COLCOT Study

- The Montreal Heart Institute is now conducting an **international study.**
- The COLCOT study is a phase-3 clinical trial that will recruit **4500 participants around the world**.
- This study focuses on the anti-inflammatory effects of a drug called **colchicine.**
- Colchicine is a **drug extracted from the plant autumn crocus.** It has been used for many years in the treatment of inflammatory diseases such as gout and familial Mediterranean fever.

- The objective of the COLCOT study is **to assess the efficacy of colchicine in reducing recurrences of cardiovascular events** in patients who have recently had a heart attack.

Have you had or do you know someone who has had a **HEART ATTACK IN THE LAST 30 DAYS?**

You (or that person) could be eligible to participate in the COLCOT study.

FOR MORE INFORMATION:

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www.colcot.org

INSTITUT DE CARDIOLOGIE DE MONTRÉAL

Montreal Health Innovations Coordinating Center
A Division of the Montreal Heart Institute
MHICC

Understanding and Preventing Heart Attacks

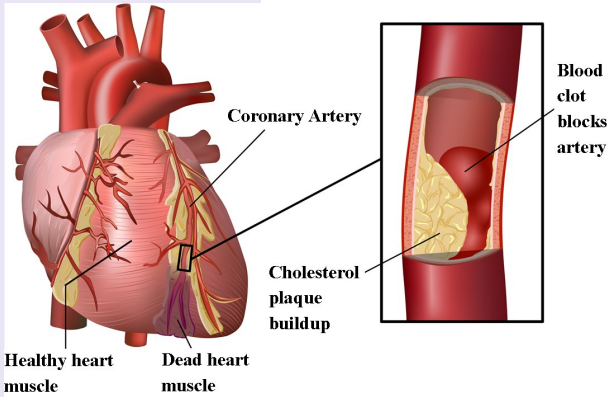
COLCOT

Clinical Study

Montreal Heart Institute

Heart Attacks

- Cardiovascular diseases are **the primary cause of death in the world** (3 out of 10 deaths) according to the World Health Organization.
- A heart attack (myocardial infarction) is caused by a blockage in the flow of oxygen-rich blood through a coronary artery to the heart.
- Most of the time, the blockage is due to **atherosclerosis.**



Atherosclerosis

- Atherosclerosis is **the accumulation of fat (cholesterol)** on artery walls.
- This accumulation produces **plaque that obstructs arteries**, preventing blood from reaching organs.
- If the plaque breaks, a **blood clot** can form and potentially block a major artery.
- The duration of the coronary artery blockage determines the damage to the heart caused by the heart attack.

Cholesterol

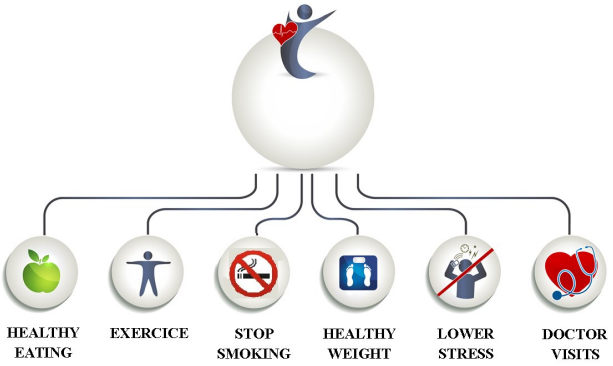
There are 3 types of fat in your blood:

- LDL-C, also called bad cholesterol
- HDL-C, also called good cholesterol
- Triglycerides

A high level of bad cholesterol represents a risk to your health.

What can you do?

Prevention is your best strategy.



In most advanced cases, drugs are prescribed **to lower cholesterol levels.**

Atherosclerosis: a chronic inflammatory disease

- Inflammation **favors the accumulation of bad cholesterol (LDL-C)** in blood vessel walls, which contributes to **atherosclerosis** and then **increases the risk of heart attack.**
- Researchers are interested in the possibility of using **certain anti-inflammatory drugs to reduce the risk of cardiovascular events.**

Clinical Research

- Reseach makes it possible to **find new treatments** and **increase our knowledge.**
- **Participants in clinical trials** are major players in research.
- Research can present risks, but above all it is about an **act of generosity and altruism.**
- You **are free to accept or refuse to participate at any time** without affecting your care in any way.

COLCOT

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