

## Including everyone matters

Let's make sure that treatments – medicines, devices, and procedures – are safe and effective for everyone. Clinical studies need to include more women, and people of all races and ethnic groups.

It's better for all of us when people of all backgrounds take part in studies.

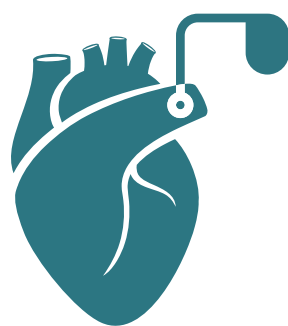


### Clinical research helps us find new or better:

Medicines



Devices



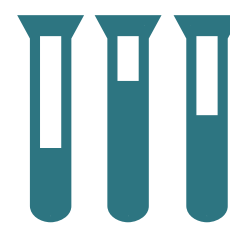
Procedures



Ways to make lifestyle changes



Tests or screenings



The goal is to find treatments that are safe and effective, and even find a cure.

### Gaps in research

We know treatments work differently in different people. But most data are from White men.

So research findings may not apply to people of other backgrounds.

### People find value participating in studies

A Mended Hearts® survey of people with heart disease found:



Most (9 out of 10) would take part in a clinical study again.



2 out of 3 said it improved their quality of life.

### What you can do

- ▶ Ask your doctor about clinical studies from the start
- ▶ Decide if one is right for you

- ▶ Learn about the benefits and how to take part
- ▶ Help advance heart care

Visit [CardioSmart.org/Research](https://www.cardiosmart.org/Research) to learn more.

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