



## **PARTICIPANT NEWSLETTER**

**Dear SPRINT Volunteer:**

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It is amazing that the SPRINT study is over halfway toward the end goal of answering the important question of whether it is better to treat high blood pressure to a lower versus a higher systolic treatment goal!

At the May 2014 annual scientific meeting of the American Society of Hypertension, SPRINT was repeatedly mentioned by experts in high blood pressure as a key study that will help inform health care providers about blood pressure treatment for many years to come.

Your SPRINT clinic visits are very important for the success of the study. All of your clinic visits will help to improve the lives of millions of people with high blood pressure. When SPRINT ends, you can be proud to know that you helped to answer a question about high blood pressure that could help your own friends, family, children, or grandchildren.

Kudos to you and many thanks!

*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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### **Tips for a Healthy Heart**

**Limit Intake of Foods High in Saturated Fats & Cholesterol**

**Maintain a Healthy Weight**

**If Possible, Stay Physically Active**

**Don't Smoke**

**Get Regular Checkups**



## **Heart Attack: Symptoms: Life After a Heart Attack**

### **What Is a Heart Attack?**

A heart attack happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen. Heart attacks are a leading killer of both men and women in the US. The good news is that excellent treatments are available and these treatments can save lives and prevent disabilities.

Heart attack treatment works best when it's given right after symptoms occur. *If you think you or someone else is having a heart attack (even if you're not completely sure), call 9-1-1 right away.* Acting fast at the first sign of heart attack symptoms can save your life and limit damage to your heart.

### **What Are the Symptoms of a Heart Attack?**

The symptoms of a heart attack can vary from person to person. Some people can have few symptoms and are surprised to learn they've had a heart attack. If you've already had a heart attack, your symptoms may not be the same if you have a second heart attack. It is important for you to know the most common symptoms of a heart attack and also remember these facts:

- Heart attacks can start slowly and cause only mild pain or discomfort. Symptoms can be mild or more intense and sudden. Symptoms also may come and go over several hours.
- The most common symptom, *in both men and women*, is chest pain or discomfort.

- *Women are somewhat more likely to have shortness of breath, nausea and vomiting, unusual tiredness (sometimes for days), and pain in the back, shoulders, and jaw.*
- People who have high blood sugar (diabetes) may have no symptoms or very mild ones.

### **Life After a Heart Attack**

Many people survive heart attacks and live active, full lives. If you get help quickly, treatment can limit damage to your heart muscle.

After a heart attack, most people who don't have chest pain or discomfort or other problems can safely return to most of their normal activities within a few weeks and can begin walking right away. Driving usually can begin within a week for most patients, but this can vary across states. People who have complications shouldn't drive until their symptoms have been stable for a few weeks.

After a heart attack, many people worry about having another heart attack and can feel depressed and have trouble adjusting to new lifestyle changes. Talk to your health care team and/or a professional counselor. Joining a patient support group may help you adjust to life after a heart attack. You can see how other people who have the same symptoms have coped with them. Let your loved ones know how you feel and what they can do to help you.

*References for this article were derived from the National Heart, Lung and Blood Institute website.*

## MEET SPRINT PARTICIPANT



**DOUG ELY**

**From:** Cleveland, Ohio

**Community:** Doug Ely is very active in his community and views participating in SPRINT as one of the many volunteer “jobs” he holds in Cleveland, OH.

**Military & Personal Life:** Doug is a 72-year-old retired Army officer that served two tours of duty in Vietnam.

Doug and his wife recently celebrated their 50<sup>th</sup> wedding anniversary and they plan to soon head to South Dakota for a vacation. Doug and his wife live on the west side of Cleveland and have three grown children and 5 grandchildren.

**Heart-Health:** Doug has no history of heart disease. Since starting in SPRINT two years ago, he has lost 50 pounds!

He is very committed to his daily 1 hour walk with his four year old dog, J.

Doug also does a 30-minute back exercise routine 5 out of 7 days per week.

Doug says “I eat healthy and avoid junk food” and he has red meat only once per week. He stays “heart healthy” by the small changes he has made, such as parking far away, not snacking, using sugar substitute in his coffee, and eating lots of salads and vegetables.

Doug says the clinic staff will scold him if he doesn’t do what he is supposed to do as part of SPRINT. He admits that he finds this to be very motivating and helpful in continuing to lead a heart-healthy lifestyle.

**Healthy and Blessed:** Doug chuckles when he talks about all his friends who have had stress tests and says he feels left out. All kidding aside, Doug says he has no stress in his life and that he is blessed to not have financial or health worries.





**SPRINT CLINICAL SITES**

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

