A Randomized Trial of Ubiquinone Replacement in Women with Heart Failure

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Brief Study Description

• **Participants: 1200** based on adjudicated UNC HF events
  - Balanced: baseline age groups, ethnicities, duration of HF
  - Randomized in a double blind fashion after a 30 day run in phase to ubiquinone 100 mg or placebo TID

• **All participants:**
  - Receive an Android smartphone and will perform monthly self-guided 6MWT and KCCQ functional assessments
  - BNP obtained at baseline, 12 months and end of the study using a novel, home based, point of care home testing
  - 25% of participants: modified bathrooms scales that will track weekly their body weight and myocardial function using BCG

• **Clinical events (HF hospitalizations; CV mortality):**
  - Adjudicated using existing WHI protocols and infrastructure
Novel Methods of Outcomes Ascertainment

6MWT and KCCQ App

Home point of care BNP
Novel Methods of Outcomes Ascertainment

Pre-Ejection Period (ms)

R-I Interval (ms)

Decompensated ($\Delta R-J = -15 \text{ ms}$)

Compensated ($\Delta R-J = -80 \text{ ms}$)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Pre-Ejection Period (ms)</th>
<th>R-I Interval (ms)</th>
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<tbody>
<tr>
<td>Rest (110ms)</td>
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<tr>
<td>Post 6MWT (95ms)</td>
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<tr>
<td>Rest (225ms)</td>
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<tr>
<td>Post 6MWT (145ms)</td>
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$R-I = 0.92$

BCG