participants already in another trial may be screened for PODCAST, provided the participation in the other trial is complete, prior to PODCAST randomization.
16. Any serious medical co-morbidity (e.g. active malignancy) such that the life expectancy is < 24 months.
17. Clinically unstable at the time of enrolment.
18. Dementia.
19. NYHA classification of 3 or 4.