



September 11, 2015

Dear [SPRINT Participant Name Here],

We value your participation in the Systolic Blood Pressure Intervention Trial (SPRINT)!

We are writing to tell you some exciting positive news about the trial, which you recall tests whether treatment to a systolic blood pressure goal of 120 mm Hg versus 140 mm Hg reduces heart and kidney diseases, stroke, or dementia.

What is the news?

We are pleased to tell you that part of this important research question has been answered earlier than expected. ***The SPRINT study found that treatment to the systolic blood pressure goal of 120 mm Hg (compared to the 140 mm Hg goal) reduces by 30% the risk of major complications or death due to heart problems, including heart attack and heart failure.*** In addition, the study showed an overall lower risk of death in the 120 mm Hg group. Given these findings, the blood pressure goal part of the study is no longer continuing; however, we still will need to see you in the clinic to collect other important information, such as the memory testing.

What do these results mean for me?

The SPRINT blood pressure results apply *in general* to the over 9,000 people in the study. We recommend that you talk to your personal health care provider to determine whether this lower goal is the best for you *as an individual*. Enclosed is a letter that you can share with your health care provider to help you discuss with her or him your best blood pressure goal.

What should I do now?

- Please call your SPRINT clinic to answer any questions you may have.
- Please keep your current SPRINT appointment or call us if you wish to make an earlier appointment.
- Talk to your personal health care provider regarding which blood pressure goal is best for you.

- In the meantime, please keep taking your blood pressure medications as prescribed.

Why do you still need to see me if the blood pressure question has been answered?

Your SPRINT study team will need to see you in the clinic to:

- Give you important information and a supply of study medications, and
- Collect critical information about other research questions in the study.

For example, although we answered the blood pressure research question early, we do not yet have all of the information for the part of SPRINT seeking to understand whether controlling blood pressure to a target of 120 mm Hg reduces the risk for memory loss or Alzheimer's disease.

For this reason, we ask that you continue the memory testing part of SPRINT. All SPRINT participants are vital to our ability to answer the remaining question of how the lower versus higher blood pressure treatment goals may affect memory and thinking. If you are also in the group of SPRINT volunteers receiving magnetic resonance imaging (MRI) scans of the brain, we also ask you to complete this very important test as well.

Thank you!

We look forward to seeing you in the SPRINT clinic for your next visit. Please don't hesitate to contact the SPRINT clinic listed below if you have immediate questions or concerns.

Sincerely,



Lawrence J. Fine, MD, DrPH
SPRINT Project Officer
National Heart, Lung, and Blood Institute
National Institutes of Health

Your SPRINT Clinic Contact Information:

[Site PI Name Here]

[Site Contact Information Here]