



PARTICIPANT NEWSLETTER

Dear SPRINT Volunteer:

**WINTER/SPRING 2013
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In this issue, we will talk about an exciting part of SPRINT: The **Memory and Cognition IN Decreased Hypertension (SPRINT-MIND)** Substudy.

As part of SPRINT-MIND, all volunteers are given a short series of memory tests. Some volunteers (about 2,800) are given a longer set of tests to look at memory and thinking abilities in greater detail. About 650 of these 2,800 volunteers are also given magnetic resonance imaging (MRI) tests to look at the brain.

The overall reason for these tests and the SPRINT-MIND Substudy is to find out whether the two SPRINT blood pressure goals of 120 versus 140 mm Hg affect memory and prevent dementia. The main question SPRINT-MIND seeks to answer is the following: ***Will a lower blood pressure treatment goal slow down any age-related decrease in memory and thinking abilities?***

Your participation-both in body and in mind!-is an important contribution to our learning more about the benefits of treating high blood pressure on the brain, the heart, and the kidneys.

Thank you for your participation in SPRINT!

*Lawrence J. Fine, MD, DrPH
On behalf of the NIH Project Office*

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Minding Your Memory

- Pay Attention**
- Stay Focused**
- Repeat It**
- Write It Down**
- Visualize It**
- Make Associations**
- Stay Organized**
- Plan and Prioritize**



What Does My Blood Pressure Have to Do with My Memory?!

SPRINT is an exciting research study that is looking at many ways in which high blood pressure affects health and quality of life. One of those areas is memory and thinking abilities. All SPRINT participants are being given a series of short memory tests, and your responses will provide a wealth of information to study investigators.

What does other research tell us?

Results from other research studies have shown that people with untreated high blood pressure have a greater chance of developing memory problems than people who don't have high blood pressure. But it is not clear if treating blood pressure helps to prevent memory problems or what the best blood pressure goal is. Through your participation in SPRINT, we hope to have enough information to find out if one blood pressure goal is better than another for lowering the chances of developing problems with memory and thinking abilities over the next few years.

What will I be asked to do?

During your initial baseline visit and at your Year 2 and Year 4 visits, you will be asked to answer some questions that may be challenging. Don't worry about giving a "wrong" answer – we just want you to do your best! If the tests were too easy, they wouldn't give us any useful information. Rather than score tests as 'pass' or 'fail' we are interested in how scores go up or down along with blood pressure changes that occur during the study.

What will you do with the information you collect?

We hope that the information we collect in SPRINT will help physicians help their patients improve cognitive abilities and overall quality of life. We can't do it without your help. So thank you for being part of SPRINT!





MEET SPRINT PARTICIPANT:

Linda Reid

From:
Birmingham, AL

Career: Linda is a PhD and has taught in the UAB School of Nursing for 30 years.

How did you hear about the SPRINT study? “I read about the study in the UAB on-line publication ‘The UAB Reporter’. I have hypertension and it was not controlled. I was on medication and taking it and my blood pressure was fluctuating and was not always within the normal range. So, I thought maybe I would try the study.”

Has being in the study helped your blood pressure? “Yes, it has. My blood pressure stays more within the desirable range, not as much fluctuation. There is still a little bit, but I haven’t been in the study that long. I’m thinking as time goes by if my blood level of the drug stays consistent, then my blood pressure should as well.”

What do you remember about taking the MIND tests? “From my perspective, these test logic, perception and memory. I was very interested in that because as we age we often lose some of our ability to do those things and some of us are going to develop Alzheimer’s Disease. I was curious to know if I might be normal compared to others in the population. However, when I asked questions, I learned that the purpose is to see if my tests remain the same or if they change further into the study.”

How did you feel when you were taking the MIND tests? “It was a relaxed setting and my interviewer was very nice and calm. It was not a risky test. I just wanted to do my best to see what I could do in those areas.”

Were there any specific MIND tests that you found especially interesting? As with students that I teach, you remember the ones you miss! I was given a scenario and told to remember as much of it as possible. I knew there was one thing I forgot and I could not recall what it was within the given timeframe. I can still remember what it was!”



Blood Pressure Health Advice

If you develop the flu or any illness that leaves you with poor appetite, nausea, vomiting or diarrhea, you could become dehydrated. When dehydrated, your blood pressure may be lower than planned. Continuing to take your blood pressure medication could make it worse, causing dizziness, fainting, or problems with your kidneys. So, if you become sick, contact your SPRINT site. If possible, get your blood pressure checked using a blood pressure machine at home, at your local pharmacy, or at your primary care doctor's office or clinic. If your blood pressure, especially the top number, is more than 10 points lower than your blood pressure goal, call your SPRINT clinic and let them know. They may ask you to hold one or more of your pills until you are feeling better. But please don't make any changes to your medications without talking to your SPRINT clinic.



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