

## How can I help?

- **If you know of someone with an AAA** you can let them know about this study or give them a copy of this flyer.
- **If you have an AAA** and are interested in taking part in this research study you can contact us.

We look forward to hearing from you!



This study has been approved by the Townsville Hospital and Health Service Human Research Ethics Committee  
HREC: **2018/QTHS/43408**

This study has been registered on the Australian and New Zealand Clinical Trial Registry  
ANZCTR: **12618001707257**

**easternhealth**

## CONTACT



### To speak with your site Coordinator:

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### To speak with a central Study Coordinator:

Phone: **(07) 4781 5715**  
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You can access more information and download the study booklet from the Queensland Research Centre for Peripheral Vascular Disease website:

<https://www.jcu.edu.au/qrcpvd>



**We are looking for  
Research Participants  
to take part in a study:**

## **The Metformin Aneurysm Trial (MAT)**

**Have you been diagnosed with an abdominal aortic aneurysm?**

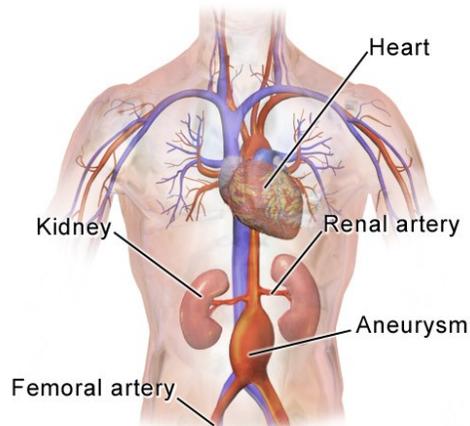
**Are you receiving scans to monitor the size of your aneurysm?**

**If YES, you could be eligible to take part in this new and exciting research study.**

# What is an Abdominal Aortic Aneurysm (AAA)?

An AAA is the ballooning of part of the aorta in the abdomen. AAAs vary in size but tend to gradually grow larger. Once they reach a size of 5.5cm in diameter, they have a high chance of rupture. The cause of AAA is not known but there are some risk factors such as history of smoking, age and being male.

AAA is a common health condition in people over the age of 65 years and there are no effective drug treatments available.



## The Study Aim

In this study we are testing to see if the drug metformin reduces the risk of AAA events (surgery or rupture).

### We are looking for people who:

- ✓ Have been diagnosed with an AAA
- ✓ Have an aneurysm that measures  $\geq 39$ mm in diameter
- ✓ Do not have a ruptured or infected AAA
- ✓ Have not had previous abdominal aortic surgery
- ✓ Do not have planned AAA surgery within the next 12 months
- ✓ Do not have diagnosed diabetes

# What is Metformin?

Metformin is currently used to lower blood glucose levels in people with type 2 diabetes. Metformin was developed in the 1940s and has been used to manage diabetes since the 1950s. Metformin is a safe, well-tolerated drug and is ideal for trials in a range of populations who do not have diabetes. Serious side effects of metformin are very rare.

Research suggests that metformin has favorable effects on AAAs and may help reduce the risk of AAA events (repair or rupture).



## What's involved?

- Consenting to the study team accessing your AAA scans and relevant medical information
- Taking medication daily for an average of 3.5 years (three tablets per day)
- Having a blood test (optional)
- Completing health-related questionnaires
- Receiving phone calls every three months

