TEXTMEDS will evaluate a highly innovative strategy to improve cardiovascular disease secondary prevention using cheap and widely available mobile phone technology.

**Aims:**
- TEXTMEDS is a randomised controlled trial of 1,400 CVD patients from 15+ sites with acute coronary syndrome. It will examine the effect of a semi-personalised secondary prevention support program sent via mobile phone text message on the proportion taking medication.
- The study has finished recruiting and is in follow-up.

**Methods:**
- TEXTMEDS will investigate whether mobile phone text message and access to expert advice over the phone to patients who have a high risk of cardiovascular events will improve their risk factors after 12 months.
- TEXTMEDS is expected to show that a simple and affordable method of education and support can lead to better treatment and lower risk of future heart attacks or stroke in people with existing vascular disease.

**Impact:**
- TEXTMEDS will evaluate whether mobile phone text message and access to expert advice over the phone to patients who have a high risk of cardiovascular events will improve their risk factors after 12 months.
- TEXTMEDS is expected to show that a simple and affordable method of education and support can lead to better treatment and lower risk of future heart attacks or stroke in people with existing vascular disease.

**Background:**
- The largest number of cardiovascular events occur in the first year after a heart attack or stroke. Improving adherence to effective prevention medications in this period is key. Getting patients to take these treatments continues to be a major barrier to improving clinical outcomes. We need innovative and cost-effective strategies that can reach large numbers of people.

**Facts:**
- Cardiovascular disease (CVD) is the leading cause of death and disease burden globally.
- Approximately half of all CVD events occur in those who have had a prior hospital episode for coronary heart disease (CHD) and 20-40% of these patients are readmitted with a subsequent coronary event within 12 months.
- About 50% of people who have survived a heart attack or stroke take optimal preventive treatment long term.

**Partners:**
- All India Institute of Medical Sciences
- Westmead Hospital
- University of Sydney

**Supporters:**
- National Health and Medical Research Council of Australia (NHMRC)

**Contact:**
To find out more about TEXTMEDS study and its principal investigators (Assoc Prof. Clara Chow or The George Institute for Global Health, please contact:
Julia Timms +61 410 411 983 or email jtimms@georgeinstitute.org.au

**The George Institute For Global Health:**
We’re improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide.