

Dear Clinicians,

“Return to the Health Center in 3 months.” This is the final part of the visit that we often perform. It is surprising that follow-up interval has just not been well studied. In 1984, JNC III recommended follow-up for uncontrolled hypertension at “reasonable intervals”!!! Shorter intervals were recommended in JNC IV, V and VI. JNC VII (2003) was the committee that recommended a maximum visit interval one month in our patients with uncontrolled hypertension. Remember that the JNC 8 recommendations were applauded for their reliance on exhaustive systematic reviews. However, the Committee pointed out that their final recommendation for a maximum visit interval of one month relied on the expertise and clinical experience of Committee members because there was insufficient good quality data to base a more scientific recommendation on. Observational data suggest that with shorter visit intervals, blood pressure decreases faster and blood pressure control is achieved sooner. Shorter visit intervals lets our patients know that we take their asymptomatic blood pressure seriously and reinforces medication and lifestyle adherence, and permits adjustment of medications and provides patient education opportunities. Herein lies the importance of your participating in BP-VISIT: **You are contributing to the science of blood pressure management and evidence for future guideline recommendations.** With your help, “Return to the Health Center in one month,” will be based on the highest quality evidence helping to reduce morbidity and mortality for patients around the world.

We welcome your feedback and look forward to hearing from you – please send us your comments and questions!

If you have specific questions related to hypertension management in your patients, Dr. Williams can be reached by email at [Stephen.Williams@nyumc.org](mailto:Stephen.Williams@nyumc.org) or by phone at 646-320-8075 (cell).

THE BP VISIT PROJECT TEAM  
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