



## **PARTICIPANT NEWSLETTER**

**WINTER/SPRING 2015  
Volume 4: Issue 1**

**Dear SPRINT Volunteer:**

The entire SPRINT study team wishes you a healthy and happy 2015!

We know that your time is valuable, and we appreciate your continued participation in this important study to learn whether a lower systolic blood pressure (BP) goal of  $\leq 120$  mm Hg is better than a higher BP goal of  $\leq 140$  mm Hg. Every SPRINT volunteer is vital to answering the questions of whether lower BP reduces the risk of heart disease, stroke, progression of kidney disease, and dementia.

Sometime during the first part of 2015 you will receive a DVD that highlights the importance of staying actively involved in the SPRINT study. We hope that you will view this short video, which includes two of your fellow SPRINT participants and their reasons for staying in the study and taking their SPRINT medication.

SPRINT is scheduled to continue for approximately two more years. As always and during the remaining time in the study, it is crucial that all SPRINT participants take their medicine and stay at or reach the BP goal they were given at the beginning of the study. We greatly appreciate your ongoing participation in the SPRINT study!

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National Heart, Lung, and Blood Institute*

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

### **Inside This Issue:**

<b>SPRINT Study Message.....</b>	<b>1</b>
<b>The Importance of SPRINT .....</b>	<b>2</b>
<b>Participant Perspectives.....</b>	<b>3</b>
<b>SPRINT Map .....</b>	<b>4</b>

### **Tips to Take Your Study Medications As Prescribed**

**Use a Pill Box to Prepare Your Medications a Week or Even Two Weeks in Advance**

**Make a Daily Checklist of the Pills You Have to Take and the Times You Should Take Them. Check off Each Dose After it is Taken**

**Just Like an Appointment, Add Your Medication Doses to Your Daily Planner to Remind You When a Dose is Due**



## The Importance of SPRINT

High blood pressure (BP) is a major health concern for most people and is estimated to affect one billion adults worldwide. High BP is a risk factor for coronary heart disease, stroke, heart failure, chronic kidney disease and decline in memory and thinking.

SPRINT is important because we hope to determine if a lower systolic BP (the top number in a BP reading) of less than or equal to 120 is better than a higher BP of less than or equal to 140. By answering this important question, we hope to provide information to the public that could reduce the risks of a high BP and improve the health of the general population.

## The History of SPRINT

SPRINT recruitment began on November 11, 2010 and was completed on March 15, 2013.

- A total of 9,361 people were eligible for the study and enrolled at 102 clinics in the US and Puerto Rico
- 2,652 participants who enrolled had chronic kidney disease
- 2,639 were 75 years of age or older
- 1,875 had a history of heart disease

Memory tests are given to all SPRINT participants, but SPRINT also recruited participants into SPRINT-MIND & SPRINT-MIND MRI. In SPRINT-MIND 2,921 participants were enrolled to complete additional tests, and in SPRINT-MIND-MRI 667 participants were enrolled to undergo MRI screening.

## Interesting SPRINT Facts (As of 1/23/15)

- Number of people screened = 14,692
- Number of baseline visits = 9,361
- Number of year 1 visits = 8,723
- Number of year 2 visits = 7,756
- Number of year 3 visits = 3,289
- Number of blood pressures taken & recorded = 135,765 BPs
- Number of medications dispensed = 258,096 bottles
- Number of lab results acquired = 74,023 completed blood draws

## Your Role as a SPRINT Participant

Each and every person enrolled in SPRINT plays an important part. By taking your study pills and showing up for clinic visits, we can get the information we need to answer our critical study question. Please talk to your SPRINT team members, they can help you work through issues or barriers you may be facing and help you to stay on track with taking your pills and coming in for your study visits.

## The Future

Please continue to add to the ever-growing number of SPRINT visits! You are helping us learn more about how treating high blood pressure may lower the risk of several serious diseases. Your continued commitment to taking your blood pressure pills and coming in for study visits is greatly appreciated—we could not do this research without YOU!



## MEET SPRINT PARTICIPANT



**MARY CAROL SAPP**

**From:** Winston-Salem, NC

**Career & Personal Life:** “I worked as the secretary for Old Town Telephone Company/Alltel Carolina for 26 years and am now enjoying retirement. I am 71 and remain single or an ‘old maid’ but I’m still hopeful at this age!”

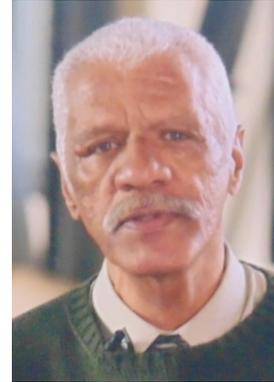
**Hobbies:** “I love to travel! I also belong to several clubs and enjoy attending my regular club meetings.”

**SPRINT Participation:** “I have been a participant in SPRINT for 4 years. I became involved after receiving a letter in the mail, so I contacted the clinical site and enrolled in the study.”

**SPRINT & Health:** “I find the SPRINT staff and study physician very supportive and encouraging of my overall health. My health has improved and I am very pleased with the close monitoring of my blood pressure.”

**Tips for a Happy Life:** "You don't have to have the last word. Enjoy living! It is what it is. Don't worry and enjoy life!"

## MEET SPRINT PARTICIPANT



**VICHU WRIGHT**

**From:** Winston-Salem, NC

**SPRINT Participation:** “The primary reason I keep coming back for my SPRINT visits is being able to keep my blood pressure monitored.”

**SPRINT & Health:** “I have made quite a few changes in my lifestyle since becoming a SPRINT participant. Two of the most important changes are in my diet and exercise regimen.”

**Tips for a Healthy Life:** “I hope people will be more concerned about their health, especially hypertension. We have only one life to live, let’s live it to the fullest and be as healthful as possible!”

Live. Life. Healthy





**SPRINT CLINICAL SITES**

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

