

What are the benefits?

Simple measures such as healthy eating and physical fitness markedly reduce heart attacks. We believe that a program supporting healthy lifestyle in addition to usual medications will be more effective than standard infrequent instructions on prevention.

By participating in this study, you will receive free electrocardiograms, exercise treadmill stress tests, diet evaluations, clinic visits and complete cholesterol profiles. The results of these tests will be given to you and your primary care physician.

You have the opportunity to be part of a landmark clinical trial that may benefit society by proving a more efficient, cost-effective way of diagnosing, preventing, and treating coronary heart disease. This may improve the care of other heart patients, helping them to attain our goal of a CENTURY of well being.

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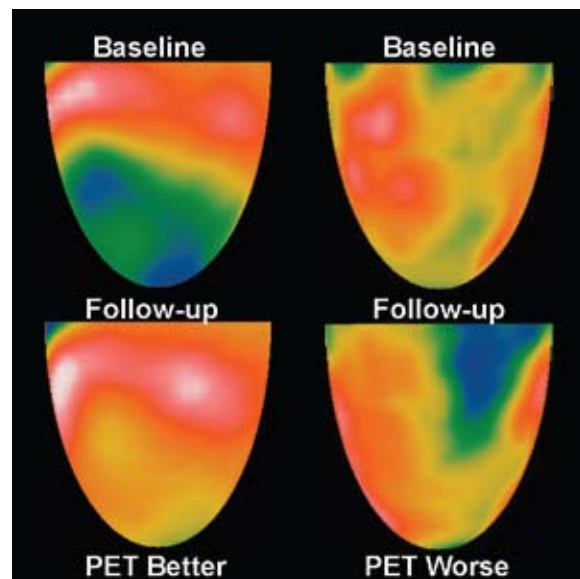
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For questions or to speak with one of
your physicians or staff, call:

Century Study Hotline

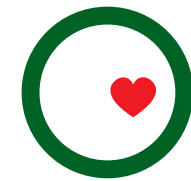
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CENTURY HEALTH STUDY

For a lean world



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WEATHERHEAD PET CENTER
FOR
PREVENTING AND REVERSING
ATHEROSCLEROSIS



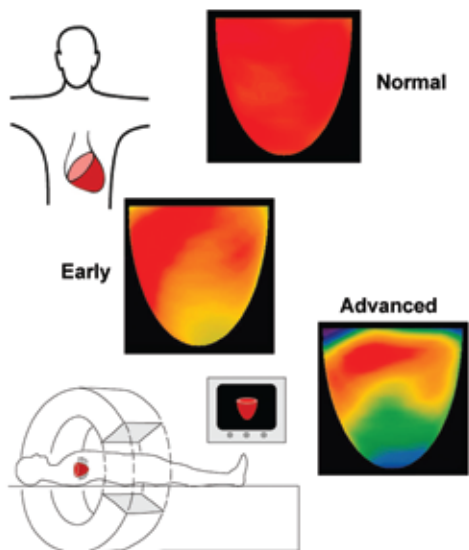
What is the Century Health Study?

The CENTURY Health Study is a cooperative effort between the UT Medical School and Memorial Hermann Hospital to compare 2 strategies for treating heart disease. If you have been diagnosed with blockages in your heart (have had a heart attack, bypass surgery, a heart balloon procedure, or stents to your heart) OR have at least 3 risk factors for heart disease, you may be eligible to participate in this 5-year innovative approach to preventing and treating heart disease.

Risk Factors for heart disease include Diabetes, High Blood Pressure, High Cholesterol levels, Smoking, a Strong family history of early Heart Disease, or Current blockages in the Carotid arteries or legs.

One study group will be scheduled for dietary and lifestyle assessments once a year throughout the study. The other study group will be scheduled for dietary and lifestyle counseling at month 1, 2, 4, 8 and 12 for the first year and every 6 months thereafter. Special imaging of the heart called Positron Emission Tomography (PET) that creates a 3 dimensional picture of your heart will be done on all patients to test whether it guides their treatment more effectively.

PET of the Heart



Positron Emission Tomography (PET) of early-reduced blood flow in the heart.

We want to find out if one group has a greater health benefit than the other and to see which strategy is the most cost-effective.

What will I have to do in the study?

If you meet study entry criteria and agree to participate in this study, you will first sign a consent form. If you have not had a stress test recently, a free exercise treadmill test will be done at your first visit. You will be scheduled for a PET scan and then be randomized (have a 50/50 chance) to be in one of the two groups: For simplicity we have named the two groups, the STARS and the STRIPES.

STARS – The STARS group receives the Standard Optimal Cardiac Treatment

You will continue with standard medical care including any recommendations for treatment based on diagnostic testing as outlined by your primary care physician or cardiologist. You will be seen by the research study personnel once a year for the 5 years of the study in addition to seeing your regular doctor. At each study visit, the nurse will review your health status, medications, and measure weight, blood pressure and percent body fat. You will also have a physical exam, see a dietician and a cardiologist who will review your medications, lifestyle, diet and exercise routine. These visits will be at no charge to you (we even pay parking) and will include periodic lab work with basic chemistry and cholesterol levels. You will receive the results of your Exercise Treadmill test and a report of each visit. The results of the PET scans will be given at the end of the 5 years.

STRIPES- The STRIPES group will be seen more frequently and have their care guided by the PET scan results.

You will be followed closely by the CENTURY STUDY team with clinic visits at month 1, 2, 4, 8, and 12 of the first year and then every 6 months thereafter in addition to seeing your regular doctor. At each visit a nurse will review your current health status, medications, and measure weight, blood pressure, and percent body fat. You will have a physical exam, see a dietician and a cardiologist who will review your health status, lifestyle, diet and exercise routine. These visits will be at no charge to you (we even pay parking). You will re-

ceive the results of your Exercise Treadmill Tests and the PET Scans the same day as your appointment. A report of each visit will be sent to you and your doctor.

This program is meant to support and not to substitute the care provided by your doctor.

What causes a heart attack?

In coronary heart disease, cholesterol is deposited in the walls of coronary arteries due to family history of heart disease, abnormal cholesterol or blood pressure, diabetes, smoking, excess weight and high fat food.

In most patients, the first sign is sudden heart attack or death due to the cholesterol plaque in the wall of the artery suddenly rupturing or breaking loose. On contact with underlying tissue, blood in the artery clots or forms a thrombosis that blocks the artery, thereby causing the heart attack.

Removing the cholesterol deposit from the wall of the artery by intense medical management reduces the risk of plaque rupture and heart attack.

