



## Q & A with Kevin Sheth, MD, FAAN

2010 Corporate Round Table Clinical Research Training Fellowship Recipient



**Q: Describe your research project.**

**A:** My research is focused on patients with devastating brain injury. After patients have a blood clot in the brain or suffer trauma to the head, or have bleeding in the brain, there are a number of things that can happen that can make a serious condition life threatening. One of the things that can happen is that your brain can swell, like any other part of your body that gets hurt. Imagine a bruise on your arm that swells for a few days. Swelling in the brain is a very serious matter, however, and unfortunately, to date, we have not had any treatments that prevent swelling. Even worse, we have not had great ways to measure and detect brain swelling in the first place. Our studies are the first to test new drugs to prevent brain swelling in the first place.

Our team has shown that when we use methods developed by our group, we can detect brain swelling and attack it early on. The early results show that this approach has promise, but we are in the early stages of performing clinical trials in large numbers of patients to see whether or not this approach will really save and improve lives.

**Q: What is the benefit of your research to patients or the public?**

**A:** Brain swelling and inflammation are very common causes of poor outcome after acute brain injury. Our group has been able to make significant progress in this area as a direct result of the fellowship. And this support has directly resulted in the testing of new therapies for patients where previously no options were present.

**Q: What has the impact of the fellowship had on determining your career in research?**

**A:** The impact of the fellowship has been tremendous-the resources, support and mentorship I have received as a direct consequence of this grant have been pivotal in my transition from clinical trainee to investigator. The fellowship set me on a trajectory for leadership in the neurology community and for a career in research, with the central aim of improving the lives of our patients.

**Q: Now that your fellowship is completed, please share how you have remained engaged with the American Academy of Neurology and the American Brain Foundation?**

**A:** Two of my mentees recently received a Clinical Research Training Fellowship. I am honored to have the opportunity to participate in the program as a mentor and to provide support and encourage another recipient of this important award. I was selected as a member of the 2015 class of the AAN Emerging Leaders Forum and look forward to taking on additional leadership roles.