



## **PARTICIPANT NEWSLETTER**

**Dear SPRINT Volunteer:**

**SUMMER/FALL 2013  
Volume 2: Issue 2**

SPRINT successfully finished enrollment in March of this year with a grand total of 9,361 participants! The average age is nearly 69 years old, and there are 2,639 people in the study who are 75 years of age or older.

In a previous newsletter, we talked about the importance of SPRINT in helping doctors learn whether a systolic (upper number) blood pressure goal of 140 mmHg or 120 mmHg is better in people with chronic kidney disease.

But did you know that three out of every four people over the age of 70 have high blood pressure?

SPRINT is also important because it is the only large clinical study designed to test the impact of a blood pressure goal of 120 versus 140 in older people.

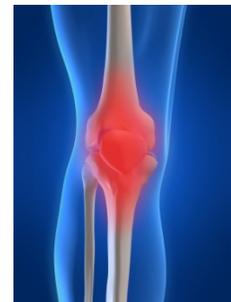
We appreciate your continued participation in the study and wish you all a safe and enjoyable summer/fall!

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

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### **Keeping Your Knees Healthy**

**Maintain A Healthy Weight**

**Stay Physically Active**

**Warm Up Before You Exercise**

**Strengthen Your Leg Muscles**

**Make Sure Your Shoes Fit Properly**

**See a Doctor If You Have Significant Pain, Swelling, or Problems Walking or Moving Your Knee**



## Home Blood Pressure Monitoring

Blood pressure monitors for use in the home have become widely available, making it easier than ever to help track your blood pressure. You may already be using a home monitor for readings between your SPRINT visits. Ensuring proper cuff size, technique, and comparability to the doctor's office machines is important for accuracy of your blood pressure measurement, and will help avoid treatment of incorrectly measured blood pressure.

### *Tips for success:*

 Make certain that you review the home blood pressure monitor instructions to be sure that your cuff fits your arm. If the cuff is too tight or too loose, the measurement will not be accurate.

 If possible, choose an upper arm cuff. Wrist cuffs are designed for people whose arms are too large for a standard arm cuff, or for those who can't use an arm cuff. Finger monitors are inaccurate and should not be used.

 Make sure your cuff is at heart level when taking your readings.

 Bring your monitor to a SPRINT visit twice a year so that it can be compared to the professional device.

 Measure your blood pressure using the same arm as in the SPRINT study; this is usually your right arm.

 Measure your pressure at the same time each day. Do not take a reading if you have just exercised, or if you are anxious, not feeling well or in pain. You may want to check your pressure if you are unusually dizzy, especially when you stand up. If your pressure is low, you may want to tell the SPRINT clinic staff.

 Record your readings, time of day and date, so that you may share the information with your SPRINT provider or your regular doctor.

 Ask your provider for guidelines for contacting SPRINT when your blood pressure measures seem too high or too low.

Working together to help you reach optimal blood pressure management is our shared goal. If you are interested in home monitoring, your SPRINT study staff will be happy to guide you.



## Ouch! My Knees Hurt & My Blood Pressure Is High!



Arthritis aches and pains can vary from mild to extreme. You may be aware that pain can increase your blood pressure, but did you know that common pain relievers can cause the same problem? Non-steroidal anti-inflammatory medicines, or NSAIDs, are widely used to treat pain, fever, and swelling. NSAIDs are available over-the-counter or by prescription. They are a mainstay of arthritis therapy for many adults, and are largely safe when used correctly. They can, however, increase your blood pressure.

Relief of pain is important to maintaining activity and quality of life. If using medicines like aspirin, naproxen (Aleve or Naprosyn), or ibuprofen (Motrin or Advil) is interfering with your blood pressure control, you may want to consider acetaminophen (Tylenol) as an alternative. Geriatricians recommend up to 2000 to 3000 mg of acetaminophen every day for arthritis pain relief. This is typically taken in divided doses: for example, two 500 mg pills taken three times a day, or two 650 mg pills taken twice a day. The recommended maximum dose of acetaminophen is 3000 mg.

If you have arthritis, talk to your doctor about NSAIDs & other interventions which may be helpful, such as water aerobics, exercise, physical therapy programs, or steroid injections.

## MEET SPRINT SENIOR PARTICIPANT:

**Thomas Kelly**

*From:* St. Louis, Missouri

*What led to your decision to join the SPRINT*

*research trial?* “I had previously worked with the research group at John Cochran hospital on the SELECT trial and was the alpha test subject for the Desert Storm 10th anniversary review study. So, when I heard about the SPRINT Trial, and I was already being treated for hypertension, I decided to apply, and I was accepted.”

*What do you do to keep healthy?* “I swim about a half mile three times a week and do some Pilates type exercises three days a week. I take Sundays off! I do all of my own yard work and snow removal. This seems to keep me in pretty good physical condition.”

*What would you say to another person your age to inspire them to maintain or even improve their health?* “Personally, I believe that the life of exercise that I have lived has enabled me to stay healthy. I played competitive soccer into my mid-fifties. I also played racquetball and jogged until my knees told me to stop. This is when I returned to swimming.”



*How do you keep such a positive attitude?* “I believe that my constant response of ‘Fantastically Well!’ to the inquiry ‘How are you?’ has the impact of keeping me motivated in a positive frame of mind throughout the day.”





**SPRINT CLINICAL SITES**

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

