



DEPARTMENT OF VETERANS AFFAIRS  
William S. Middleton Memorial Veterans Hospital  
2500 Overlook Terrace  
Madison, WI 53705

## NEWS RELEASE

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Contact: Jim Bove  
[James.Bove@va.gov](mailto:James.Bove@va.gov)  
Cell - (608) 335-5824

### **Can Statin Medications Help You Live Longer? Madison VA Wants to Know**

MADISON, Wis. — The William S. Middleton Memorial Veterans Hospital is looking for Veterans at least 75 years old to participate in a research study to learn if statin medications help with living longer and healthier.

The PREVENTABLE study, which began nationally in 2020 and in Madison in 2021, investigates whether taking atorvastatin (also called Lipitor®), a drug commonly used to lower cholesterol, can help adults 75 and older prevent dementia, disability and heart disease. Those already taking medication from the statin family are not eligible.

“PREVENTABLE is a remarkable study for a number of reasons,” said Dr. Cindy Carlsson. “Few studies have focused exclusively on individuals aged 75 and older, and we are proud to specifically work with our Veterans. While statins have been shown to reduce the risk of cardiovascular events for some patients, PREVENTABLE will help us learn whether they are helpful for older adults without heart disease.”

The study will include more than 20,000 participants and nearly 100 sites across the U.S. It randomizes participants without heart disease or dementia to receive either atorvastatin or placebo. The placebo looks like the study drug but has no medicine in it. Researchers follow participants for up to five years and test their memory, thinking, physical abilities and monitor them for events such as heart attacks and strokes.

PREVENTABLE is designed to make research participation easy and efficient. Researchers follow participants using electronic health records, Medicare data and telephone follow-up appointments. Study medications are shipped directly to participants every three months.

To learn more, visit [www.preventabletrial.org](http://www.preventabletrial.org). To find out who can take part in the study, or for more information, contact Hannah Zylstra at (608) 256-1901 ext. 17152 or [Hannah.Zylstra@va.gov](mailto:Hannah.Zylstra@va.gov).

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*The **William S. Middleton Memorial Veterans Hospital and Clinics** serve 95,000 Veterans in 19 counties with clinics in Madison, Beaver Dam, Baraboo and Janesville, WI, and Freeport and Rockford, IL. The Madison VA Hospital provides 105 acute medical, surgical, neurological, cancer, transplant and psychiatric care beds, as well as a 14-bed Community Living Center. For additional information, visit our [website](#), [Facebook](#) or [newsletters](#).*