



## **PARTICIPANT NEWSLETTER**

**WINTER/SPRING 2014  
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**Dear SPRINT Volunteer,**

We hope you all had a great holiday season and are enjoying a happy 2014!

The SPRINT study had a very successful year with the enrollment of 9,361 participants.

We greatly appreciate your continued active participation in the study because the long-term success of SPRINT is due to people like you who keep coming to your study visits and letting the SPRINT physicians and staff manage your blood pressure.

SPRINT is scheduled to continue for several more years, and we would like to do everything we can to encourage you to remain an active SPRINT participant.

We understand that you may have health concerns or medical needs that change over time. Please don't hesitate to talk to your SPRINT team about your individual health concerns or if you have questions about any part of the study.

SPRINT staff will work with your changing medical needs and your other physicians to be sure that you get the best possible care as you continue in the study.

Without you and your fellow participants, the SPRINT study would not be the success it is, so thank you for agreeing to join SPRINT and for continuing to work with your SPRINT staff. You are helping us to answer the important question of which blood pressure target (120 mm Hg systolic versus 140 mm Hg systolic) is the best goal.

Best wishes for a healthy and happy 2014!

*Joni K. Snyder, RN, BSN, MA  
SPRINT Deputy Project Officer  
National Heart, Lung, and Blood Institute*

*On behalf of the National Institutes of Health (NIH) Project Office*



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## **A DASHing Approach to Healthy Eating**

The Dietary Approaches to Stop Hypertension (DASH) eating plan is getting a lot of well-deserved attention. In fact, the US News and World Report listed DASH as the best and healthiest eating plans for the fourth year in a row!

The DASH eating plan was developed by the National Institutes of Health to lower blood pressure. Researchers found that study participants who were randomized to follow the DASH eating plan experienced a reduction in their blood pressure—amazingly, the reductions happened quickly, within 2 weeks of following the eating plan!

Not only did the DASH eating plan lower blood pressure, it also reduced cholesterol and has been associated with reducing risk for heart disease, stroke, cancer and several other chronic diseases. What is interesting is that the DASH eating plan is not a weight loss diet. It is an **eating plan** that emphasizes vegetables, fruits, whole grain foods, low-fat/nonfat dairy foods, fish, poultry, and nuts.

People who follow the DASH eating plan can and do lose weight because the fiber and healthy foods make them feel full compared to eating high calorie, low

nutrient snacks and meals that are quickly digested and can result in feeling hungry more often.

So how does this eating plan lower blood pressure? The foods in the DASH eating plan work together to reduce blood pressure as they contain important nutrients like magnesium, potassium, calcium, protein and fiber, and the foods are naturally low in sodium. Are you interested in learning more about the DASH eating pattern? See your SPRINT clinic staff for copies of the DASH eating plan booklet. For more information, see the National Heart, Lung, and Blood Institute website at:

<http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>

### **IMPORTANT NOTES:**

- **If you have chronic kidney disease, the DASH eating plan is not right for you. Instead, please ask your SPRINT clinic staff for copies of the Nutrition and Chronic Kidney Disease brochure from the National Kidney Foundation.**
- **Please talk to your doctor before making any changes to your diet, particularly if you are taking a potassium-sparing medication, or if you have CKD or diabetes. The DASH diet may not be beneficial and, in fact, may be dangerous to you because the fruits and vegetables in the diet may increase your blood potassium level if you have one of these conditions.**

## MEET SPRINT PARTICIPANT

**David Kamms**

**From:** Cleveland,  
Ohio



***What is your favorite part about participating in the SPRINT Study?***

“Actually, there are two of them. One is the treatment I get from the people at the study site. The other is that it is a way for me to keep a close check on my blood pressure.”

***What advice would you give someone who has a hard time taking their blood pressure medication?***

“**DON’T FORGET TO TAKE IT!** High blood pressure can and will kill you if you don’t take your blood pressure medication. You need to pay attention to what they say on TV in the commercials. High blood pressure is the silent killer.”

***What keeps you coming back to the clinic for your SPRINT follow-up visits?***

“It is a way for me to keep a close eye on my blood pressure and I like the people I see. The staff treats me with respect and it is fun to come back in to see everyone!”

### **Stay Active in SPRINT**

**USE a daily pill organizer for your SPRINT medications**

**GET a copy of your visit schedule from the SPRINT study staff**

**COORDINATE your SPRINT clinic visit with other appointments that you may have at your medical facility**

**TALK to your SPRINT staff if you have barriers that are making it hard to be in the study (for example, issues with transportation to your clinic visits)**

**ASK your SPRINT staff any questions that you may have about the study. They are ready & willing to answer your questions!**





**SPRINT CLINICAL SITES**

[www.sprintrial.org](http://www.sprintrial.org)

