

## Trial Overview

### UMPIRE

#### Use of a Multidrug Pill In Reducing Cardiovascular Events



People with established cardiovascular disease (people who have had a stroke or heart attack or those at high risk of such a problem) need preventative measures that address multiple risk factors. Complexity and cost confer particularly difficult barriers to uptake of treatment; recovery from a stroke or heart attack typically requires prescription of multiple medications for cholesterol, blood pressure and platelet control. A low-cost, fixed-dose, once-daily combination polypill, the Red Heart Pill, has been formulated by Dr Reddy's Laboratories. This Red Heart Pill contains 4 ingredients - aspirin, 2 blood pressure-lowering medicines and a cholesterol-lowering medicine. These 4 medicines have been available and safely used for many years but, until now, they have not been combined in a single pill. UMPIRE will assess whether people prefer taking medication for the prevention of heart attacks and strokes as a single pill or in the usual style as several separate tablets and if this strategy improves clinical outcomes (the risk of having further cardiovascular events) among high-risk patients in Europe and India. The results will be used to develop recommendations for equitable access to treatment.

#### Project Contact Details:

##### UMPIRE COORDINATING OFFICE:

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Volunteers are invited to take part in this research comparing a polypill – the Red Heart Pill - with standard medicines.

#### You may be able to join the trial if:

- ☆ You live within easy travelling distance of one of the research sites
- ☆ You have previously had a heart attack or stroke
- ☆ You are already taking medicines for high blood pressure or high cholesterol
- ☆ You have one or more risks for heart attack or stroke, such as smoking, raised cholesterol, high blood pressure or diabetes



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