

SPRING/SUMMER 2024

PREVENTABLE Study Newsletter

Invite family members and friends to join a PREVENTABLE information session.

zoom link:
preventabletrial.org/info



Help Us Spread the Word About PREVENTABLE!

Did you know that eligible participants can now take part in PREVENTABLE anywhere in the United States? We want to recruit diverse participants to the PREVENTABLE study so that our findings apply to everyone. We need your help to spread the word about PREVENTABLE so we can meet our goals and learn whether a statin can help prevent dementia!

Will you use this template to write a letter to the editor of your local newspaper, community or neighborhood newsletter, or pin a copy on the bulletin board of your local community center? You are welcome to personalize the letter, but we ask that you do not change the study details.

Let us know how you used this template by filling out the form at https://bit.ly/preventable_submissions. We are grateful for your ongoing participation in the PREVENTABLE study and for helping us to spread the word. We couldn't do it without you!

Sincerely,

Bryan C. Batch, MD, MHS
Duke University



DR. BRYAN BATCH

Dear Editor, Friends, and Other Older Adults,

I am one of more than 7,000 older adults over the age of 75 who have volunteered in the PREVENTABLE study to help doctors better understand how people can stay healthy longer. I'm writing to invite other older adults from anywhere in the U.S. to join me.

The goal of the PREVENTABLE study is to find out if a commonly used heart medication (called a statin) could help older adults live well for longer by preventing dementia, disability, or heart disease. If you are over 75 and you have not had a heart attack or a stroke, you may be able to take part in PREVENTABLE.

You can join the study or learn more (in English and Spanish) by calling 833-385-3899 or by visiting the study website at www.preventablecommunity.org.

I encourage other older adults to learn more about the PREVENTABLE study so we can make progress together.

Sincerely,



PREVENTABLE

Pragmatic Evaluation of Events And Benefits of Lipid-lowering in older adults

Share your Why

Your story and voice matters! Why did you join PREVENTABLE? Your insight may encourage healthy older adults to consider joining PREVENTABLE, and are an important reminder to researchers, clinicians, and site staff on the importance of doing research that matters.

Please complete this survey at bit.ly/whypreventable to share your why.



I believe that dementia is devastating for those who face it and for their family and friends. I participate in memory of my two close friends in hopes that I may be able to help future generations.

–Marilyn, Illinois



I feel studies in older adults are vital, as they have been largely left out of clinical research. As a clergyperson, I believe in helping others. I am a participant in other clinical research studies as well. I want to help older adults live well for longer by contributing to PREVENTABLE.

–William, Wisconsin

Study Drug Information

Some participants have asked about what happens if they temporarily stop taking the study drug. This happens when a doctor and their patient might be trying to better understand a symptom that is new or uncertain. When it becomes clear that the study drug is not the problem, the participant can start taking the study drug again. At PREVENTABLE, we understand the need for these “holidays” from the study drug, and temporarily stopping does not mean you are no longer in the study. Please note:

1. We understand that PREVENTABLE is a long-term study and many things may come up in your lives during this time frame.
2. You can continue to contribute to the study even if you are not taking the study drug.
3. If you have stopped taking the study drug for a reason that is no longer an issue, you can start taking the study drug.

Call your site, or the national telesite at 833-385-3899, to discuss this further.

Thanks for all you do to contribute to the science of preventing dementia, disability, and heart disease!

September 2023 Investigator Meeting Update

The second PREVENTABLE investigator meeting was held in Washington, D.C. in September 2023. Members of the study team from across the United States came together to discuss study progress, share ideas, and consider what’s next.



The entire PREVENTABLE team is looking forward to the next time we are all together in December 2024.

Enrollment Update

Thanks to participants like you, the PREVENTABLE team has enrolled 7,363 older adults as of March 18, 2024. We need a community of volunteers to join and continue to participate in the study over the years to help us reach our goal.

We encourage you to invite your friends and family members who may qualify to visit preventablecommunity.org or call the telesite number at 833-385-3899 to learn more.

LINDA'S MARDI GRAS SHRIMP PASTA RECIPE

INGREDIENTS

- | | | |
|---------------------------------|--|--------------------------------|
| 1 pound of raw shrimp, peeled | 1 can of artichoke hearts, chopped and drained | 1 stick of butter or margarine |
| 8 ounces cream of mushroom soup | 1 can of mushrooms, drained | 1 teaspoon of garlic powder |
| 8 ounces cream cheese | 4 whole green onions, chopped | Your favorite pasta |



INSTRUCTIONS

1. Sauté shrimp in ¼ stick of butter or margarine on low heat until they have just turned pink.
2. Add mushroom soup, garlic powder, salt, and pepper to this mixture, stirring well.
3. Add ¾ stick of butter and 8 ounces of cream cheese to mixture, stirring well.
4. Continue to heat all ingredients for about 10 minutes to make sure everything is cooked. Stir occasionally. Heat may be increased if needed.
5. Cook your favorite pasta and serve mixture over pasta. Leftovers can be stored in a container and heated up later.



Linda enjoying time spent with her son

Linda has been a member of the PREVENTERS since January 2020. She is a lifelong resident of Louisiana, where Mardi Gras is celebrated with parades, music, and food. This recipe is a tribute to the shrimpers who provide Louisiana residents like Linda with their delicious catches. Bon Appetit!

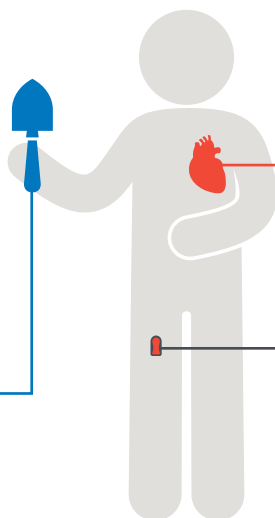
The PREVENTABLE study team would love to receive more participant recipes. You can email PREVENTABLE@dm.duke.edu to share your favorite recipes. You are also welcome to share a photo of the dish or yourself with a short caption.

Open for Enrollment! PREVENTABLE Ancillary Studies

PREVENTABLE has three ancillary studies. These studies are open to current PREVENTABLE participants through your study site. You can reach out to your study coordinator to share your interest.

PREVENTABLE PHYSICAL PERFORMANCE (SPPB)

To learn if taking a statin could slow or prevent declines in physical performance and function in older adults



CORONARY ARTERY CALCIUM (CAC) PREVENTABLE

To determine if calcium in the heart can guide treatment for heart disease

PREVENTABLE—SITTING TIME AND DEMENTIA (STAND)

To look at the relationship between sedentary behavior and dementia in older adults

The Importance of Looking Out for Each Other

“How are you doing? I’m calling to see if there is anything that I can assist you or your family with. Are there are any resources that I may be able to help you with? Remember, I am always here for you.”



Konrad Kaczowski from Plymouth, Wisconsin told us about a program he is involved with through the American Legion called Buddy Check. “Amazingly,” Kaczowski said, “we found out that some people really needed that phone call.” The Department of Veterans Affairs launched its own National

Buddy Check Week in 2023. Buddy Check teams are urged to have a list of local resources available if needed. “People are very grateful to hear that somebody’s checking up on them.”

The PREVENTABLE team learned about Kaczowski’s volunteer activities through his participation

in the study as a PREVENTER. The PREVENTERs are members of the participant advisory group guiding the PREVENTABLE trial. They are a diverse group aged 75 to 95 years old who provide critical input on the development of all participant processes and materials to improve the trial experience for older adults.






Need to buddy up? Staying socially engaged supports brain health. You can be a part of your local community by volunteering, for example, or joining a community choir. Commit to checking in with a buddy this month!

PREVENTABLE Word Game



Instructions: How many words can you make out of the word “PREVENTABLE”? Spell out the words using the lines below.

Be a PREVENTABLE Buddy!

-  1. Give a call
-  2. Send a letter
-  3. Invite someone to take a walk
-  4. Invite someone to participate in the PREVENTABLE Trial
-  5. Share the website: www.preventablecommunity.org

Visit us at preventabletrial.org
Follow us on  [@preventabletrial](https://www.facebook.com/preventabletrial)