Participant Information Sheet/Consent Form

Interventional Study - *Adult providing own consent*

Westmead Hospital

Title	Reducing the systemic inflammation associated with periodontitis to reduce risk in patients with coronary artery disease and on statin therapy- a randomised feasibility study
Short Title	Periodontitis and coronary artery disease
Protocol Number	2019/PID00206
Project Sponsor	WSLHD
Coordinating Principal Investigator	Professor Clara Chow
Principal Investigator	Dr Rahena Akhter
Associate Investigator(s)	Professor Joerg Eberhard.
Location	Westmead Hospital

Part 1 What does my participation involve?

1 Introduction

You are invited to take part in this research project because you have coronary artery disease and are currently on statin therapy. The purpose of this research project is to test whether therapy of gum disease reduces the risk of having a cardiovascular incident, such as a heart attack or a stroke.

This Participant Information Sheet/Consent Form tells you about the research project. It explains the tests and treatments involved. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. Ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative, friend or your local doctor.

Participation in this research is voluntary. If you don't wish to take part, you don't have to. You will receive the best possible care whether or not you take part.

If you decide you want to take part in the research project, you will be asked to sign the consent section. By signing it you are telling us that you:
- Understand what you have read
- Consent to take part in the research project
- Consent to have the tests and treatments that are described
- Consent to the use of your personal and health information as described.

You will be given a copy of this Participant Information and Consent Form to keep.

2 What is the purpose of this research?

Health professionals have long established a link between gum disease and cardiovascular disease. However, whether the treatment of gum disease reduces the risk of having a cardiovascular incident, for example- a heart attack, remains a questions mark.

Colchicine is a drug that has been shown to reduce cardiovascular risk. This trial aims to help ascertain whether a combination of gum disease therapy and colchicine therapy will reduce the risk for having a cardiovascular incident. Colchicine is approved in Australia to treat acute gout. However, it is not approved to treat cardiovascular disease. Therefore, the combination of colchicine and gum disease therapy is an experimental treatment and must be tested to see if it is an effective treatment for cardiovascular disease.

The results of this research will be used by a member of the research team (Ms Lauren Church) to obtain a Doctor of Philosophy (Dentistry) degree.

This research has been initiated by the study doctors Professor Clara Chow and Professor Joerg Eberhard and is being conducted by The Western Sydney Local Health District.

3 What does participation in this research involve?

You will be participating in a randomised controlled research project. Sometimes we do not know which treatment is best for treating a condition. To find out we need to compare different treatments. We put people into groups and give each group a different treatment. The results are compared to see if one is better. To try to make sure the groups are the same, each participant is put into a group by chance (random).

This study will be conducted over a 2-month period.

If you agree to participate in this trial, you will first be screened to see if you are likely to have gum disease. The screening process involves answering 13 questions about your gum health, oral hygiene practices and oral health knowledge. If the screening process identifies that you are likely to have gum disease you will be invited to undergo an oral examination and you will be asked to provide a blood sample. The oral examination and the blood sampling will take place at the beginning of the study and at the end. You will also be asked to provide your preferred contact details for future visits and we recommend that you provide contact details for a friend or family member in case we cannot contact you.

- The oral examination will be a standard way of measuring the health of your gums using dental instruments to assess the health of your mouth.
- A blood sample from a vein equivalent to 20 millilitres (or 4 teaspoons) will be taken after the oral examination. This sample of blood will be tested for markers (indicators) of your risk for a heart attack.

If you are assigned to the treatment groups, your gum disease will be treated by a member of the research team, who is a registered oral health practitioner, based on the common Australian recommendations for comprehensive therapy of gum disease (published by the American Academy of Periodontology). The therapy will involve 3 treatment visits. Each visit will take about 1 hour, the first visit will consist of an instruction phase, where we will explain how to improve oral hygiene especially in regions that are hard to reach. We will clean your teeth in the same way you may have experienced at your dentist during regular check-ups. Two additional visits on 2 consecutive days will be required for the treatment of gum disease. During these visits we will clean the root surfaces below the gum line to remove bacterial deposits. We will use special manual and oscillating instruments using local anaesthesia and we will complete one side of your mouth at each visit. Teeth with a poor prognosis may be removed in consultation with you regarding your own preferences.

If you are assigned to a non-treatment group, your disease treatment will happen at the end of the trial.

The therapy with colchicine will start at the beginning of the study according to the recommendation of the cardiologist in charge.

In addition, the researchers would like to have access to your medical record to obtain information relevant to the study.

This research project has been designed to make sure the researchers interpret the results in a fair and appropriate way and avoids study doctors or participants jumping to conclusions.

There are no additional costs associated with participating in this research project, nor will you be paid; however, you may be reimbursed for any reasonable travel, parking and other expenses associated with the research project visit. All medication, tests and medical care required as part of the research project will be provided to you free of charge.

It is desirable that your current dentist be advised of your decision to participate in this research project. If you have a regular dentist, we strongly recommend that you inform them of your participation in this research project by providing them with the “Information for current treating dentist” letter given to you.

4 What do I have to do?

As a participant in this study you will be required to attend all dental appointments as scheduled in order to receive the gum treatment. If you are assigned to one of the groups receiving colchicine treatment you will also be required to take 1 colchicine tablet per day.

Rest assured, you will have no restrictions on your lifestyle, diet, regular medication or whether you can donate blood.

5 Other relevant information about the research project

There will be a total of 60 participants in this study, allocated to one of four arms (15 participants per arm). The project involves researchers from Westmead Hospital, the Westmead Centre for Oral Health and the Charles Perkins Centre.

6 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage.

If you do decide to take part, you will be given this Participant Information and Consent Form to sign and you will be given a copy to keep.

Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your routine treatment, your relationship with those treating you or your relationship with Westmead Hospital of The University of Sydney.

7 What are the alternatives to participation?

You do not have to take part in this research project to receive treatment at Westmead hospital. Other options are available; these include no treatment or receiving gum treatment from a private dentist. Your study doctor will discuss these options with you before you decide whether or not to take part in this research project. You can also discuss the options with your local doctor/dentist.

8 What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research; however, possible benefits include treatment of gum disease which normally incurs heavy costs if treated privately or long wait periods if you are eligible for treatment in the public health care system.

9 What are the possible risks and disadvantages of taking part?

Medical treatments often cause side effects. You may have none, some or all of the effects listed below, and they may be mild, moderate or severe. If you have any of these side effects, or are worried about them, talk with your study doctor. Your study doctor will also be looking out for side effects.

There may be side effects that the researchers do not expect or do not know about and that may be serious. Tell your study doctor immediately about any new or unusual symptoms that you get.

Many side effects go away shortly after treatment ends. However, sometimes side effects can be serious, long lasting or permanent. If a severe side effect or reaction occurs, your study doctor may need to stop your treatment. Your study doctor will discuss the best way of managing any side effects with you.

This research involves gum treatment that that is identical to gum treatment you may experience during private dental appointments with a dentist or oral health therapist. All treatment follows standardised protocols. This treatment may be associated with temporary mild pain after the dental procedures and the inherited risks of local anaesthesia. Colchicine is a medication commonly used to treat gout. Nausea, vomiting, stomach pain and diarrhoea are side effects that may be associated with the intake of this medication. Please also note that since you are currently on statin therapy you may be at an increased risk of colchicine toxicity. If you experience any of the above symptoms please contact Dr Akhter immediately who will refer you to Professor Chow, or to the Westmead Hospital Emergency Department. The contact details for Dr Akhter can be found at the end of this document.

If treatment is required for any medical condition within the duration of the trial, you will be required to leave the study in order to receive the required treatment.

The effects of Colchicine on the unborn child and on the newborn baby are not known. Because of this, it is important that research project participants are not pregnant or breast-feeding and do not become pregnant during the course of the research project. You must not participate in the research if you are pregnant or trying to become pregnant, or breast-feeding. If you are female and child-bearing is a possibility, you will be required to undergo a pregnancy test prior to commencing the research project. If you are male, you should not father a child or donate sperm for at least 10 days after the last dose of study medication. Both male and female participants are strongly advised to use effective contraception during the course of the research and for a period of 10 days after completion of the research project. You should discuss methods of effective contraception with your study doctor.

If you do become pregnant whilst participating in the research project, you should advise your study doctor immediately. Your study doctor will withdraw you from the research project and advise on further medical attention should this be necessary. You must not continue in the research if you become pregnant.

You should advise your study doctor if you father a child while participating in the research project. Your study doctor will advise on medical attention for your partner should this be necessary.

Having a blood sample taken may cause some discomfort, bruising, minor infection or bleeding. If this happens, it can be easily treated.

This research project involves exposure to a very small amount of radiation from radiographs taken for dental purposes. As part of everyday living, everyone is exposed to naturally occurring background radiation and receives a dose of about 2 millisieverts (mSv) each year. The effective dose from this research project is about 0.08 mSv. At this dose level, no harmful effects of radiation have been demonstrated, as any effect is too small to measure. This risk is believed to be minimal.

10 What will happen to my test samples?

Samples of your blood obtained for the purpose of this research project will be transferred to Pathology West from Westmead Hospital for testing. Your blood samples will not be sold by The University of Sydney.

If you provide additional consent, the blood samples will be stored at the Westmead Oral Health Biobank.

11 What if new information arises during this research project?

Sometimes during the course of a research project, new information becomes available about the treatment that is being studied. If this happens, your study doctor will tell you about it and discuss with you whether you want to continue in the research project or not. If you decide to continue in the research project you will be asked to sign an updated consent form.

Also, on receiving new information, your study doctor might consider it to be in your best interests to withdraw you from the research project. If this happens, he/ she will explain the reasons and arrange for your regular health care to continue.

12 Can I have other treatments during this research project?

Whilst you are participating in this research project, you may not be able to take some or all of the medications or treatments you have been taking for your condition or for other reasons. It is important to tell your study doctor and the study staff about any treatments or medications you may be taking, including over-the-counter medications, vitamins or herbal remedies, acupuncture or other alternative treatments. You should also tell your study doctor about any changes to these during your participation in the research project. Your study doctor should also explain to you which treatments or medications need to be stopped for the time you are involved in the research project.

13 What if I withdraw from this research project?

If you decide to withdraw from the project, please notify a member of the research team before you withdraw. This notice will allow that person or the research supervisor to discuss any health risks or special requirements linked to withdrawing.

If you do withdraw your consent during the research project, the study doctor and relevant study staff will not collect additional personal information from you, although personal information already collected will be retained to ensure that the results of the research project can be measured properly and to comply with law. You should be aware that data collected by the sponsor up to the time you withdraw will form part of the research project results. If you do not want them to do this, you must tell them before you join the research project.

14 Could this research project be stopped unexpectedly?

This research project may be stopped unexpectedly for a variety of reasons. These may include reasons such as:
• Unacceptable side effects
• The drug/treatment/device being shown not to be effective
• The drug/treatment/device being shown to work and not need further testing
• Decisions made in the commercial interests of the sponsor or by local regulatory/health authorities.

15 What happens when the research project ends?

At the end of the trial, all participants will be advised to visit a private dentist for continued dental treatment. A summary of the results of the study will be sent to you in approximately March 2021.

Part 2 How is the research project being conducted?

16 What will happen to information about me?

By signing the consent form you consent to the study doctor and relevant research staff collecting and using personal information about you for the research project. Any information obtained in connection with this research project that can identify you will remain confidential. The information will only be accessible to the study investigators and will be kept in a locked filing cabinet at the Westmead Applied Research Centre. A source document will be generated that links the identifiable information to the study code and this will be held separately and securely on a password protected PC also at the Westmead Applied Research Centre. Your information will only be used for the purpose of this research project and it will only be disclosed with your permission, except as required by law.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified.

In accordance with relevant Australian privacy and other relevant laws, you have the right to request access to your information collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please contact Dr Akhter (details at the end of this document) if you would like to access your information.

Any information obtained for the purpose of this research project and for the future research described in Section 16 that can identify you will be treated as confidential and securely stored. It will be disclosed only with your permission, or as required by law.

17 Complaints and compensation

If you suffer any injuries or complications as a result of this research project, you should contact the study team as soon as possible and you will be assisted with arranging appropriate medical treatment. If you are eligible for Medicare, you can receive any medical treatment required to treat the injury or complication, free of charge, as a public patient in any Australian public hospital.

18 Who is organising and funding the research?

This research project is a collaborative research project between ProfessorClara Chow and Dr Rahena Akhtar from the Western Sydney Local Health District, and Professor Joerg Eberhard from the University of Sydney.

19 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the HREC of the Western Sydney Local Health District.

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect the interests of people who agree to participate in human research studies.

20 Further information and who to contact

The person you may need to contact will depend on the nature of your query.

If you want any further information concerning this project or if you have any medical problems which may be related to your involvement in the project (for example, any side effects), you can contact the principal study doctor, Dr Akhter, or any of the following people:

Clinical contact person

Name	Dr Rahena Akhter
Position	Principal Investigator
Telephone	0402 933 527
Email	rahena.akhter@sydney.edu.au

For matters relating to research at the site at which you are participating, the details of the local site complaints person are:

Complaints contact person

Position	Patient Experience Unit
Telephone	8890 7014
Email	Wslhd-westmead-feedback@health.nsw.gov.au

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

Reviewing HREC approving this research and HREC Executive Officer details

Reviewing HREC name	*WSLHD HREC Committee*
HREC Executive Officer	*Kellie Hansen*
Telephone	*8890 9007*
Email	*Wslhd-researchoffice@health.nsw.gov.au*

HREC Office contact (Single Site -Research Governance Officer)

WMD Research Office	WSLHD Research Governance Office
Telephone	02 8890 9007
Email	Wslhd-researchoffice@health.nsw.gov.au

Consent Form - *Adult providing own consent*

Title	Reducing the systemic inflammation associated with periodontitis to reduce risk in patients with coronary artery disease and on statin therapy- a randomised feasibility study
Short Title	Periodontitis and coronary artery disease
Protocol Number	2019/PID00206
Project Sponsor	WSLHD
Coordinating Principal Investigator	Professor Clara Chow
Principal Investigator	Dr Rahena Akhter
Associate Investigator(s)	Professor Joerg Eberhard
Location	Westmead Hospital

Declaration by Participant

I have read the Participant Information Sheet or someone has read it to me in a language that I understand.

I understand the purposes, procedures and risks of the research described in the project.

I give permission for my doctors, other health professionals, hospitals or laboratories outside this hospital to release information to The University of Sydney concerning my disease and treatment for the purposes of this project. I understand that such information will remain confidential.

I acknowledge that pharmaceutical companies and any regulatory authorities may have access to my medical records **specifically related** to this project to monitor the research in which I am agreeing to participate. However, I understand my identity will not be disclosed to anyone else or in publications or presentations.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the study without affecting my future health care.

I understand that I will be given a signed copy of this document to keep.

Name of Participant (please print) _____

Signature _____ Date _____

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Name of Study Doctor/
Senior Researcher† (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.

I consent to the storage and use of blood samples taken from me for use, as described in the relevant section of the Participant Information Sheet, for:

- This specific research project
- Other research that is closely related to this research project
- Any future research.

Name of Participant (please print) _____

Signature _____ Date _____

Name of Study Doctor/
Senior Researcher† (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of and information concerning the research project.

Note: All parties signing the consent section must date their own signature.

Form for Withdrawal of Participation - *Adult providing own consent*

Title	Reducing the systemic inflammation associated with periodontitis to reduce risk in patients with coronary artery disease and on statin therapy- a randomised feasibility study
Short Title	Periodontitis and coronary artery disease
Protocol Number	2019/PID00206
Project Sponsor	WSLHD
Coordinating Principal Investigator	Professor Clara Chow
Principal Investigator	Dr Rahena Akhter
Associate Investigator(s)	Professor Joerg Eberhard
Location	Westmead Hospital

Declaration by Participant

I wish to withdraw from participation in the above research project and understand that such withdrawal will not affect my routine treatment, my relationship with those treating me or my relationship with Westmead Hospital or The University of Sydney.

Name of Participant (please print) _____

Signature _____ Date _____

In the event that the participant's decision to withdraw is communicated verbally, the Study Doctor/Senior Researcher will need to provide a description of the circumstances below.

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the implications of withdrawal from the research project and I believe that the participant has understood that explanation.

Name of Study Doctor/
Senior Researcher† (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of and information concerning withdrawal from the research project.

Note: All parties signing the consent section must date their own signature.