

# Welcome to the **ADAPTABLE** Patient Community Newsletter

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Thank you for your participation in the ADAPTABLE Study. Your involvement in this research study will help us to answer a simple, but extremely important question—what is the best aspirin dose (81 mg or 325 mg) for patients with heart disease? In addition to answering the aspirin-dose question, ADAPTABLE is building a community where patients are partners throughout the research process.

The information shared in this newsletter can be found on the study website: [www.theaspirinstudy.org](http://www.theaspirinstudy.org). Please make sure to follow us on Twitter @ADAPTABLEstudy and Facebook at [www.facebook.com/ADAPTABLEstudy/](http://www.facebook.com/ADAPTABLEstudy/) for the latest study news and updates.

We hope you enjoy reading this newsletter and welcome your input, email us topics or questions you would like addressed in future issues to [ADAPTABLEcommunity@duke.edu](mailto:ADAPTABLEcommunity@duke.edu)

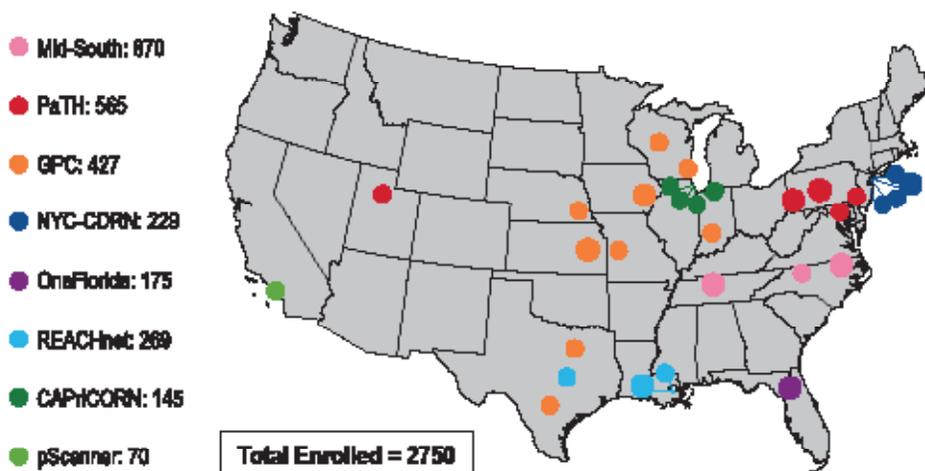
## Meet the Adaptors



Integrated into the study team, ADAPTABLE's patient partners provide input at every critical step in the research process. Representing each network in ADAPTABLE, Adaptors are passionate about patient-centered research and draw on their experiences to promote research that matters to patients. Adaptors participate in local and national events to spread awareness about ADAPTABLE and the valuable role patients play in research. In future newsletters, we will feature individual Adaptors so you can get to know these patient partners and learn what excites them about ADAPTABLE and patient-centric research.

## Where is ADAPTABLE?

Twenty seven healthcare systems are enrolling in ADAPTABLE across the U.S.



## Who's Involved

Duke Clinical Research Institute leads the operations efforts of ADAPTABLE, which is funded by the Patient-Centered Outcomes Research Institute and is the first demonstration study of PCORnet, the National Patient-Centered Clinical Research Network. PCORnet is a community of patients, researchers, clinicians, and health systems dedicated to conducting research that will help people make informed healthcare decisions. Eight PCORnet networks participate in ADAPTABLE—your doctor and health system work within one of those networks. We will be spotlighting these networks and team members in upcoming newsletters so you can learn more about the ADAPTABLE Community and the people behind the science.



## Perspectives on ADAPTABLE



Former FDA Commissioner, Robert Califf, MD, says the ADAPTABLE study is well suited to answer the aspirin-dose question. Dr. Califf recently shared that one of his professional goals is to find out what is the right dose of aspirin for patients with heart disease. You can watch videos of Dr. Califf, study leaders, and patients on [www.theaspirinstudy.org](http://www.theaspirinstudy.org)

## Frequently Asked Questions

What is patient-centric or patient-centered research?

You may have heard about patient-centric studies and noticed these words in ADAPTABLE's title. Patient-centric research is officially defined as the process of designing a service or solution around the patient. In ADAPTABLE, we believe that patient-researcher partnerships leads to better research and ultimately, better health outcomes.

How can patients help researchers?

Patients are experts by experience. Your input and story can help researchers design better studies that will impact health care. If you are interested in being more involved in research, the first step may be to ask your doctor for any opportunities. You can also visit [www.pcor.net.org](http://www.pcor.net.org) to learn more about patient engagement in research.

## Share Your Story

We want to hear from you! E-mail us at [ADAPTABLEcommunity@duke.edu](mailto:ADAPTABLEcommunity@duke.edu) to let us know why you joined ADAPTABLE. Only your first name and state will be listed and you can tell us where (this newsletter, study website, or on social media) you would like your story posted.



For more information please visit [theaspirinstudy.org](http://theaspirinstudy.org) or email us at [ADAPTABLEcommunity@duke.edu](mailto:ADAPTABLEcommunity@duke.edu)