



# IMPROVE-AD

IMPRoving Outcomes in  
Vascular DisEase-Aortic Dissection

*Together, we can learn how best to treat type B aortic dissection.*

## IMPROVE-AD Study Participant Guide

IMPROVE-AD (IMPRoving Outcomes in Vascular DisEase - Aortic Dissection) is a clinical research study. Results from the study will help doctors understand how best to treat type B aortic dissection.



### **Welcome**

This guide contains information about the IMPROVE-AD study and what participants can expect. Learning you have type B aortic dissection can be overwhelming because it is a serious condition that requires lifelong care. IMPROVE-AD researchers want to understand how to help people with this condition live full lives.

Please read this guide carefully and share any questions you have with your health care team. You can also visit [improvead.org](https://improvead.org) for more information.

## What is a clinical research study?

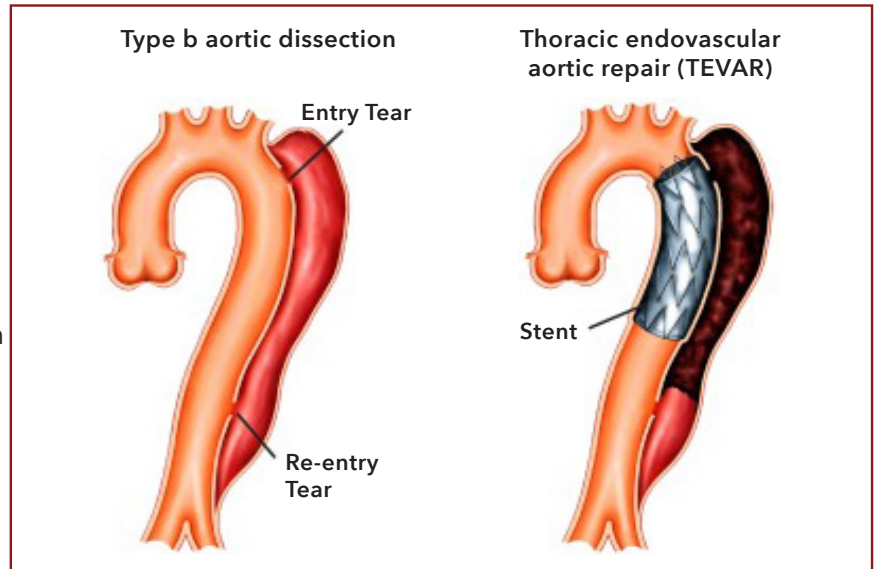
Clinical research studies help answer questions about how to diagnose, treat, and prevent health conditions. People who choose to take part provide health information to researchers. Together, the data from many people help answer the study questions. Without research studies, we would have fewer medical advances.

## What is type B aortic dissection?

The aorta is a large blood vessel that carries blood from your heart to the rest of your body. Type B aortic dissections involve a tear in the lower part of the aorta where blood travels down towards the stomach. Most cases are uncomplicated. This means that the tear has only gone through the inner wall of the aorta and the blood supply to other organs has not been greatly decreased.

People with this problem usually receive medicine or a minimally invasive repair procedure. This procedure is called thoracic endovascular aortic repair (TEVAR). During TEVAR, a metal tube (called a stent), is inserted into the

damaged part of the aorta through a small cut in the groin. No matter which treatment a patient receives, it is very important to have ongoing monitoring and care for this condition.



Annals of Vascular Diseases (doi: 10.3400/avd.ra.18-00127).

## Why is IMPROVE-AD being done?

Doctors aren't sure how best to treat type B aortic dissection yet. Researchers want to help understand which treatment works best. Additionally, current data on treatments for type B aortic dissection do not provide enough information that applies to women or diverse racial and ethnic groups. IMPROVE-AD intends to change that.

By participating in IMPROVE-AD, you may be able to help improve the lives of people with type B aortic dissection in the future.

## Who can take part in IMPROVE-AD?

Participants who may join IMPROVE-AD will:

- Be at least 21 years old.
- Have received a diagnosis of type B aortic dissection in the last six weeks.
- Not have a genetic condition that can affect the aorta, such as Marfan syndrome or Vascular Ehlers-Danlos syndrome.
- Sign up at a participating hospital.

Taking part in the IMPROVE-AD study is voluntary. You do not have to be in the study to receive your regular health care.

### DID YOU KNOW?

IMPROVE-AD plans to include:

**1,100** patients  
**60** hospitals nationwide

Researchers expect to share study results in 2030.

## What can I expect while taking part in the IMPROVE-AD study?

If you choose to participate in the IMPROVE-AD study, participation will last up to six years.

### Assigned to a Treatment Group

Once you join the study, you will be assigned to one of two groups. That means you have a 50% chance of being in either group. Researchers use this method to prevent bias. You will be told which group you are placed in.

Both medical therapy and TEVAR are already performed for the treatment of type B aortic dissection in the United States. Researchers want to understand which treatment works best.



#### TEVAR + Medical Therapy

This group will receive a minimally invasive procedure called TEVAR along with medicine. During this procedure, doctors insert a stent into the damaged part of the aorta through a small cut in the patient's groin.



#### Medical Therapy + Monitoring

This group will receive medicine and routine check-ups. This is a standard treatment approach for type B aortic dissection.

Each person's regular doctor will choose the appropriate care to give them. If your condition changes and your doctor feels you need a different medicine, procedure, or treatment, you will still be able to receive it.

### Follow-up Phone Calls

About 45 days after you start the study, the study team will follow up with you by phone. They will call you every six months after that. These phone calls will take about 30 minutes. During these calls, the study team will ask you:

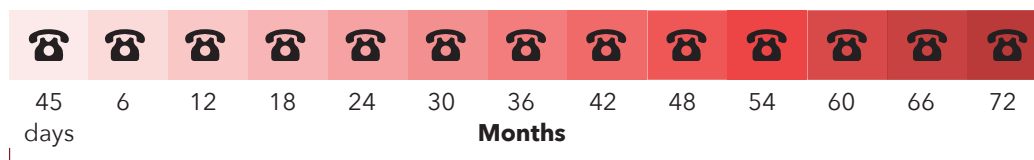
- How you are feeling.
- What medicines you are taking.
- If you have been to the hospital or had any procedures recently.
- To provide a blood pressure reading. You will receive a machine to take your blood pressure at home.



### Follow-up Schedule

People can join the study between 48 hours and six weeks after being admitted to the hospital for type B aortic dissection.

#### 30-Minute Phone Calls



Participants will receive follow-up calls from the study team to ask about their health and how they are feeling.

## Reminders for IMPROVE-AD participants



Follow the care plan from your doctor, including taking your medicines and going to check-ups.



Regularly check your blood pressure.



Answer the study team's follow-up calls. If you are unable to answer the phone when the study team calls, please call them back at **833-815-2367**.



During the follow-up phone calls, let the study team know about any new health issues or health care visits you had. This includes clinic visits, emergency department visits, or hospitalizations.



Let the study team know about any changes to the medicines you are taking during the follow-up phone calls.



Make sure the study team has your updated contact information so they can stay in touch with you. If your contact details change, please call **833-815-2367** to let them know.

You can learn more about IMPROVE-AD at [improvead.org](http://improvead.org). If you have any questions or concerns, please call the study team at **833-815-2367** or email [IMPROVE-AD\\_PRO@duke.edu](mailto:IMPROVE-AD_PRO@duke.edu).

Use the camera on your smartphone to scan this QR code and add the study team call center phone number to your phone.



**Thank you for your interest in the IMPROVE-AD study! People like you can help us understand how best to treat type B aortic dissection. We appreciate your time.**

### Notes

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