The TARP Study
(Triggered Acute Risk Prevention)

If you are interested
Please call the research nurse who will further explain the study and determine if you would be suitable. Thank you

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Reasons why this study is important

- Heart Disease remains a major preventable cause of death and disability despite improved treatments.
- A link has been identified between heart attack and stressors, such as heavy physical exertion, anger and anxiety, fatty and heavy meals, and respiratory infection
- Providing cardiac protection during these stressful events has until now not been attempted.
- This study attempts to see if we can lower cardiac risk, by providing medication at the time of these stressors. We have successfully finished 2 preliminary studies, and this study is the next step.
- Eventually, this strategy could be a helpful addition to the usual daily medications that people take.

The TARP Study
A new approach to reducing risk of Heart Attack

Date: May 2013
File Reference: TARP Study
What is the aim of the study?
To see whether people with risk factors for heart disease or known heart disease can identify stressful activities of daily life and take standard medication at this time, to lower their risk of heart attack. We will compare this approach to ‘control’ subjects.

The activities we will evaluate are:
Heavy Physical exertion
Acute emotional stress: anger and anxiety
Heavy and Fatty meal consumption
Respiratory infection

Am I eligible to participate in this study?
Yes, if you have 2 or more risk factors of having or developing cardiovascular disease such as:
- High blood pressure or currently on treatment for
- High cholesterol level or currently on treatment for
- Diabetes
- Current smoking
- Family history of heart disease
- Older age (≥ 70 years)

What happens when you participate?
After a questionnaire confirms that you are suitable, you will begin the 1st part of the study (phase 1) where you keep an event diary for 2 weeks. During this period, you will note episodes of the activities mentioned before (physical and emotional stress, heavy/fatty meals and respiratory infection)
The event diary will then be reviewed. If the investigator feels you are able to proceed to the 2nd phase of the study, you will have an assessment that consists of an ECG, a blood test for cholesterol and other risk factors, and measurement of your height, weight and waist and blood pressure recordings.
You will then be allocated randomly (like the toss of a coin) to either the treatment group or the control group for 4 months (phase 2)
The treatment group will be instructed in taking low-dose Aspirin and/or Propranolol at the time of the stressors mentioned before. Participants will record medication use. The researcher will be in regular contact for any questions that may arise.
The control group will be allocated no additional treatment and will continue their usual care.

After 4 months, both the treatment and control groups will have an assessment (questionnaire, ECG and blood test) similar to the initial assessment.

Medications used in the Study.
We will use low doses of 2 medications that are commonly used to prevent heart disease:

Aspirin 100mg
The stressors studied can increase platelet activity that could contribute towards a heart attack. Aspirin will lower platelet stickiness.

Propranolol 10mg
Propranolol is from the family of beta-blockers, and can protect against the physical and emotional triggers of heart attack. Propranolol works mainly by reducing heart rate and blood pressure.