

Atrial Fibrillation and Atrial Flutter

Atrial fibrillation/atrial flutter (or 'Afib') is an irregular heartbeat that is common in older adults. Because Afib is often undetected and increases the risk of stroke, it is important to find it early.

If Afib is found, your provider will review the report and decide if treatment (such as blood thinners) is needed.



Zio® XT monitor

The Zio® XT monitor is a single-lead ECG monitor patch that sticks to your chest. You will mail the monitor back to iRhythm Technologies, Inc., and they'll send your doctor a report about your heart rhythms.

IRB Approved
at the Protocol
Level
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GUARD Study



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GUARD Study

Reducing Stroke by Screening for Undiagnosed Atrial Fibrillation in Elderly Individuals



We need your help!

PriMED Physicians is doing a study to learn if there are better ways to identify irregular heartbeats and protect older adults from stroke.

This brochure has information about the study.

If you have questions, please call our study office at 937-534-4238



Information About the Study

This study uses an FDA approved cardiac monitor called the Zio XT. Study details can be found at www.clinicaltrials.gov.

Trial Number: NCT04126486

Help us GUARD against stroke!

You may be able to participate if you

- Are at least 70 years old
- Are on Medicare A & B
- Have no history of atrial fibrillation or atrial flutter
- Don't have a pacemaker or other implanted cardiac device
- Are not on blood thinners (other than aspirin)

What happens in this study?

We are doing this study to see if screening for atrial fibrillation/atrial flutter will help reduce the risk of stroke in older adults. People who join will be randomly assigned (like a coin flip) to wear the Zio heart monitor patch for 2 weeks or no monitor. Your Medicare claims will be reviewed for up to 5 years to find out if you had a stroke, bleeding or were prescribed a blood thinner.

4 Steps to Participate in GUARD

1. Enroll in the study (at home or in-person) & receive a \$25 gift card for participation
2. Be randomly assigned to one of two groups:
 - o Group 1: Wear the Zio XT Patch monitor for 2 weeks
 - o Group 2: Usual care (no monitor)
3. Group 1 will mail the monitor back in and receive \$50 gift card
4. For Group 1, The results of the monitor will be reviewed by your doctor

Important Facts

Atrial fibrillation/atrial flutter is a common irregular heartbeat (arrhythmia) that can increase the risk of stroke. There are no current recommendations to screen for atrial fibrillation/atrial flutter. This study will help determine if widespread screening for this arrhythmia can reduce the risk of stroke.

Contact Us

PriMED Clinical Research
937-534-4238