**When:** ARIC Visit 10

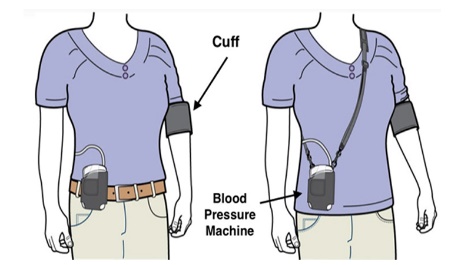
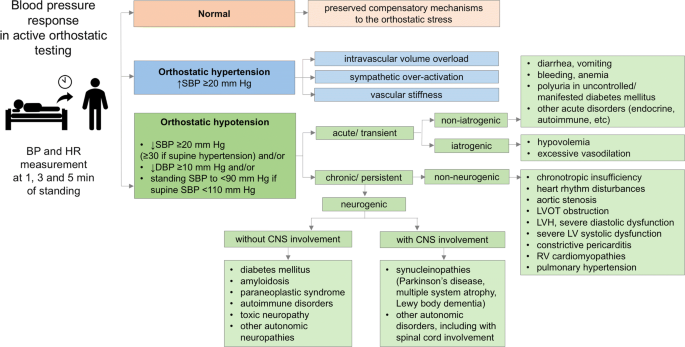
**What:** We want to check your blood pressure!

**How:** Through assessments including orthostatic hypotension (OH), ambulatory blood pressure monitoring (ABPM), and home blood pressure monitoring (HBPM).

(OH)

(HBPM)

(ABPM)



**Why is it so important for us to measure your blood pressure these ways?**

When you consent to being a part of this ancillary study, it means that you are allowing us to measure your blood pressure lying down and standing up, every 20-30 minutes over the course of 1 day, and twice a day (once in the morning and once in the evening) over the course of 8 days.

This might seem like a lot, but ultimately, gathering all of your blood pressure results through these assessments will provide you a unique understanding of what your blood pressure is actually like in your real life.

High blood pressure affects many older adults and is one of the most important causes of cardiovascular disease (CVD) and dementia.

Sometimes your blood pressure in a medical setting does not reflect what your blood pressure is at home. It can be difficult to measure your blood pressure throughout the day and this can result in over or under treatment.

The U.S. Preventive Services Task Forces gives blood pressure measurement outside of clinic its top recommendation (grade A), yet virtually no one has had access to ambulatory blood pressure monitoring because there are only 15 American Heart Association Certified centers in the country who can do this type of assessment. We are delighted to offer this to all of you in the ARIC study.

This is an unprecedented and unique research project. By utilizing these assessments, we will gather blood pressure readings that are unique to you, throughout every aspect of your life, and be able to report your true blood pressure. We will be able to know how your blood pressure reacts to you lying down or standing up. We will know how your blood pressure fluctuates over 24 hours, as you go about your ordinary, day-to-day activities, and what might impact it, such as physical activity, medications, or stress. Additionally, we will learn about your blood pressure at home in a quiet, comfortable environment without the stress of a doctor’s office.

With your willingness to participate in this blood pressure study, you will receive a comprehensive report of your BP in all its stages to inform your health care provider. This has the potential to improve your current blood pressure treatment.

*Thank you for your participation and support!*