



MORRIS F. COLLEN
RESEARCH
AWARD

Alexander Flint, MD, PhD

Neurosurgery, Redwood City

Alexander Flint, MD, PhD is recognized for his work as lead author of a study to examine the relationship between inpatient statin use and poststroke outcomes. Study results are reported in the article “Statin Use During Ischemic Stroke Hospitalization Is Strongly Associated With Improved Poststroke Survival,” first published in the journal *Stroke* (October 2011).

Prior to Dr. Flint’s study there were no clear guidelines about how soon to start statin therapy after an initial stroke. His study provided an answer, showing that patients who are given statins immediately upon hospitalization are more likely to survive the stroke and be able to go home, rather than dying or being referred to a rehabilitation center or nursing home. The study also showed that withdrawing statins in the hospital, even for a brief time, is associated with worsened survival.

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Stroke patients throughout Kaiser Permanente Northern California — and beyond — are already benefitting from the findings in Dr. Flint’s study. “We have broadly implemented these changes in our own stroke protocols, and national expert guidelines have followed suit,” says James O’Donnell, MD, Physician-in-Chief, Redwood City. “Dr. Flint’s work adds significantly to the growing body of literature underlying the importance of stroke patients taking a statin.”

Dr. Flint is currently proposing a follow-up study to determine the long-term clinical impact of increased statin utilization.