



# REPRIEVE

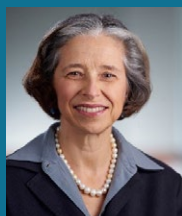
## PARTICIPANT NEWSLETTER



**REPRIEVE and COVID-19** The health of REPRIEVE participants is of utmost importance to the REPRIEVE Study Team. For updates regarding REPRIEVE and COVID-19 please visit our website at [www.reprievetrial.org](http://www.reprievetrial.org).

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

The REPRIEVE trial is now beginning its 5th year of data collection. What we will learn about heart disease from REPRIEVE participants may impact people living with HIV around the world. You should feel proud knowing that you are making a meaningful and lasting contribution to the study of heart disease in HIV globally for years to come.



### Meet Other REPRIEVE Participants!

*While there are over 7500 participants in REPRIEVE worldwide, each REPRIEVE Participant is unique!*

#### Meet Marcus Conway, from College Park, MD, USA

Marcus has been living with HIV for over 3 decades. He spends his time walking dogs and staying active in his community. He strongly believes that living a long time with HIV is related to taking his medications as prescribed, eating a healthy diet and getting physical activity. Marcus has helped start and run support groups for others living with HIV for many years and would describe himself as an activist.



Marcus has been participating in REPRIEVE for almost 2 years, he truly believes that the best thing about participating in a clinical trial is learning more about a disease or illness. He believes that his participation in REPRIEVE has helped him to become more knowledgeable about HIV and heart disease prevention. He is hopeful that the results of REPRIEVE show that heart disease events can be prevented with the use of a statin medication.

### Your Participation Matters!

Although there are many participants in REPRIEVE, the participation of each individual is extremely important. By participating in REPRIEVE and completing all study visits, you may be making an important contribution to our knowledge of HIV and heart disease that could have lasting benefits for your generation and future generations of people living with HIV.

#### Don't forget!

Tell REPRIEVE study staff about any new medications you have been prescribed since your last study visit. This will ensure that you are not taking any medications not allowed while you are participating in REPRIEVE.



### REPRIEVE Facts

- REPRIEVE is the largest randomized controlled trial to date in people living with HIV! You are part of this landmark trial.
- We're celebrating the 5<sup>th</sup> year of follow up in REPRIEVE!
- The 7770<sup>th</sup> participant was enrolled in July 2019!
- The REPRIEVE website now has a participant hub page, where you can hear from fellow participants and share your REPRIEVE story! Go to this link: <http://www.reprievetrial.org/for-participants/>



Thank you for  
your continued  
participation!



## Focus on Findings:



*We have heard clearly that you want to know how your participation in REPRIEVE contributes to research about HIV and heart disease.*

*With enrollment in REPRIEVE complete, investigators have begun to publish reports on the recruitment of participants like you to REPRIEVE and on the health status of participants at the time of their entry into the study. There will be many future publications from this data, below are just a few ways we are working to share our findings with the community.*

**An Article on the methods we used to recruit REPRIEVE participants was published in *HIV Research & Clinical Practice*.** The article, titled “Successful recruitment of a multi-site international randomized placebo-controlled trial in people with HIV with attention to diversity of race and ethnicity: critical role of central coordination” highlights the enormous recruitment efforts undertaken by the Clinical Coordinating Center and Clinical Research Sites and outlines how REPRIEVE successfully recruited over 7,500 participants and became the largest randomized placebo-controlled clinical trial in HIV and heart disease to date!

**We are planning to publish a set of articles that will include findings exclusively from REPRIEVE participants.** Article topics include patterns of antiretroviral use and immune function by global region of enroll-

ment, clinical characteristics of participants identifying across the transgender spectrum, and reproductive aging among cisgender women. There will also be articles included on comorbidities (medical conditions in addition to HIV) including kidney dysfunction, frailty, and myocardial steatosis (fat in the heart muscle). This is just the beginning of the findings we will be able to share with you, all of which come from REPRIEVE, the trial you are part of. Once the set of articles has been published, we will develop brief summaries to share with you.



**We are presenting data at conferences!** Over 600 of you are participating in the **Pitavastatin to REduce Physical Function Impairment and FRailty in HIV (PREPARE)** study which is a smaller study within REPRIEVE to evaluate the impact of the study treatment

on muscle and physical function. Baseline results from 266 participants before starting study treatment were presented at the 2020 Conference on Retroviruses and Opportunistic Infections (CROI).

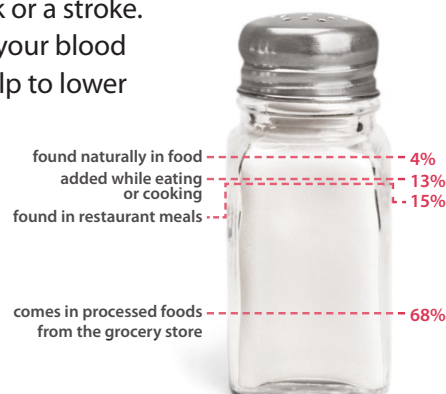
The study team found that physical function impairment and pre-frailty were common in middle-aged people with HIV. However, they found that physical activity and body mass index (a measure of body fat) are factors that may prevent further decline in physical function with aging.

## How is my lifestyle related to my blood pressure?

High blood pressure is a major risk factor for heart disease events like a heart attack or a stroke. You may not know this, but things you do and the foods you eat have an effect on your blood pressure and your overall health. Paying attention to certain lifestyle habits may help to lower blood pressure. Here are things you can do:

- Eat less salt (sodium) by using fresh meat rather than packaged meat and fresh fruits and vegetables rather than canned fruits and vegetables.
- Limit prepared or packaged sauces, mixes, and “instant” products, like flavored rice, for example.
- Be active for at least 30 minutes a day on most days of the week – it can be something as easy as taking a walk around your neighborhood!
- Avoid picking up unhealthy habits like smoking. If you already smoke, get help from your clinic, care provider, family, or friends, to help you stop.

### Sources of sodium (salt) in food



Adapted from He FJ et al, Prog Cardiovasc Dis 2010; 52:363

Thank you to our sponsors:



FOR UPDATES ABOUT REPRIEVE PLEASE VISIT OUR WEBSITE AT [WWW.REPRIEVETRIAL.ORG](http://WWW.REPRIEVETRIAL.ORG)