



RESEARCH SPOTLIGHT ON

Cardiovascular Disease

Heart disease remains one of the leading causes of death in the nation, even with many efforts to prevent, diagnose, and treat cardiovascular conditions. When heart disease and stroke are not fatal, they can result in serious illness, disability, and decreased quality of life. Heart disease and stroke cost the nation \$320 billion in healthcare costs and lost economic productivity in 2011, according to the US Department of Health and Human Services.

Heart disease is the **#1** cause of death in the United States, killing 614,348 people in 2014.

Source: Centers for Disease Control and Prevention

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. CER produces evidence that helps people make better-informed healthcare choices.



PATIENT

My doctor is concerned that I'm at risk of having a heart attack or stroke if I can't

get my high blood pressure under control. I've heard about a telehealth program that works with patients like me, but how can I know if it will work as well as going into my doctor's office?



CLINICIAN

As a doctor in rural Alabama, I have a number of African-American patients who are

struggling to improve their blood pressure. Would partnering with community-based groups in my area increase my patients' willingness to make the sort of changes in their lives that would lower their blood pressure?

STUDY SPOTLIGHTS

Older vs. Newer Drugs for Preventing Recurring Blood Clots

Patients who have a blood clot typically receive a blood thinning drug for three to six months. This study will compare two newer drugs, rivaroxaban and apixaban, to one another and to the older drug warfarin to evaluate each drug's safety and effectiveness in preventing further clots in people who are at high risk for another. More information about this project may be found at www.pcori.org/Ortel005.

Keeping Stroke Survivors Living Independently Longer

Using the blood thinning drug warfarin enabled stroke survivors—even those over age 80—to continue living in their homes longer—on average 46 more days—compared to those who didn't take the drug, this study found. While the study also measured rates of major cardiovascular health problems, staying in their homes rather than being institutionalized in a healthcare facility is the outcome that mattered most to patients advising the researchers. Further details about this project are at www.pcori.org/Hernandez006.

Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who are studying similar topics, including cardiovascular disease.



Six PCORnet partner networks have cardiovascular health as a primary focus, including the **Health eHeart Alliance**, a Patient-Powered Research Network.

The first randomized controlled trial to use PCORnet’s resources, **ADAPTABLE**, is comparing the benefits and risks of two doses of aspirin prescribed to patients with heart disease.

