



# 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

We want to sincerely thank you for your continued participation in REPRIEVE. We recognize that the public health emergency due to COVID-19 has impacted us all very differently and we appreciate that, in the midst of everything that has transpired over the past year, you have remained dedicated to the important research we are conducting together in REPRIEVE.

To attempt to get ahead of the COVID crisis, in the spring of 2020 REPRIEVE leadership applied for funding to explore COVID among REPRIEVE participants. To this end, we received supplemental funding from the NIH National Heart Lung and Blood Institute to learn more about COVID symptoms and experiences. We also plan to analyze COVID antibodies to try and understand how much of an impact COVID has had in our global population of participants.

We are also excited to announce that we have a new substudy that uses blood collected at the entry visit from participants who enrolled at ACTG sites. This study will perform DNA sequencing on blood samples to determine the prevalence of clonal hematopoiesis of indeterminate potential (CHIP). Previous studies have shown that individuals with CHIP have higher rates of heart disease. By studying CHIP in REPRIEVE we hope to be able to learn more about risks of heart disease among REPRIEVE participants.

Finally, the participation of each individual participant in REPRIEVE 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 and other comorbidities that could have lasting benefits for your generation and future generations of people living with HIV. Thank you again for your continued participation in REPRIEVE.



### Meet Other REPRIEVE Participants!

#### Ernane Pinho

PAVUNA, RIO DE JANEIRO

*How is REPRIEVE important to you personally and to the community of people living with HIV?*

*For me it is important to monitor and control my cholesterol rates and for the community living with HIV it is another form of care and prevention for good health.*

*How has the COVID-19 pandemic affected your opinion about the importance of clinical research?*

*With the pandemic we had to redouble our attention to our health and body care, research helps us to be more alert.*

*What have you been doing to stay health during the COVID-19 pandemic?*

*Staying at home most of the time, leaving only when it is necessary, wearing masks in public places and with other people around. Keeping the body in motion by doing physical exercises, eating the healthy without overdoing it as well as thinking positively to keep my mind healthy.*



### How has COVID-19 impacted REPRIEVE?

During the spring of 2020 many clinical sites were forced to shut down in order to slow the spread of the virus and ensure the safety of participants. During this time many clinical sites pivoted to remote data collection and some sites had to ship study drug to participants. All of these changes were hard on REPRIEVE participants and our site teams. However, despite these challenges REPRIEVE has continued to move into its 6th year of follow-up, and we have even integrated assessment of COVID symptoms and biomarkers so that we can learn more about how COVID has impacted people living with HIV who are participating in REPRIEVE.

It is important to know that REPRIEVE participants are not excluded in any way from receiving the COVID vaccination. Please reach out to your local study team if you have any questions.



## Heart Health Tip!

### When it comes to alcohol, moderation is key.

If you enjoy sipping a glass of wine, a beer or a cocktail now and then, keep moderation in mind to protect your health.

Moderate alcohol consumption means an average of one to two drinks per day for men and one drink per day for women. Different types of beer, wine, and liquor have different amounts of alcohol. But in general, a drink is one 12-ounce regular beer, 5 ounces of wine or 1.5 ounces of 80-proof spirits, such as bourbon, vodka or gin.

Drinking too much alcohol increases your risk for many health problems, including high blood pressure, obesity, stroke, breast cancer, liver disease, depression, suicide, accidents, alcohol abuse and alcoholism.

### Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about the pandemic constantly can be upsetting. Consider



limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while, especially before going to bed.

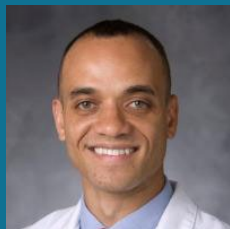
- **Take care of your body.**
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly.
  - Get plenty of sleep.
  - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

#### For more information visit:

<https://www.cdc.gov/nccdphp/dnpao/index.html> and <https://howrightnow.org/talk>

### A message from a team cardiologist, Gerald Bloomfield, MD

Don't forget that the primary aim of REPRIEVE is to answer the question: Do statins (pitavastatin) reduce major adverse cardiovascular events, like heart attacks and strokes, in people living with HIV on antiretroviral therapy? To ensure that we can answer this question it is essential that you report any potential heart event to your study team. Even if you are not sure or have vague symptoms that relate to your heart please alert your study team as soon as possible so that we capture every event. By answering this study's primary research question we hope to be able to develop heart disease prevention and treatment guidelines tailored specifically for people living with HIV.



### Did you know the REPRIEVE website has a new publications page?

Our publications are important ways to share knowledge with both the scientific community and REPRIEVE participants!

Our publications page lists all REPRIEVE publications to date. For some articles we have created plain language summaries which are a short 2-3 paragraph, easy to read summary of each article.

To find our publications, go to:  
<https://www.reprievetrial.org/learnmore/reprive-publications/>



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