

Century Health Study

A Randomized Trial of Comprehensive Lifestyle Modification, Optimal Pharmacological Treatment And PET Image for Detection and Management of Stable Coronary Artery Disease

Patients will be followed for 5 years and RANDOMIZED to one of two possible regimens of cardiac imaging and atherosclerosis risk factor modification with exercise and healthy diet consultation:

Strategy A (Current Optimal Standard Therapy) OR

Strategy B (PET-guided Comprehensive Therapy)

Century Inclusion Criteria

Study Population:

- Men and women aged >40
- **Documented CAD** by CATH, SPECT, CT angio or MI **OR**
- **Suspected coronary artery disease** with indications (multiple risk factors**) for nuclear stress myocardial perfusion imaging (SPECT).

**RISK FACTORS:

- Diabetes, Hypertension (SBP >140 or treated)
- Cigarette smoking (current or within the last 12 months)
- LDL >130, low HDL (HDL <50 women, HDL <45 men)
- Immediate Family Hx of premature CAD (<60 year)
- Atherosclerotic Carotid OR Peripheral artery disease (as defined by ankle-brachial index below 0.9 and/or by abnormal duplex ultrasound)

Century Exclusion Criteria

- Age <40 years old and BMI >35.
- MI and stroke <4 weeks.
- CABG/PCI in prior 6 months, LVEF <30%.
- Major co-morbidities, renal or liver dysfunction, severe HTN (SBP >200mmHg), adverse social conditions, unable to exercise.
- Stable or asymptomatic CAD diagnosed within one year previously.
- Concurrent other research studies using investigational drugs/devices.



**CENTURY
HEALTH STUDY**

HOW TO ENROLL

Call: **CENTURY STUDY HOTLINE**

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