



PARTICIPANT NEWSLETTER

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Thank You!

Dear SPRINT Volunteer:

On behalf of the National Institutes of Health (NIH), I want to thank you for joining the SPRINT study.

SPRINT is testing the following question:

Which is better – a systolic (upper number) blood pressure goal of 140 mmHg or 120 mm Hg?

By taking part in SPRINT, you are playing an important role in this major research study that will help doctors learn how best to treat high blood pressure (BP). We will learn if lower BP decreases the risk of heart and kidney diseases, stroke, or dementia. If you take BP medicine, SPRINT will tell us if taking one or two additional BP pills each day is best for your health.

We hope that you find this newsletter useful and enjoyable. We appreciate your contribution to this research. Thank you for being a SPRINT participant!

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



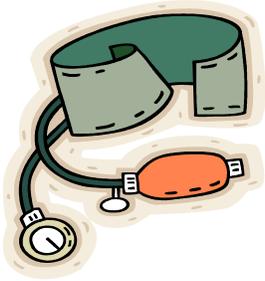
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Ten Tips To Stay Healthy

- **Eat a nutritious breakfast**
- **Eat a variety of foods**
- **Get moving, don't be a couch potato**
- **Participate in doctor-approved physical activities**
- **Participate in activities you enjoy**
- **Choose healthy snacks**
- **Include whole grains and fiber in your diet**
- **Drink plenty of water**
- **Include others in your activities**
- **Having FUN is important**



What Is High Blood Pressure?

High blood pressure – also called *hypertension* – is a serious health condition that affects about one billion people worldwide.

“Blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can lead to heart disease, stroke, heart or kidney failure, and other health problems.

Hypertension has no symptoms, so knowing your blood pressure numbers is important even if you feel fine.

Blood Pressure Numbers

As the heart beats or contracts to pump blood out of the heart, blood pressure is at its highest. This is the top number in a blood pressure reading and is called “systolic” (sis-TOL-ik) blood pressure. Before the heart contracts, blood pressure is lowest, and this is the lower or “diastolic” (di-a-STOL-ik) number in a blood pressure reading.

In SPRINT, we are focusing on systolic blood pressure (SBP) because health risks for people in the SPRINT trial are more related to SBP.

Your blood pressure is not the same all of the time. It is lower when you sleep and higher when you wake up. Blood pressure also goes up when you are active, nervous, or excited. This is why we ask you to sit

quietly for a little while before we take your blood pressure in the clinic.

High blood pressure is present when your SBP is consistently above 140 mm Hg. If you are in the standard group, your blood pressure medications will be adjusted so that your SBP is less than 140 mm Hg. If you are in the intensive group, the goal is to keep your SBP at less than 120 mm Hg.

Risk Factors for HBP

Risk factors are the habits or traits that may increase your chances of having high blood pressure. Some of the risk factors are as follows:

Age: Blood pressure goes up the older you get. Men who are over 45 years of age and women who are over 55 years of age have a higher risk for HBP. In the United States, more than half of those who are over 60 years of age have HBP.

Race/Ethnicity: HBP is more common in African American adults than it is in Hispanic American or Caucasian adults.

Overweight/Obesity: An unhealthy amount of body weight can lead to HBP.

Gender: More adult men have HBP than adult women.

Unhealthy Habits: Smoking, too much salt or alcohol, and lack of physical activity can raise your risk for HBP.





**Meet the First
SPRINT
Participant:
Cynthia Brown**

From: Greenville, North Carolina, age 58

Personal History: Divorced, two children, Shawn, 36; and Teedra, 34.

Career: Clinical Research Coordinator in the Department of Pediatrics at East Carolina University Brody School of Medicine for the past 25 years.

How has the SPRINT study affected her health? “I trust Dr. Powell and my Primary Care Provider. I am glad that I have people on top of my blood pressure. I am doing well.”

Hobbies: “I like to garden and read mystery books. Some of my favorite authors are James Patterson and Nicholas Sparks.”

How did you get involved in SPRINT? “One day I was on my way to a meeting when I ran into Karen Parker. We were talking about the current research that our departments were involved in and she told me about the SPRINT Study. I let her know that I have hypertension and she told me to think about enrolling and I did and here I am today.”

What others say about her? “We wish that all of our participants could be as lively and make such a strong investment in their own health as Cynthia. She is a great patient and lovely to talk with at each of her visits. We always look forward to seeing her.”

Tips for a happy life: “Take today for today and enjoy it like it was your last on earth. Just live!”

Statement: “I have really enjoyed the trial and love seeing everyone in the office.”



SPRINT MIND

What Do SPRINT MIND Tests Tell Us?

As a participant in SPRINT, you may have wondered “***Why am I being asked all these questions related to memory and thinking?***” and “***What information do these tests provide?***”

High blood pressure may affect the brain, so it also could affect memory and other thinking abilities.

You are being tested to find out if one blood pressure goal is better than another for decreasing the chances of developing problems with memory and thinking abilities over the next few years. We are interested in how scores go up or down with blood pressure changes that occur during the study. You should not worry if your scores change over time because they do for everyone.

The relationship between high blood pressure and memory is an important part of the SPRINT study. To answer this important question, we must test your ability to learn and remember new information such as word lists, numbers and pictures. We have to include some difficult items, so expect to miss some.

Because of volunteers like you, we can learn whether lowering high blood pressure improves memory, which in turn helps people do their day-to-day activities and improves overall quality of life.



