



**ONE FOR
A MILLION**

**CAN YOUR HEART SAVE
A MILLION LIVES?**

WE'D LIKE TO FIND OUT

Baptist Health South Florida is recruiting 4,000 men and women in the South Florida area for the **Miami Heart Study**, a key medical research study led by Khurram Nasir, M.D., that could lead to earlier prevention of heart disease. Participation in the study is voluntary.

WHAT NEW RESEARCH CAN TELL US?

In support of Miami Cardiac and Vascular Institute's focus on research, our goal is to identify new and novel connections between factors such as genetics and lifestyle behaviors, discover new risk factors and validate information about the risk factors we already know. This information would bring us closer to finding out why heart attacks occur.

ABOUT HEART DISEASE

Cardiovascular disease is still the leading cause of death for both men and women in the U.S. According to the Centers for Disease Control and Prevention, about 600,000 people per year die of heart disease.

ARE YOU ONE FOR A MILLION?

Why participate? Every life-saving discovery happened, because people just like you participated in medical research. You could contribute to medical knowledge about how to prevent heart disease, stroke and other vascular conditions. In addition, you will receive advanced cardiovascular health screening and diagnostic testing along with results at no cost.

miami *heart* study



**Baptist Health
South Florida**

In collaboration with Miami Cardiac & Vascular Institute

Flip to the back of this flyer for answers to frequently asked questions about the **Miami Heart Study**.

COMPASSION IS AT THE HEART OF OUR COMMUNITY



You can help the **Miami Heart Study** fight cardiovascular disease and other heart-related diseases – and in the process, help save a million lives.

FREQUENTLY ASKED QUESTIONS

1. Who can join this study?

You must be:

- A current full-time or part-time employee of Baptist Health South Florida or a resident of the South Florida area for at least six months
- 40 to 65 years of age
- Free of any known cardiovascular disease or symptoms of heart disease
- Willing to make a commitment to the **Miami Heart Study** by completing follow-up surveys over the next five years

2. What does study participation involve?

Participation involves a one-day commitment of four to six hours at West Kendall Baptist Hospital. There is no cost to you. If you decide to take part in the study, you will be asked to:

- Read and sign a consent form
- Complete a series of health surveys
- Undergo a series of non-invasive cardiovascular and respiratory examinations
- Provide blood samples for cholesterol values as well as inflammatory and genetic markers for cardiovascular disease

3. Who is not eligible to participate?

Potential participants with:

- History of heart attack, heart failure, or heart surgery
- History of stroke or mini-stroke, or circulatory disorders of the lower extremities
- History of either diagnosis or surgery for Abdominal Aortic Aneurysm (AAA)
- Weight greater than 350 pounds

Also ineligible for participation are people who are:

- Currently receiving treatment for cancer
- Currently pregnant, breastfeeding, or suspect you may be pregnant

4. Will my privacy be protected?

Yes. All information obtained about you will be treated as confidential.

5. Will I be compensated for my participation?

Yes. Those selected to be part of the study will be compensated for their time. Baptist Health employees will receive PTO hours for time spent in the study clinic, and non-employees will receive a \$50 check.

FIND OUT MORE

To take part in the Miami Heart Study, or for more information, visit us at **MiamiHeartStudy.com** or contact Khurram Nasir, M.D., at **(786) 662-4937** or **BHMGRsearch@BaptistHealth.net**.

For questions about your rights as a research participant, contact Maria Arnold, CIP, IRB Clinical Research Manager at **(786) 527-9280**.