

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

October 2017 | Volume: 2

*“Better health outcomes for all when patients partner with researchers.”*



This motto crafted by the Adaptors, ADAPTABLE’s patient partners, reflects how patient participation in research can help answer health questions that matter most to patients and their doctors. The Adaptors’ motto is part of the Hero’s Journey Art Project, a touring art exhibit developed by Eli Lilly to honor clinical trial participants and raise awareness of clinical research. Visit the ADAPTABLE website ([www.theaspirinstudy.org/news/](http://www.theaspirinstudy.org/news/)) to read more about this project.

## Meet an Adaptor

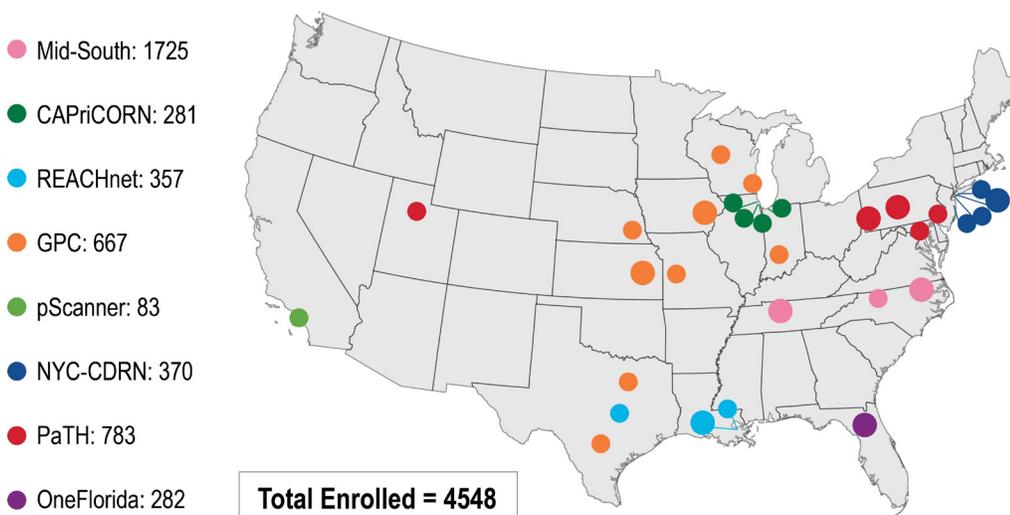
Learn more about ADAPTABLE patient partner, Jacqueline Alikhaani.

Jackie is a patient and survivor of a rare congenital heart disease defect that occurs in less than 1% of the population and usually found during an autopsy. Jackie shares and uses her personal health experiences to serve as an architect of change in advancing patient-centered research. Read more about Jackie at [www.theaspirinstudy.org/meet-the-adaptors/](http://www.theaspirinstudy.org/meet-the-adaptors/).



## Where is ADAPTABLE?

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



## Who's Involved

*"An aspirin a day keeps the doctor away."* At Vanderbilt, we like to add, *"Studies like ADAPTABLE give patients a say."*

In this newsletter, we feature the ADAPTABLE Team at Vanderbilt University Medical Center. Get to know what drives and motivates the team to participate in patient-centered research at [theaspirinstudy.org/vanderbilt/](http://theaspirinstudy.org/vanderbilt/)



## Perspectives on ADAPTABLE



Have you wondered what it is like to work with researchers? ADAPTABLE patient partners who are experts by experience share what it is like to interact with researchers and participate on the ADAPTABLE study team. Check out the videos of patient partners and study leaders on [www.theaspirinstudy.org](http://www.theaspirinstudy.org)

## Frequently Asked Questions

### How will results from ADAPTABLE change clinical care?

The benefits of aspirin for the treatment of heart disease are well established, but the best dose of aspirin is uncertain and is not specified in the American College of Cardiology (ACC)/ American

Heart Association (AHA) Guidelines. Results from ADAPTABLE will provide the high-quality data needed to inform future treatment decisions and to clarify guidelines regarding aspirin dose.

## 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 here and encourage you to visit the study website to see 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 why you joined ADAPTABLE or have more to say, e-mail us at [ADAPTABLEcommunity@duke.edu](mailto:ADAPTABLEcommunity@duke.edu).

I have a family history of cardiac disease. Hopefully I can be a part of understanding and treatment of this disease.

Janet

I was asked to, and I'm happy to help if I can. I'm sure similar research and volunteers have helped me receive better medical care.

Sanford

Only through research like this can doctors find answers & cures for medical problems. I am proud and happy to be part of a study that may help millions of people in the future.

Kathy

I believe in evidence-based rational theories. That I've been taking 81mg per day when you have no idea which dose is correct blew my mind. I joined because it is good research, and a question should be answered.

John



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