



REPRIEVE

PARTICIPANT NEWSLETTER



A message from Dr. Steve Grinspoon and Dr. Pam Douglas, REPRIEVE Co-Principal Investigators

Let us begin by thanking you for your participation in REPRIEVE. Your continued commitment to REPRIEVE is critical to helping us better understand and, hopefully one day, prevent heart disease among people living with HIV. We simply cannot do this without you.

Thank you for participating. REPRIEVE would not be possible without you

This newsletter allows us to communicate directly with you—the research participants of REPRIEVE—and this way we can keep everyone informed about our progress together.

We have already made incredible strides together, completing enrollment in this first ever heart disease prevention trial in people with HIV. REPRIEVE is also the largest, randomized controlled trial to date in HIV. You are part of this landmark study and for this we are so grateful for your willingness to help us.

It has been 4 years since REPRIEVE started and we are beginning to look at the baseline data from the study. We hope to begin writing some of our findings soon and we will make sure to announce when findings are published on the REPRIEVE website—so check it out periodically at www.reprievetrials.org.

The last visit for the study will be the spring of 2023 and until then we will be busy ensuring retention of participants. Bit by bit we are making progress though. We cannot thank you enough for your continued participation or understate the importance of what we're doing together.

REPRIEVE's enrollment is complete as of March, 2019!

Are Statins a Substitute for a Heart Healthy Lifestyle?



A recent study (Tsugawa, T et al. JAMA Internal Medicine. 2014) compared the eating habits of people taking statins compared to people not taking statins.

The researchers found that the people taking statins reported a diet that was not considered heart healthy. We recommend when taking statins to follow the heart healthy diet that is recommended in the participant handout given at every annual REPRIEVE visit. A heart healthy diet includes fruits and vegetables, and limits fats and oils from butter, lard and whole milk dairy products like ice cream.

The Heart of REPRIEVE: Heart Events



In REPRIEVE, we collect information from you about heart disease events, like heart attacks or strokes, *at every visit*; **this information will let us know if the statin used in REPRIEVE works effectively.** Based on what you tell us

during your study visit, and with your permission, REPRIEVE staff obtains information to confirm some of the medical conditions you may report to your study team. If you miss a visit, site staff may call you or reach out to your designated emergency contact or designated care provider to determine if you have had a heart disease event.

It is important to mention during a study visit if you have experienced an event that may be a heart event, like a heart attack, stroke, or chest pain. Also, please mention during a study visit if you have had a hospitalization or any medical testing that may be related to a heart event. This way we can obtain additional details.

With your assistance in reporting every single potential heart event to your REPRIEVE team we will feel confident that we aren't missing a single heart event.

Important health information is collected from YOU at EVERY study visit, please attend EVERY study visit!

REPRIEVE Participants Step Forward

Where are REPRIEVE Participants Enrolled?

REPRIEVE Participants are enrolled in 11 countries at over 100 clinical sites worldwide!



How Did People Hear About REPRIEVE?

The most popular way people heard about REPRIEVE was via a referral within a clinic setting.



ADVERTISING



EVENT



FRIEND/FAMILY



REFERRAL



FLYER/NEWSLETTER



PROVIDER (MEDICAL/
NON-MEDICAL)



SITE RECRUITER

About the Study

Some Vital Statistics About REPRIEVE Participants:

7557

NUMBER OF
PARTICIPANTS

32%

PERCENTAGE
OF WOMEN

50

MEAN AGE

13

MEAN YEARS
LIVING WITH HIV

Heart Health Tip!

TIPS

Did you know that dental health is a good indication of overall health, including your heart? People who have gum (periodontal) disease often have the same risk factors for heart disease.

Some research has shown that gum disease may be related to inflammation in the blood vessels which may in turn, increase your risk of heart disease.

What can you do? Floss and brush your teeth daily to ward off gum disease and remember to go to your dentist regularly for checkups.

Meet Other REPRIEVE Participants!

REPRIEVE Participants are highly motivated individuals forming the future of heart disease prevention in HIV. Read about why REPRIEVE is important to them.

"Doing something that can help me and others in the future is invaluable. Prevention is the keyword to help to improve quality of life and REPRIEVE is investing into prevent vascular sicknesses that can be fatal to many. It is an honor to be part of the REPRIEVE Study."

—KARINA MCCLANAHAN, DALLAS, TEXAS, USA.



MOUSSON Gaspard believes that health is fundamental. He also believes that the REPRIEVE study is very important for him as a person living with HIV who has to take daily antiretroviral medication to keep his viral load undetectable. By participating in the study he feels he is reducing his risks of developing cardiovascular disease.

—MOUSSON GASPARD, PORT-AU-PRINCE, HAITI



"I have been participating in clinical research sponsored by the "ACTG" for more than 23 years. At times when there were no alternatives or treatment options to prolong my life and provide quality of life, it was through clinical trials that I found alternatives that have allowed me to prolong my life. The excellence and medical care received through all the years as a participant in clinical research gives me the certainty and conviction of how highly beneficial it is for the community living with HIV/AIDS. In addition to the importance of adherence to medications, there are associated conditions that need to be treated. REPRIEVE, is studying one of these conditions. Participating in REPRIEVE gives me the opportunity to contribute to possibly achieve an adequate tool to prevent heart disease, not only for me, but for the rest of the community."

— CARLOS VELEZ-VELAZQUEZ, SAN JUAN, PUERTO RICO



Thank you to our sponsors:



FOR UPDATES ABOUT REPRIEVE PLEASE VISIT OUR WEBSITE AT WWW.REPRIEVETRIAL.ORG