



## **PARTICIPANT NEWSLETTER**

**Dear SPRINT Volunteer:**

**SUMMER/FALL 2012  
Volume 1: Issue 2**

We greatly appreciate your participation in SPRINT! One of the interesting aspects of this research study is that we have three subgroups of people that we are recruiting:

- Individuals aged 75 and older
- Those with chronic kidney disease (CKD)
- Those with a history of heart disease

All SPRINT volunteers will help us to answer the question of whether a systolic (upper number) blood pressure goal of 140 mmHg or 120 mmHg is better. The above groups of individuals are also important because we will be able to study how the higher versus the lower blood pressure goal may affect those who are older or who have CKD or heart disease.

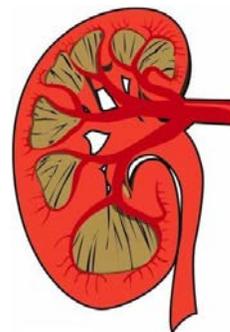
If you know anyone who is over 75 years old or who has CKD or heart disease and is interested in participating in this important study, please feel free to refer them to your SPRINT research staff.

We wish you a happy and healthy season!

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

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### **Minding Your Kidneys**

- Follow a Healthy Lifestyle**
- Stay Active**
- Avoid Potassium Rich Foods**
- Avoid Smoking**
- Drink in Moderation**
- Communicate With Your Doctor**
- Avoid Excessive Sodium**





## **What is Chronic Kidney Disease (CKD)?**

The kidney's job is to remove body wastes, poisons, and excess water (fluid) and salt (sodium) from the body. The kidneys can weaken from a number of causes. If they weaken suddenly and recover in days to weeks, it is called "acute" kidney injury. However, when they remain weak for months to years, it is called "chronic" kidney disease or CKD.

Too much salt and water in the body lead to poor health. Salt and fluids often go hand-in-hand. If a person with CKD eats large amounts of salt, fluids build up in the body because weak kidneys cannot remove the extra salt or fluids. When fluid accumulates in blood vessels like arteries, blood pressure can increase, similar to the pressure inside a swollen garden hose. High blood pressure puts a strain on the heart, the kidneys, and the brain.

### ***Why is CKD important in SPRINT?***

SPRINT is testing whether a blood pressure goal below currently recommended levels will reduce the risk of heart attack and stroke in people who are at high risk for these diseases. Unfortunately, CKD also increases the risk for heart attack and stroke. For that reason, we wish to determine whether a lower blood pressure target will also lower the risks of heart attack and stroke in people with CKD. High blood pressure can damage the kidneys. Once kidney damage or CKD occurs, blood pressure may rise further. SPRINT is designed to find out whether blood

pressures below currently recommended levels will slow the damage to the kidneys. The best blood pressure level in people with CKD is not known yet. This is why SPRINT includes patients with CKD. Your kidney function will be measured periodically throughout the study.

### ***Does participation in SPRINT affect my medications?***

SPRINT treats high blood pressure using different medications. There is no single blood pressure medicine that must be used in this research study. Blood pressure medications shown to produce kidney protection are provided by SPRINT. Blood pressure medications will be added or adjusted as needed to keep your blood pressure at SPRINT target levels.

### ***Which diet should I be on while participating in SPRINT?***

You should follow the diet that your doctor recommends is best for you. Your salt intake should be low because lowering salt intake often helps lower blood pressure. SPRINT investigators and staff may encourage you to lower your salt intake. There are other nutrients that can impact your blood pressure. For example, you may have been told to lower the potassium in your diet. Potassium is found in high amounts in certain fruits and vegetables and in some salt substitutes. Phosphorus which is found in soda and dairy products might be another nutrient you have to limit. Again, please follow your doctor's advice about what nutrients you should limit to help your blood pressure and preserve your kidney function.



## MEET SPRINT PARTICIPANT:



### **Leroy Hammond**

**From:** Aurora, CO  
**Age** 59

**Career:** He followed in his father's footsteps (Hammond's Janitorial Services) and is a cleaning supervisor for Logan Towers, a high-rise in downtown Denver.

**Hobbies:** "I love to race cars!" With the support of his mother and wife, Leroy has been working on cars since he was 15 years old. He got his first car (a 1958 Chevy that didn't run) for his 16<sup>th</sup> birthday. He fixed it



up, traded it, and his love for cars began. Over the years he has had about 50 cars and currently

drag races a 1979 Chevy Monza at Bandimere Speedway in Denver.

**How did you hear about the SPRINT study?** "I got a phone call several months after I had been released from the hospital. I was hospitalized because my blood pressure was very high....I went down at work and thought, 'this is it!' Then, the study called, and I went in for my first visit."

### **Why did you want to participate?**

"I wanted to learn how to control my blood pressure, how to eat a better diet and keep myself monitored."

**What do you like about being in the study?** "Everything! I've learned how to take care of myself! I take my medicine every single day, twice a day and it's because of the study! The study coordinators have been very encouraging and I enjoy coming to see them! I know I'm better off because of the study!"



**What are the challenges of being in the study?** "Getting my blood drawn.....but really, there are no challenges. I enjoy coming to the clinic."

**What others say about Leroy:** Leroy has a zest for life! When he talks about his hobbies and the study he just lights up. We look forward to his visits because when he walks through the door he brightens everybody's day. It is very encouraging to know that he thinks the study has made such a difference in his life.

### **Word of advice:**

"Do what your doctor says and follow the SPRINT program....it can make a difference!"





**SPRINT CLINICAL SITES**  
[www.sprintrial.org](http://www.sprintrial.org)

