

The Statin Duration Study

Researchers

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Lead Alliance Representatives:

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Background and Study Description:

Research Question: Does it matter how LONG you have been taking a statin, in terms of your risk for a heart attack?

Significance: Buildup of plaques in the coronary arteries is an important way that heart attacks occur. This buildup - called atherosclerosis - starts early in life (young adulthood or earlier). Past research has shown that high levels of cholesterol early in life are associated with more atherosclerosis later in life and a higher risk of heart attacks. Statins lower cholesterol and reduce cardiovascular events in middle-aged and older adults, but it is unclear if starting statins early in life would lead to a reduced risk of myocardial infarction in middle age, or if it's ok to just wait until middle-age to use statins for high cholesterol (when the risk of heart attacks actually starts).

We've designed a study that will people who have had a heart attack while taking a statin, and compare them to statin users who have not had a heart attack. If statin users who had a heart attack have been taking them for a shorter period of time, then it might make sense to start statins earlier in life.

How this study meets Health eHeart Alliance criteria for sponsorship

1. Scientifically sound cardiovascular-related research

Heart attacks are a common cause of death, and preventable with statins, and it's important to understand when in life to start statins.

2. At least one Health eHeart Alliance member is participating as a patient-leader in a decision-making role and getting compensated for that role

Jon Turner, a member of the Alliance Steering Committee, will help us design the study, including particularly designing the materials that we'll use to reach out to patients who we invite to participate. He will also help us design materials to disseminate results, once we have them.



During the pilot phase, we will plan to pay Jon for 2 full days of work at \$500/day. If we are funded to do the full study, we will plan to compensate him for additional work, to be determined.

3. Accountability reporting on study progress and results back to the Health eHeart Alliance Community and the Steering Committee

We commit to update the Alliance on funding status, and plans for results publication and dissemination

4. Co-authorship for at least one Alliance patient-leader on final results publication

Jon will be invited to co-author the final results publication.

5. Acknowledgement of the Health eHeart Alliance in the final results paper

We will acknowledge the Health eHeart Alliance in the final results paper

6. Adequate funding

We plan to use our current internal funds to proceed with at least a pilot demonstration project to develop preliminary data. If needed, we plan to submit a grant to obtain funding to complete the project.