

**Contact: Janice Lapsansky**  
Whatcom County EMS  
Phone 360-739-5776  
Fax 360-715-6492

WCEMSTCC  
PO Box 5125  
Bellingham, WA  
98227

**Emergency Medical  
Research**

# Press Release

## **Heart Attack Study in Whatcom County**

Whatcom County Emergency Medical Services, along with St. Joseph's Hospital, are participating in the IMMEDIATE Trial. This research study, supported by a grant from the National Institutes of Health, will test if an intravenous "GIK" solution of glucose, insulin, and potassium can reduce the likelihood of death from a heart attack. Patient enrollment will start in December 2008 and will continue for approximately 2 years. If you have symptoms of a heart attack and, are at least 30 years old and have positive findings on an EKG done by an EMS paramedic, you may be enrolled in the Trial. People with signs of heart failure, and those receiving dialysis will not be enrolled. If you participate in the study you will receive either a standard IV solution or GIK solution for up to 12 hours. Which solution you receive is determined by chance. Neither you nor the medical staff will know which one you are assigned to receive. You will continue to receive all the standard care you would normally receive. Previous studies have shown that giving GIK as early as possible may protect the heart from damage until further therapies are available. However, if you participate there is no guarantee of benefit. Possible side effects include redness or inflammation at the IV site; change in blood sugar levels that may cause weakness, dizziness, or thirstiness; change in potassium levels that may result in a rapid heartbeat or dizziness. You will be monitored for side effects and treated if needed. Due to the emergency nature of a heart attack, informed consent will not be obtained prior to starting the study drug. In the ambulance, the paramedics will notify you of the study and you can decide to accept or decline participation. More detailed information will be provided to you at the hospital; at that time you can provide informed consent to continue. You may withdraw from the study at any time, with no disruption in care. For more information, visit the Trial website at [www.IMMEDIATETrial.com](http://www.IMMEDIATETrial.com) or call the research coordinator at 360-739-5776.

**For Immediate Release**