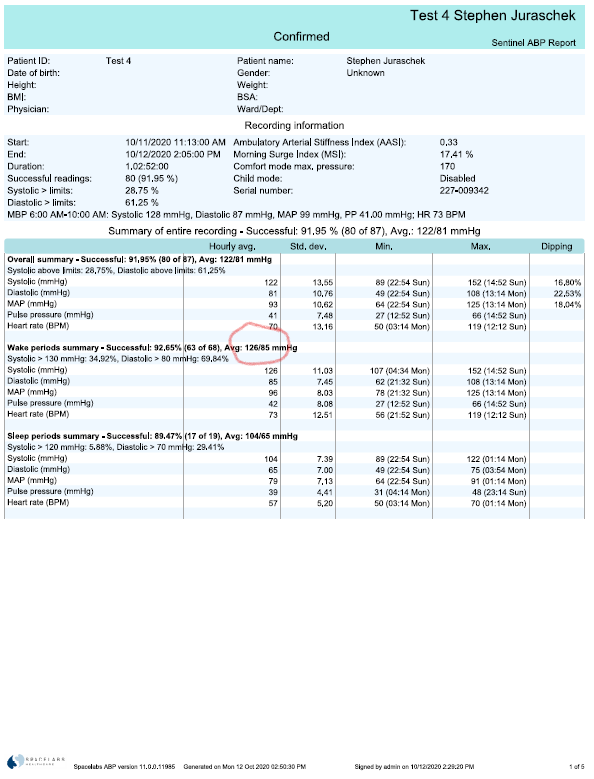
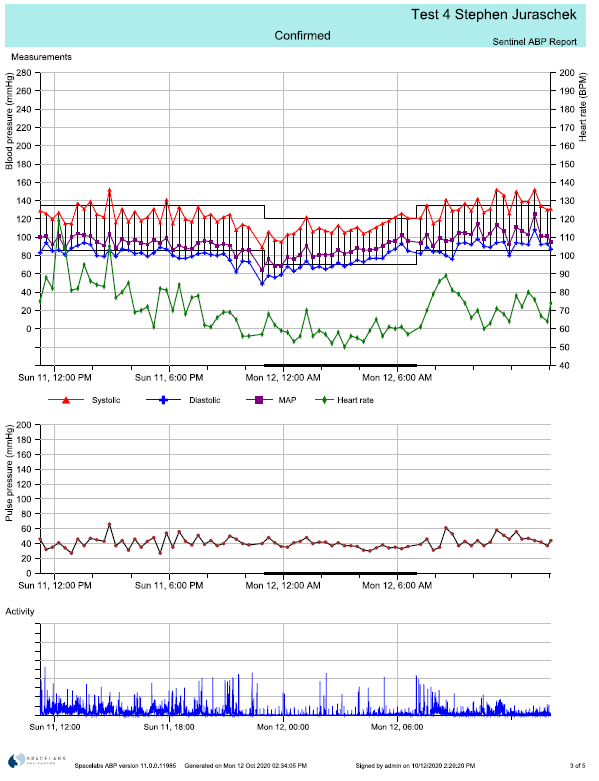
**Sample Full Report – Summary Page 1 (Circled are the number of successful attempts and the wake average used for safety) – this page will not be provided to participants**

****

**Graph page 3 (provided to the participants with the CDART participant results)**

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**Summary of Ambulatory Blood Pressure Monitoring Results for ARIC Participants and their Physicians (to accompany graphs)**

**Participant’s name:** First Last **Birth Date:** MM/DD/YYYY

**Date of visit to the ARIC field center:** MM/DD/YYYY **ID:** XXXXXXX

Thank you for participating in the ambulatory blood pressure monitoring measurements. For this measurement, you wore a blood pressure cuff for 26 hours. Blood pressure fluctuates throughout the day and often it can be different in clinic compared to when you are at home living your normal routine. The average of the daytime blood pressure has been shown to be more predictive of cardiovascular disease. This can also help inform more personalized blood pressure treatment. Here is the average of your daytime blood pressure below.

|  |  |
| --- | --- |
| **Your ARIC Results** |  |
| Date | mm/dd/yyyy |
| Average **daytime** blood pressure (systolic/diastolic) between 7a and 11p | SBP/DBP mmHg |
| Number of successful measurements | ##% |
| Interpretation (*see Table 1 in Manual 38*) |  |

**Graph Interpretation**

On the next page are three graphs showing your results throughout the study period.

The **first** graph includes systolic blood pressure (red line), diastolic blood pressure (blue line), heart rate (green line), and the MAP or mean arterial pressure (purple line). MAP is a weighted average of systolic and diastolic blood pressure.

The **second** graph shows your pulse pressure (the difference between systolic and diastolic blood pressure).

The **third** graph shows your activity levels.

Note the daytime average may differ from when you actually slept. This should be considered when interpreting the daytime average. It is normal and healthy for blood pressure to go down at night, which may or may not be the case on your graph.

**THANK YOU FOR YOUR PARTICIPATION IN ARIC.**