



# Trial to Assess Chelation Therapy Patient Newsletter

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TACT Patient Website: <http://nccam.nih.gov/chelation/>

## Thank you for Participating

Thank you for your participation in the Trial to Assess Chelation Therapy (TACT), the chelation study in which you are participating. You are part of a community of more than 1,000 people across the country taking part in TACT!

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This important study will determine if chelation therapy and high dose vitamin therapy are safe and effective for people with heart disease. It is only with your help that we will be able to answer this critical research question that will have an impact on millions of people with heart disease. Your participation in TACT has made it the largest chelation therapy study ever done.

**I want to express my most sincere appreciation on behalf of the entire TACT team for your participation in this intensive study!**

Gervasio Lamas, MD  
Principal Investigator, TACT  
Mount Sinai Medical Center

## Become a TACT Ambassador

We are still far from our goal of enrolling close to 2,000 patients.

We are asking you to help us reach our goal by becoming an Ambassador for TACT. If you have friends or family members that have had a heart attack and are over 50 years old, please let them know about this landmark study by providing the enclosed post cards to anyone who may be interested. We have more than 100 clinical sites all over the United States.

As a TACT Ambassador, you will receive a TACT Ambassador T-shirt. We hope you will wear it with pride to family functions, church gatherings, sporting events, or any other places where potential study participants may be found.

If you need further information or have any questions, please do not hesitate to ask your TACT Investigator or Coordinator.

Please see *TACT Ambassador* on page 3

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*"Your participation in TACT has made it the largest chelation therapy study ever done."*

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## Cardiac Medications that Reduce Risk of Heart Attack

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*"We pay special attention to medications that reduce the risk of another heart attack."*

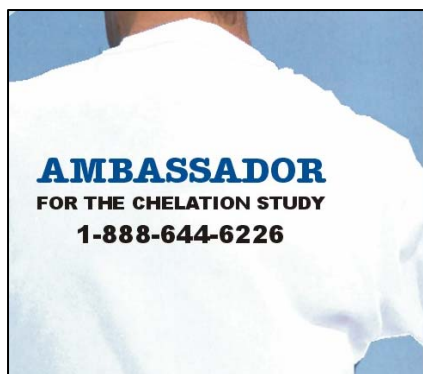
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As part of our role to ensure the best care for patients enrolled in the study, the TACT team encourages the use of cardiac medications among those enrolled in the trial. We pay special attention to medications that reduce the risk of another heart attack and help patients live longer, healthier lives.

We are aware that some of our study patients are not taking some of the medications that are proven to be effective for the prevention of heart attacks. We understand that there are various reasons not all patients can take these medications. However, as concerned health care providers, we want to share with you information about the proven benefits of taking these medications and encourage you to use them:

- **Aspirin:** reduces the risk of another heart attack by 25%
- **Beta blockers (like metoprolol, atenolol, carvedilol):** reduce the risk of death after a heart attack by 23%.
- **Statins (Lipitor, Zocor, Pravachol, Crestor, and others):** reduce levels of LDL, the "bad cholesterol".
  - **LDL causes stroke and heart attacks by blocking arteries.**
  - **If your LDL is over 100mg, one of these medicines is necessary.**
  - **For every 39 mg drop in your LDL, there is a 20% reduction in the risk of major vascular events like death, stroke or heart attack.**

If you have any questions and would like more information about these medications, we encourage you to talk to your doctor.



ASK FOR YOUR COORDINATOR  
FOR YOUR TACT AMBASSADOR  
T-SHIRT TODAY!



## What are the Next Steps After Infusion 40?

**Congratulations! You have completed the 40th TACT infusion and have now entered the follow-up phase of the study. Just as the infusions were important, so is follow-up as we try to understand how the treatments you received affect your health over time.**

**When you enrolled in the study, you read in your copy of the study informed consent that**

***“...you will be called by the site study coordinator every 3 months until the end of the study to find out how you are doing and whether you have had any heart problems since the last telephone call. You will also be asked about any hospitalizations or heart procedures you may have had between telephone calls. If you have been hospitalized during the follow-up period, it will be necessary for you to sign a release so that the site can have access to any medical records related to that hospitalization. In addition, you will be asked to return for a visit each year and at the end of the study. At each visit, you will be asked questions about your medical condition and undergo a simple physical exam....”***

**If you were one of the patients selected for the Quality of Life substudy when you started participating in TACT, you will also be contacted by the research staff of the Economics and Quality of Life (EQOL) Center at Duke University to answer questions regarding any changes in how you feel, in your ability to perform your daily activities, or in your working status. These phone calls are made at 6 months, 1 year, and 2 years after enrollment.**

**It is very important that you continue to take your high-dose vitamins each day (3 pills twice a day). You will stop your low-dose vitamins. During your quarterly telephone follow-up calls from the site coordinator, you will also be asked about your vitamin supply and to come to the site to pick-up more vitamins. You need to continue your high-dose vitamin therapy until your last annual clinic visit is completed.**

**If your address, telephone number, or contact information changes at any time, please call your coordinator at your site and let them know.**

**You are a valuable patient for our study, and we want to make sure we stay in contact with you!**

*TACT Ambassador from page 1*

**Make sure to get your free t-shirt today!**

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*“It is very important that you continue to take your high dose vitamins each day (3 pills twice a day)”*

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## TACT FACTS: General Information on the Study

-As of September 2006, there are 113 sites nationwide that can enroll patients.

-For a listing of sites go to:  
<http://nccam.nih.gov/chelation/studysite.htm>

-We have sites in 32 of the 48 continental states and 1 in Alaska

-As of September 2006, Florida has the most sites

-If you are traveling, ask your site coordinator if there is another site where you can temporarily continue your treatments at.

-NCCAM (National Center for Complementary and Alternative Medicine) and NHLBI (National Heart, Lung, and Blood Institute) are sponsors of the study

-Dr. Russell Silverman in East Syracuse, NY enrolled the first patient on September 10, 2003. Dr. Timothy Blend in Bradenton, FL enrolled our 1,000th patient on June 16<sup>th</sup>, 2006

-Become a TACT ambassador program. In this program you help recruit patients to the trial and get a FREE t-shirt

**We thank you very much for your contributions and look forward to your continued participation in this very important study!**

## On-line Resources

-Take your vitamins after a meal  
National Institutes of Health (NIH) information on CAD:  
<http://health.nih.gov/result.asp/166/10>

National Heart, Lung, and Blood Institute (NHLBI) resources Latino cardiovascular resources:  
[http://www.nhlbi.nih.gov/health/prof/heart/latino/latin\\_pg.htm](http://www.nhlbi.nih.gov/health/prof/heart/latino/latin_pg.htm)

National Centers for Complementary and Alternative Medicine (NCCAM)'s information on what is Complementary and Alternative Medicine (CAM):  
<http://nccam.nih.gov/health/whaticam/>

National Heart, Lung, and Blood Institute (NHLBI) Women's Heart Health Education Initiative:  
<http://www.nhlbi.nih.gov/whi/index.html>

National Centers for Complementary and Alternative Medicine (NCCAM)'s information on Dietary and Herbal Supplements:  
<http://nccam.nih.gov/health/bottle/>

National Heart, Lung, and Blood Institute (NHLBI)'s "Your Guide to Living Well with Heart Disease"  
[http://www.nhlbi.nih.gov/health/public/heart/other/your\\_guide/living\\_well.htm](http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_well.htm)

# Thank you!

