

Some examples of our current drug trials

Revaki-II

Can we prevent kidney damage during heart surgery?

Kidney damage is a common complication of heart surgery. Leading on from Revaki-1, Revaki-2 aims to compare the level of kidney damage in patients receiving a safe dose of an existing drug Sildenafil (Revatio®) compared to a placebo. Around 126 patients having heart surgery who are at risk of kidney failure will be invited to take part. Participants will be given either the drug or placebo. Participants will also be asked to give extra blood and urine samples. Apart from this everything else about the operation and their medical care happens in the usual way.

EPANOVA

Can fish oils reduce major heart events?

Statins are often taken by people with high cholesterol. But there is another dangerous fat in our bloodstream called triglycerides. Although we all have triglycerides, high levels can cause serious health problems. Researchers in Leicester and around the country want to see if fish oils can help lower the risk of major cardiac events in people with very high triglycerides. The drug being tested, Epanova, contains polyunsaturated free fatty acids made from fish oils.

Strictly Confidential

Did you know: All information collected about you during our research is strictly confidential.

Leicester Cardiovascular Biomedical Research Unit

The LCBRU at Glenfield Hospital aims to improve the diagnosis, prognosis, and treatment of cardiovascular diseases. The unit provides state-of-the-art facilities, equipment, and staff to assist researchers in their complex projects.

LCBRU is one of 20 units around England funded by the National Institute for Health Research (NIHR), a strategic research funding body within the NHS.

LCBRU is a partnership between the University of Leicester and University Hospitals of Leicester NHS Trust. The Unit's director is Professor Sir Nilesh Samani and the manager is Dr Martin Batty.

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National Institute for
Health Research

Find Out About Our Heart Research



Be a participant in one of our latest studies

Or work with researchers to have YOUR heart health questions answered

'Today's research is tomorrow's care'

**Leicester Cardiovascular
Biomedical Research Unit**



University Hospitals of Leicester
NHS Trust



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Our Heart Research

Hands up if you hear 'research' and think it must mean drugs trials?

Some research is testing drugs but a lot of it isn't. At any time we have around 80 heart research studies here in Leicester and people taking part are asked to do a number of things. These can include:

- Giving blood and urine samples
- Completing questionnaires
- Having tests or scans
- Having new types of devices fitted, such as new types of stents
- Having new or different types of treatments
- Having standard treatment but having extra follow up sessions for observation

We have two main strands of heart research. One is **Genetics & Biomarkers**. This looks at how we may inherit or have higher risks of developing heart conditions. One of our studies is looking at whether bicuspid valves run in families. Heart valves normally have three flaps, but some people only have two. This means the valves don't work as well and this can lead to heart problems in middle age or earlier. Our researchers are working with whole families to look at possible genetic causes.

Our other research theme is **new or 'Novel' Interventions**. One of our recent studies showed that treating narrowed arteries at the same time as the blocked arteries in heart attack patients reduces their risk of having heart attacks in the future. (Normally only the blocked arteries are treated.) This finding led to changes in recommended heart care in America in 2015. So our heart research can change heart care, not just here in Leicester, but across the world.

Our heart research aims to:

- Find new ways to prevent heart disease
- Improve the way we diagnose heart disease
- Find effective treatments
- And help people living with heart disease

And it's thanks to people taking part in our research that we can improve heart health for us all.

Examples of our non-drug trials

DIASTOLIC

How does Type II Diabetes affect our heart?

The Diastolic study pits diet against exercise to improve heart health in people with Type II Diabetes



Did you know that heart disease is the most common cause of death in patients with diabetes? This is because of the amount of fat that is laid down around the heart. Leicester researchers want to find out if diet or exercise is best at reducing this type of fat.

In the DIASTOLIC study people with Type II Diabetes take part in a 12 week programme of either (1) A low-calorie diet, (2) Supervised exercise, or (3) Standard care (where they eat healthily but don't radically change calorie intake or exercise habits).

Participants have tests, including a heart MRI scan, at the start and end of the 12 weeks. This means researchers can compare changes to peoples' health and the amount of fat around their hearts.

GeneCAST

Why do heart valves narrow?

Aortic stenosis (AS) is a condition where the aortic valve in the heart starts to narrow. Leicester researchers want to discover if it's a genetic condition. Their study, GeneCAST (Genetics of Calcific Aortic STenosis), is collecting blood and urine samples from 2,000 patients who have AS. If people taking part are having a heart operation, researchers also ask permission to keep any tissue that is removed during surgery that would normally be thrown away.

Sudden Cardiac Death

How can we predict that people are at risk before they have a heart attack?

You may have heard of the England cricketer James Taylor who had to retire from the sport at the age of 26 because he has a severe type of arrhythmia (an irregular heartbeat). A risk of severe arrhythmia is it can cause Sudden Cardiac Death (SCD). Leicester researchers are leading a national research project trying to find ways to identify people who are at risk of SCD before they have a heart attack. Once people are identified, they could have an Implantable Cardioverter Defibrillator (ICD) fitted. This monitors their heart rhythm and can 'shock' them back to normal rhythm when needed. Our researchers have won awards for their ICD inventions.

To find out more about our Heart Research and how you can get involved

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