

Welcome to the **ADAPTABLE** Participant Community Newsletter

February 2018 | Volume: 3

“Celebrating Your Heart and Heart-Health Awareness & American Heart Month.”

The ADAPTABLE Team is excited for February, a month-long celebration of heart-health awareness. This a great time to think about what is known about heart disease, how heart-healthy choices can make a difference, and the potential impact of the results from the ADAPTABLE Study for patients and their doctors.

Heart disease is the leading cause of death for American women and men, responsible for one in four deaths in the U.S. According to the Centers for Disease Control and Prevention, someone in the U.S. has a heart attack every 40 seconds, and every year 790,000 Americans have a heart attack. For 210,000 people this is their second heart attack. Unfortunately, once you have had a heart attack, your chance of having another one increases.

The good news is that there are actions you can take to protect your heart. Check out theaspirinstudy.org/news to learn more.



Meet an Adaptor

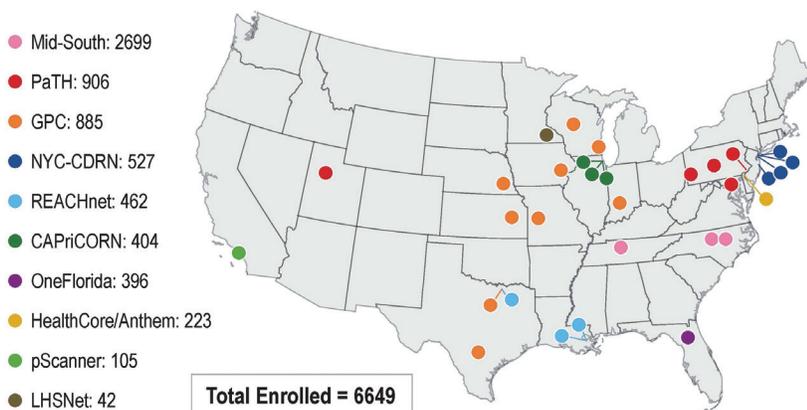
ADAPTABLE patient partner, Bill Larsen, shares his perspective on the value patients bring to clinical research, the importance of patient-centered research, and the ADAPTABLE experience.



I view my role on ADAPTABLE to be that of a communicator, asking questions that are sensitive to the roles of the researcher and of interest to those represented in the research study, and providing relevant information and feedback to all concerned parties. Active dialogue among all concerned is what enriches the conversation and leverages the contributions of each individual to best achieve the research goals of the team. Read more at theaspirinstudy.org/news

Where is ADAPTABLE?

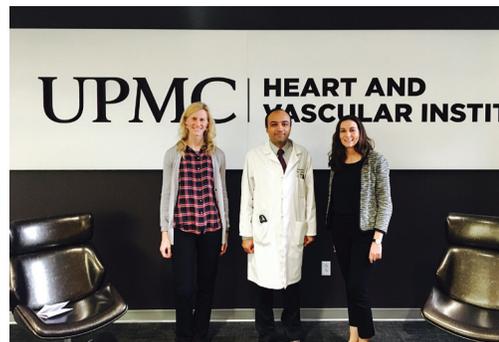
Twenty nine healthcare systems and one health plan are enrolling in ADAPTABLE across the U.S.



Who's Involved

“The results of this trial has the potential of impacting the care of countless patients with coronary artery disease.”

Get to know the study team at UPMC by visiting theaspirinstudy.org/upmc to learn what drives and motivates the team to participate in ADAPTABLE and patient-centered research.



Perspectives on ADAPTABLE



In ADAPTABLE: A Signature Study of Collaboration video, Co-Principal Investigator Matthew Roe discusses the unique collaborations in ADAPTABLE with patients, clinicians, health system leaders and how these partnerships can improve the conduct of clinical research. Watch this video and others on theaspirinstudy.org.

Frequently Asked Questions

What is a study endpoint?

In clinical trials, a study endpoint is an event or outcome that can be measured objectively to determine whether the intervention being studied is beneficial. In ADAPTABLE, the endpoints studied

are the occurrence of death, heart attack, or stroke. Results from ADAPTABLE will help determine what dose (81 mg or 325 mg) of aspirin is more effective in reducing the occurrence of these events.

Why I Joined - The Participant Voice

Thank you ADAPTABLE participants who responded to the survey question, “Why I joined ADAPTABLE?” We were excited to see so many participants engaged and enjoyed reading each story. Your participation helps build a community of patients, researchers, and clinicians who are actively engaged in answering important health questions.

We have included a few responses below and encourage you to visit theaspirinstudy.org/participantvoice to read more. We will continue to highlight your voice in each newsletter, on the website, and through our social media channels. If you have not had the opportunity to share your voice or have more to say, e-mail us at ADAPTABLEcommunity@duke.edu.

<p>“Seems important to know whether daily aspirin is beneficial, and in what dosage.”</p> <p>Sue, IA</p>	<p>“My cardiologist recommended that I join this particular research study. I am a healthcare professional and felt compelled to enroll.”</p> <p>Kathleen, NY</p>
<p>“I want to participate where I can to help treat and prevent cardiovascular disease.”</p> <p>Oliver, CA</p>	<p>“I joined ADAPTABLE because I was interested in the question being asked, and thought I would be a good participant for the study.”</p> <p>Joe, NC</p>



For more information please visit theaspirinstudy.org or email us at ADAPTABLEcommunity@duke.edu