PATIENT-CENTERED OUTCOMES RESEARCH INSTITUTE

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Which Aspirin Dose Is Best to Protect Patients with Heart Disease?

We know that aspirin helps prevent heart attacks and strokes in people who are already living with heart disease. But we don't know which dose of aspirin works best for which people.

ADAPTABLE (Aspirin Dosing: A Patient-centric Trial Assessing Benefits and Long-Term Effectiveness) is a PCORI-funded clinical study comparing the benefits and risks of low-dose aspirin to regular-strength in this patient population. The results from this trial could improve care for more than 15 million at-risk people.

THE QUESTION:

Aspirin can cause serious side effects—like bleeding—in some people, so it is important to know: which dose works best for people with heart disease?

As a large trial, ADAPTABLE aims to assess what works best for a variety of people rather than just for the *average patient*. The trial's size and its ability to more efficiently recruit patients is made possible by **PCORnet®, the National Patient-Centered Clinical Research Network**.

PCORnet® is a PCORI-funded initiative to enable patient-centered clinical research to be conducted faster, more easily, and more efficiently. It does so by offering reusable resources and tapping into rich sources of **real-world data**, which is collected during routine care through electronic health records (EHRs), patient-reported outcomes, health claims, and other sources. By leveraging health information collected in everyday healthcare situations and settings, PCORnet generates **real-world evidence** through patient-centered clinical research.

ADAPTABLE is the first randomized controlled trial to be conducted through PCORnet.

The ADAPTABLE trial will compare two common aspirin dosages.

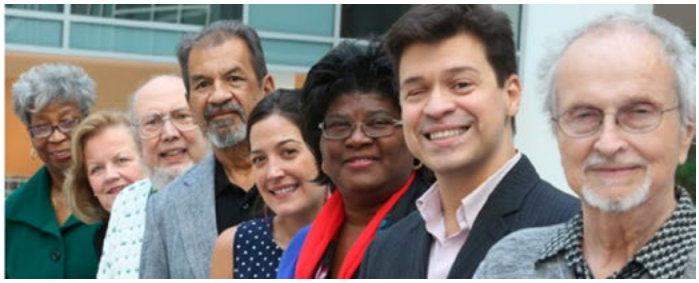
The study is large, diverse, and includes participants across the United States.

15,000
patients living with heart disease will use a daily aspirin dosage of either 325 mg or 81 mg

ADAPTABLE uses PCORnet to conduct the study and disseminate results, collecting data using tools with state-of-the-art security.

Adaptable

The Aspirin Study



Lean more more about Adaptors at
theaspirinstudy.org/meet-the-adaptors

Building a Community of Patient Partners, Clinicians, and Researchers

A hallmark of PCORI-funded research is that it puts patients at the center of research. They help to design and guide studies and share the results, rather than participating solely as people to be studied. In ADAPTABLE, a special team of patient partners known as Adaptors are involved at every stage of the study.

Adaptors helped design ADAPTABLE's protocol, consent form, and other study materials. Adaptors will be integral in disseminating study updates and results to other patients and in the community.

ADAPTABLE is building a community in which participants, researchers, and clinicians work hand-in-hand to improve cardiovascular health.

The study is being conducted in a variety of clinical settings. This makes ADAPTABLE different from traditional clinical trials, which often take place in specialized centers, and will also help to make the results more broadly applicable and useful.

> *"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."*
>
> **—Tom McCormick, *Adaptor***

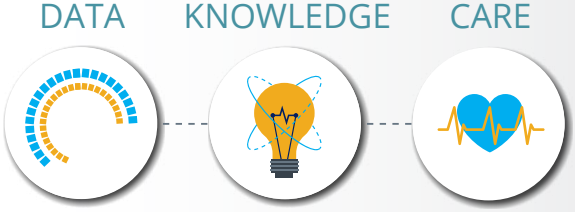
> *"I know first-hand what it is like to live with a chronic, disabling and life-threatening condition. Since doctors have said I am lucky to be alive, I decided to use my second chance in life to help make a positive difference."*
>
> **—Jacqueline Alikhaani, *Adaptor***

> *"The patients I've recruited and talked to about this trial often express a desire to help determine the best treatment options for people like them. I think it's their belief in being part of a solution for the greater good of patients."*
>
> **—Schuyler Jones, MD, *Adaptable Co-Principal Investigator***

Results of this study will help patients and their caregivers answer questions like:

- How much aspirin should I take each day to reduce my risk of another heart attack or stroke?
- Do the benefits of taking aspirin every day differ based on the dose?
- Do the risks differ base on the dose?
- Based on my health, age, and other circumstances, what's the best dose to protect my health?

This study uses the power of PCORnet to seek answers to these questions and improve patient care and outcomes.



Identifying the aspirin dose that works best could prevent as many as

88,000

deaths per year worldwide.

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PCORnet is an initiative of the Patient-Centered Outcomes Research Institute.