

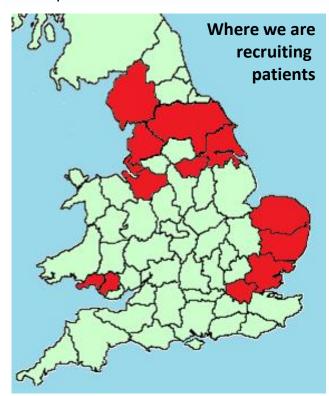
A trial designed with the patient in mind

A message from the StatinWISE trial team

Welcome to the first patient newsletter. We would like to say a huge thank you to everyone who is part of our trial. Being a patient in a clinical trial is a very generous thing to do. The issue of whether statins cause muscle pain remains an important question for millions of people around the world. Because of your participation in the StatinWISE trial, we may be able to answer this question. This will make a huge contribution to health worldwide, and you will have played a key role!

Study update

- We are recruiting patients from 58 GP practices across England and Wales
- We have opened two referral centres in London meaning that any eligible patients in England and Wales have the opportunity to participate
- Two patients have completed all 6 treatment periods and will receive their results in February
- 6 patients are due to finish in the next 4 months



150 PATIENTS RECRUITED

out of our target of 200

County	Number of patients recruited	Number of GP practices recruiting
Lancashire	42	6
London - South	23	9
Yorkshire	20	6
London - North	20	7
Norfolk	16	4
Cumbria	11	2
Glamorgan	9	2
Essex	4	1
Suffolk	4	1
Lincolnshire	1	1

What you have said...

"I still get muscle pain even though I have been off my statins for months. I need to be sure this was the problem as my cholesterol is going up"

"The research nurse made me feel at ease"

explo

"I was very well informed"

"The website is easy to use to report my pain scores"

"The research nurse explained the study in detail"

"The team at the clinical trial unit are really helpful"

Spotlight on

... your frequently asked questions

I am getting muscle pain, what should I do?

Aches and pains are common in our target patient population. If you are concerned about muscle pain, please talk to the research nurse at your practice and arrange an appointment with your GP. Your GP can manage your symptoms with the following options:

- Continuing with the daily trial medication
- Temporarily stop the study medication for that period
- Take the trial medication every other day
- Withdraw from the trial



When will I receive my personalised results?

- <u>Every</u> patient who has taken part in StatinWISE will receive study results
- These results will be personal to you and you will be told your medication allocation
- The results document will be sent to you via the post and to your GP practice
- We aim to do this within 2 months of completing the study
- This includes patients who withdraw early
- Your GP practice will then get in touch with you to discuss your results, which can be face-to-face or over the telephone.

How can I get involved in research?

"Clinical trials are better if they are done with patients rather than to them" (www.invo.org.uk). When patients are involved to provide a patient perspective to research design and how it is carried out, we all benefit. This is called Patient and Public Involvement (PPI).



Three statin patients are currently involved in StatinWISE and provide essential advice on how to improve the patient experience and the materials that you receive.

If you would like to get more involved in research and help the NHS – see the following website: http://www.invo.org.uk/communities/information-for-members-of-the-public/



Can I contribute to the next StatinWISE patient newsletter?

- Absolutely, we would love to here from patients willing to share their stories
- We will not reveal your identity
- If you are interested, please email <u>statinwise@lshtm.ac.uk</u>
 and we will get in touch with you