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TARGET:BP™ | American Heart Association. life is why™ AMA AMERICAN MEDICAL ASSOCIATION

AHA's
Scientific Sessions

Monday, November 14, 2016

HCA MIDWEST HEALTH

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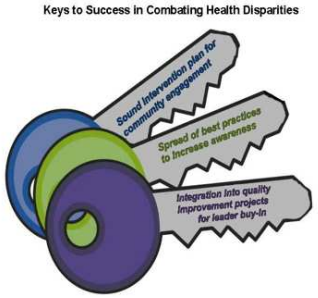
Willie E. Lawrence Jr., MD, FAHA, FACC
Research Medical Center
Heart Disease and Stroke Prevention Clinics

"Heart care near me, in my community!"



High US Prevalence & Cost of High Blood Pressure (HBP)

- 80 million adults have HBP[1]

Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)
Normal / Ideal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
Hypertension stage 1	140-159	or	90-99
Hypertension stage 2	160 or higher	or	100 or higher
Hypertensive crisis	higher than 180	or	higher than 110

- $46 billion cost for U.S. annually[2]

1: American Heart Association; 2: Total cost includes cost of health care services, medication to treat HPB, and missed days of work per the Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2013 on CDC WONDER Online Database, released 2015. Data are from the Multiple Cause of Death Files, 1999-2013, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program: http://wonder.cdc.gov/ucd-icd10.html. Accessed on Feb 3, 2015.

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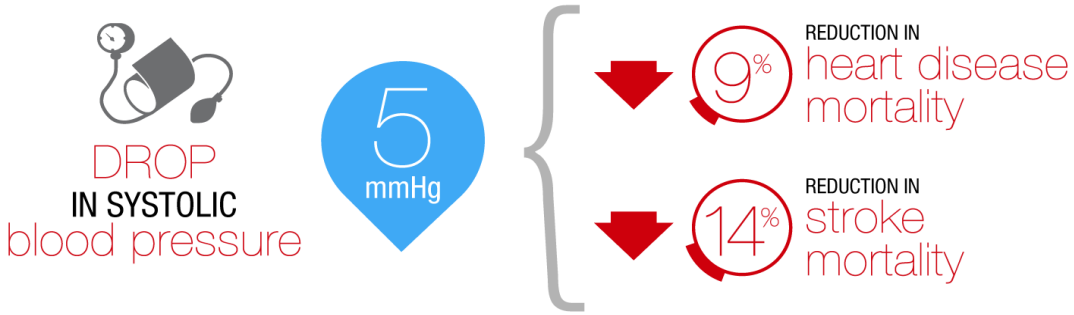
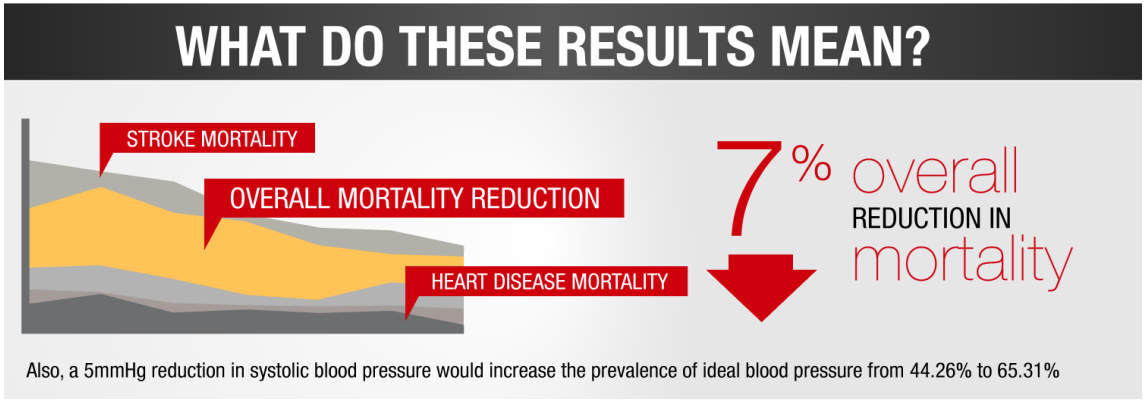
Major Impact





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EDITORIAL

A SPRINT to the Finish

Jeffrey M. Drazen, M.D., Stephen Morrissey, Ph.D., Edward W. Campion, M.D., and John A. Jarcho, M.D.
N Engl J Med 2015; 373:2174-2175 | November 26, 2015 | DOI: 10.1056/NEJMe1513991

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Article | References | Citing Articles (1) | Metrics

When investigators enroll patients in a clinical study, they make an implicit contract with each participant. Through the data and safety monitoring board (DSMB) mechanism, they fulfill the first part of the contract — protecting the participant from avoidable harm that might result from participation in the trial. They fulfill the second part of the contract — the commitment to honor the time at risk that the participant spent in the trial — by deriving the clearest and most clinically directive information possible from the data gathered during the trial. This task takes tremendous time and energy.

The SPRINT (Systolic Blood Pressure Intervention Trial) investigators now report in the *Journal* the results of a National Institutes of Health (NIH)–sponsored trial studying the impact on major cardiovascular events of a lower systolic blood-pressure target in adults with hypertension.[1] To the surprise of many, the trial was stopped on September 11, 2015, years earlier than planned. The leadership of the National Heart, Lung, and Blood Institute (NHLBI) stopped the trial on the recommendation of the DSMB, which had identified a survival benefit in patients assigned to the lower blood-pressure target.

When the study was stopped, the NIH immediately notified the participants that those in the low-target group had done better than those in the usual-care control group; the public was also notified, although a full report of the study was not yet available. The investigators, who were also taken by surprise, then hunkered down to the serious business of understanding the available data, knowing

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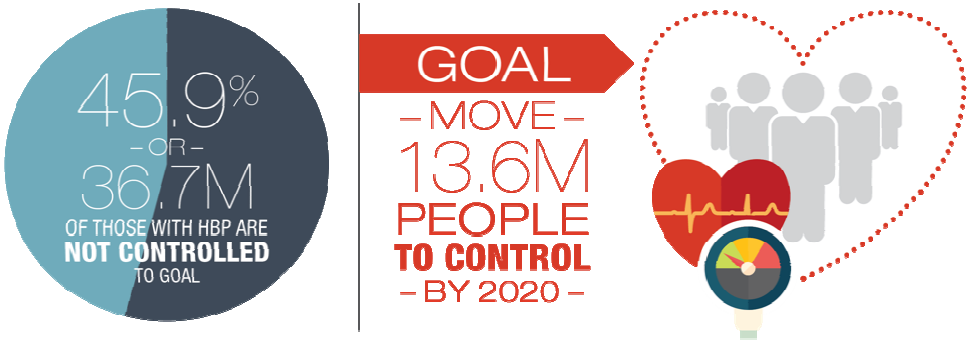
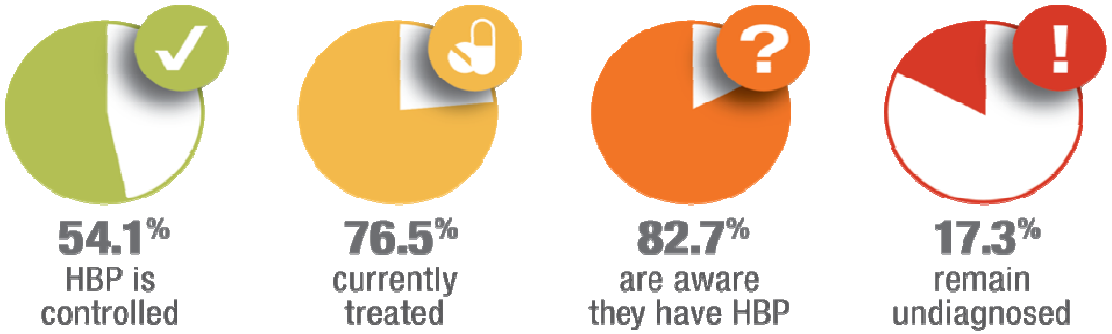
Goal: Better Control



From 2009 to 2012 among US adults with HBP



Goal: Better Control

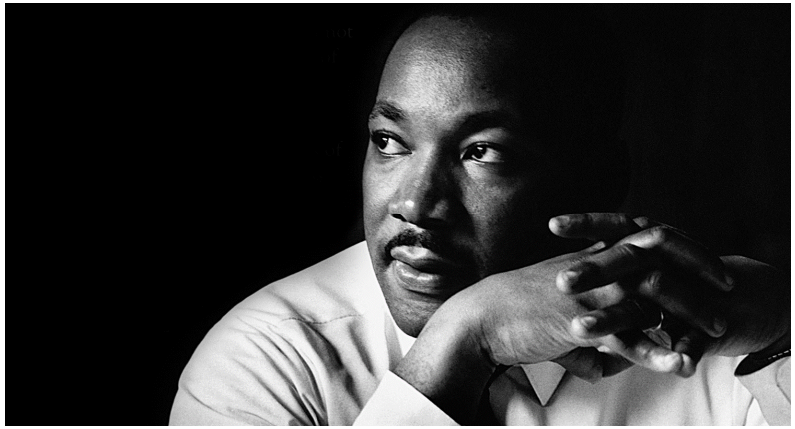
- Despite improved access to care, effective therapies, and proven lifestyle interventions, achieving success in hypertension control remains an increasing challenge
- This is particularly evident when considering cultural & socioeconomics factors and disparities in healthcare

1 in 2
African-Americans

1 in 5
Asians, Pacific Islanders

1 in 3
Hispanics, Latinos

1 in 4
Amer. Indian, Alaska Natives



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SCIENTIFIC SESSIONS

Start with Evidence

AHA/ACC/CDC Science Advisory

OPEN

An Effective Approach to High Blood Pressure Control

A Science Advisory From the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention

Alan S. Go, MD; MaryAnn Bauman, MD; Sally Ann King Coleman, MD, MSc; Gregg C. Fanorow, MD, FAHA, FACC; **Willie Lawrence, MD, FAHA, FACC**; Kim Williams, MD, FAHA, FACC; Eduardo Sanchez, MD, MPH

Circulation
Cardiovascular Quality and Outcomes

American Heart Association®

A Pharmacist-Led, American Heart Association Heart360 Web-Enabled Home Blood Pressure Monitoring Program

David J. Magid, Kari L. Olson, Sarah J. Billups, Nicole M. Wagner, Ella E. Lyons and Beverly A. Kroner

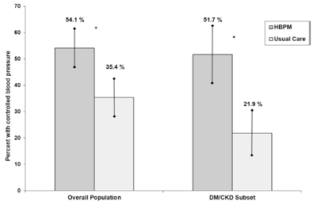

Figure 2. Six-month rates and 95% confidence intervals of blood pressure control for the home blood pressure monitoring (HBPM) intervention and the usual care groups. CKD indicates chronic kidney disease; and DM, diabetes mellitus.

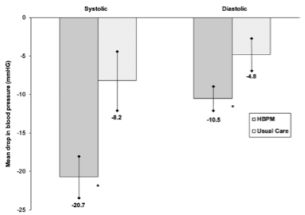

Figure 3. Reduction in systolic and diastolic blood pressures and 95% confidence intervals for the home blood pressure monitoring (HBPM) intervention and the usual care groups.

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Circulation
Cardiovascular Quality and Outcomes
Journal of the American Heart Association

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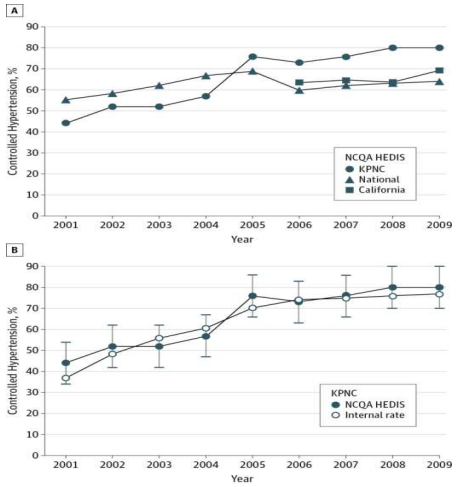
Learn and Live

Secondary Prevention Risk Interventions Via Telemedicine and Tailored Patient Education (SPRITE) : A Randomized Trial to Improve Postmyocardial Infarction Management

Improved Blood Pressure Control Associated With a Large-Scale Hypertension Program

Marc G. Jaffe, MD; Grace A. Lee, MD; Joseph D. Young, MD; Stephen Sidney, MD, MPH; Alan S. Go, MD

The JAMA Network



CHECK IT CHANGE IT
The Durham Blood Pressure Challenge