



PREVENTABLE

Participant Frequently Asked Questions

This is a study about preventing memory loss and dementia – something we all care about. By participating, you will help to understand healthy aging for generations to come!

Visit www.preventablecommunity.org or call 833-385-3899 to learn more about the PREVENTABLE study.

The PREVENTABLE study is one of the largest clinical research studies in adults 75 years or older. The goal of the study is to learn if a statin could help older adults live well for longer by preventing dementia, disability, or heart disease. By joining, you could help researchers understand the benefits of statins on outcomes that matter most for people age 75 years or older.

Participating in PREVENTABLE is easy, and it should not interfere with your day-to-day activities. If you are eligible and decide to join PREVENTABLE, you will receive \$75 after you enroll and \$50 every year following the annual follow-up call for up to five years. Joining this study is an opportunity to be a part of something bigger.

What is a statin?

A statin is a medication commonly used to lower cholesterol. Statins are frequently prescribed to patients with a history of a heart attack and stroke. Atorvastatin, or Lipitor®, is the study drug in PREVENTABLE. It is a type of statin that is well known, proven to be safe, and has been prescribed to older adults for many years.

There is a lot of misinformation about statins, so it can be difficult to find resources with trustworthy information. Talk with the study team and your doctor about finding reliable sources of information online.

I don't live near one of the PREVENTABLE sites. Can I still take part?

Yes! If you are eligible, you can participate remotely. You can contact the bilingual telesite at 833-385-3899. You can learn more and ask any questions you have at a weekly online informational Zoom session. Register at www.preventabletrial.org/info.

I am in my mid-90s. Am I too old for this study?

You are exactly who PREVENTABLE is looking for! We have so much to learn from research in older adults age 75 years and older, and no one is too old to participate in PREVENTABLE.

I've heard there can be some side effects to taking statins. What information should I know about statins?

The most common side effect of statins is muscle aches. This happens to about five out of every 100 people (or 5%). If you develop muscle aches after starting the study drug, you should talk to your study doctor. It can sometimes be difficult to determine if the muscle pain is caused by the study drug or due to other causes, like arthritis. Most (around 90%) muscle aches in older adults are actually not due to the statin itself. Statins lower inflammation and reduce the risk of stroke, so some studies suggest they improve cognition in older adults with mild cognitive impairment. You can discuss any concerns you have with your doctor and the study team.



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What if I already have some memory loss?

Can I still participate?

Yes! It is common to have some memory changes as we age, especially in our late 70s and 80s. You may still be able to participate even if you have “mild cognitive impairment,” which is a medical term for the increased memory loss associated with aging. In fact, it is important for us to learn from people like you so that we can understand if statins may lower the risk of memory loss leading to a future diagnosis of dementia. However, if you have a diagnosis of dementia from your doctor, you are not eligible.

I'm feeling well and don't want to add a medication or change anything.

If you participate in PREVENTABLE, you have a 50/50 chance of getting the study drug or a placebo. A placebo looks like the study drug, but it doesn't have any medication in it. The study drug is well-tolerated. You can help us learn about the effects of statins and whether they make a difference for healthy older adults.

If you experience any issues while participating in PREVENTABLE, you should notify your study doctor. You and your doctor may stop the study drug for a period of time to see if your symptoms get better. If your symptoms are related to the study drug, you can stop taking the study drug. However, you can still be a part of the study by participating in the annual calls and allowing the study team to review your medical record.

Why is diversity important to the PREVENTABLE study?

Increasing diversity in clinical research is a priority for PREVENTABLE. Enrolling participants of different backgrounds will ensure that the results from the study will be helpful to a wide range of people.

What if I have an urgent health issue or my doctor wants to know my cholesterol level?

Lipid levels are checked to help understand a patient's long-term health risk and prevent heart disease. Checking cholesterol levels in PREVENTABLE might reveal if a participant is taking the study drug or the placebo. There is no health emergency that would require a recent lipid level. If needed, your doctor can order a lipid panel to support your care.



My cholesterol level is normal. Why would I want to lower it?

Atorvastatin, and all statin medications, do more than just lower cholesterol. These medications also reduce inflammation, which may prevent memory loss, improve physical function, and even prevent cancer.

How do I know I can trust the research team?

The PREVENTABLE study is sponsored by the National Institute on Aging (NIA), an institute at the National Institutes of Health (NIH). The NIA is a U.S. federal agency that provides accurate, current information on aging research, information about clinical trials, educational materials and resources about aging for the public, and information for researchers and health care professionals.

The PREVENTABLE study physicians and site coordinators are available to answer your questions along the way, and we are happy to meet with you and any support person you trust. There are rules all researchers follow to make sure that we are acting in the best interest of you and all participants. From PREVENTABLE, you can expect:

- To be given as much time as you need to make decisions about being a part of and staying in the study
- Written information about the study for you to review with your family members and doctors
- A review board outside the study to monitor activities to ensure there are no safety concerns
- Your personal information to be secure
- Regular updates about the study progress

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