



PRE-EMPT

Prospective Randomized Evaluation and Management of Premature Atherosclerosis

A clinical study to find better ways to detect and treat heart disease early—before it strikes.

What is Being Studied?

Heart disease is the leading cause of death in the U.S., but we don't routinely screen for it in younger people. The PRE-EMPT study aims to change that.

PRE-EMPT is not just about risk detection; it's also about treatment. If plaque is present in the heart arteries, PRE-EMPT will test how best to stop its growth or shrink it, which can prevent heart attacks.

Finding Answers Together Today for a Healthier Tomorrow.

Just like we screen for cancer with mammograms and colonoscopies, we need to start screening for early heart disease, especially in young to middle-aged adults who feel healthy but may be at risk. Because, by age 40, almost half of the people in the U.S. have heart disease without symptoms. This early heart disease consists of plaque or cholesterol deposits in the walls of the heart arteries that can break apart and cause a heart attack.

By joining PRE-EMPT, you're helping us learn how to detect and treat early heart disease before it becomes dangerous. Participation is voluntary. You can stop at any time. PRE-EMPT is funded by the U.S. National Institutes of Health (NIH).

Help Us Understand Heart Health—Join the PRE-EMPT Study

Who Can Join?

Participation in PRE-EMPT is for people who do not have known heart disease or diabetes.

You may be a good fit if you:

- Are a woman aged 40–60 or a man aged 30–50
- Meet certain health criteria based on your medical history, family history, or genetic risk

The PRE-EMPT website can help you learn more about the PRE-EMPT study to see if you may qualify.

Learn More:



Conducted at 20+ U.S. research sites



Questions? Visit preemptstudy.org



Ask your questions on the website's screening tool: PRE-EMPT Connect.

Why Should I Participate?

By joining PRE-EMPT, you can help researchers:

- Identify early heart disease
- Test treatments that may reduce plaque buildup

As part of your participation, you will receive:

- Heart imaging and lab tests
- Study medication or placebo shipped to your home
- A Fitbit and personalized health coaching via text
- Regular check-ins by phone and online surveys
- Compensation for your time

What Will I Do in the Study?

As a participant, you will:

- Complete study visits for heart imaging tests
- Be randomly assigned to receive one or both study medicines or a placebo
- Answer surveys and have follow-up visits over 2 years
- Receive your results when your time in the study has concluded

Together, we can improve heart health for future generations.



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www.preemptstudy.org