

How ADAPTABLE Study fits in the recent guidelines on use of aspirin in cardiovascular diseases

On March 17, 2019, the American College of Cardiology and the American Heart Association jointly published recommendations based on recent studies on the use of aspirin to prevent cardiovascular diseases. These studies involved participants who do not have heart disease or have not experienced a heart attack or stroke.

These recommendations, recently publicized in the media, show that aspirin is not effective for the majority of individuals who do not have a history of heart disease, heart attack or stroke. Doctors call this “primary prevention” because they are using aspirin to prevent the start of heart disease or the occurrence of a heart attack or stroke.

However, for ADAPTABLE participants and other individuals who are living with heart disease or have experienced a heart attack or a stroke, research still shows that aspirin is critically

important. Doctors call this “secondary prevention” because they are using aspirin to prevent a future heart attack or stroke.

Current recommendations on use of aspirin

For individuals who have heart disease or had a heart attack or a stroke:

1. Aspirin should be used most of the times.
2. Aspirin is effective in reducing future heart problems.
3. We still don't know the best dose of aspirin (81 mg or 325 mg per day).
4. The ADAPTABLE Study hopes to find the best dose of aspirin for patients who have a history of heart disease/heart attack or a stroke.

Read more at <https://theaspirinstudy.org/news/>.

Meet an Adaptor



Tom McCormick

ADAPTABLE patient partner, Tom McCormick, from Columbia, Maryland enjoys being involved in ADAPTABLE, what he sees as a worthwhile endeavor. He is intrigued by ADAPTABLE's use of electronic medical records and thinks that the wealth of data included in

these records will make it possible to do research and produce results on a wider scale.

“I think it is important that patients be involved in medical research because many times, what is important to the doctor is not the same as what is important to the patient.”

You can learn more about Tom and his thoughts on the use of technology in ADAPTABLE from his profile: <https://theaspirinstudy.org/tom-mccormick/>

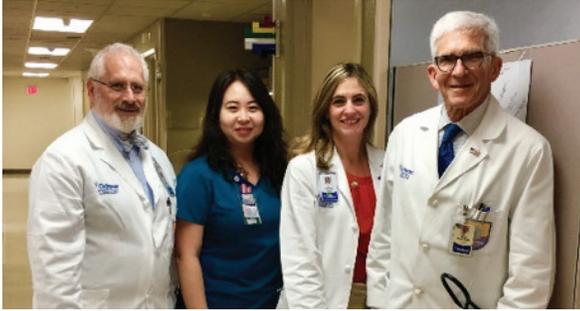
Where is ADAPTABLE?

Forty healthcare systems and three health plans are participating in ADAPTABLE from across the U.S. Check out the locations at <https://theaspirinstudy.org/participate/>.

A total of **15,076** participants enrolled in ADAPTABLE. A big thanks to all participants who are helping the team answer the question: **which aspirin dose is best for people living with heart disease?**

Who's Involved

Get to know what drives and motivates the team at Ochsner Clinic Foundation, part of the REACHnet Clinical Data Research Network, by visiting <https://theaspirinstudy.org/ochsner/>



Ochsner ADAPTABLE Team from Left to right: Dr. Mark Efron, Ms. Guning Liu, Dr. Nichole Polin, and Dr. Gary Rich. Not pictured: Courtney Parke

What drives and motivates team members at your site to be part of ADAPTABLE?

"The primary goal of research like ADAPTABLE is to benefit patients, and patient-centered research is the best way to understand how patients believe they will benefit from the results."

Why I Joined - The Participant Voice

Thanks to the 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 response in this newsletter and encourage you to visit <https://theaspirinstudy.org/participantvoice/> to read more. If you have not had the opportunity to share your voice or have more to say, we invite you to complete this survey at bit.ly/adptvoice or e-mail us at ADAPTABLEcommunity@duke.edu.

Frequently Asked Questions

Now that enrollment is complete, what happens next?

We will continue to follow participants and collect information on their health and the occurrence of events, such as hospitalizations, heart attacks, or strokes. Once we have all the data collected, researchers will analyze the results and communicate to study participants, colleagues, and the public what was learned in the study on what is the best dose of aspirin for people with heart disease.

Perspectives on ADAPTABLE



Robert Califf, MD

ADAPTABLE is a pragmatic study. In this video, Dr. Robert Califf discusses how ADAPTABLE provides a pragmatic model for future studies.

Watch this video and others at <https://theaspirinstudy.org>.



Why I Joined

Both sides of my family has a history of heart disease. I have three children. I don't want to miss anything in their lives. If participation in this study helps me do that, then it is worth every aspirin!

Margaret, North Carolina

theaspirinstudy.org/participantvoice
[#TheParticipantVoice](https://twitter.com/TheParticipantVoice)



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