

Dear Clinicians,

In honor of American Heart Month (and a belated Valentine's), this passage is dedicated to the value of the project's second session about the 5 A's Behavior Change Model. The INTERHEART study is a gigantic study encompassing 5 continents of the world. It studied 30,000 individuals, half of whom had just suffered their first heart attack. The study attempted to quantify MODIFIABLE risk factors that contributed to this terrible event. This study was groundbreaking because it challenged the notion that our traditional risk factors (generally smoking, hypertension, hyperlipidemia and diabetes) explained virtually all the risk contributing to heart attacks. Well, guess what? We have not been accounting for the important risk factor of a "BROKEN HEART". The INTERHEART investigators found that psychosocial factors (namely depression, loss of self-efficacy, elevated stress levels and traumatic life events) accounted for A THIRD of the risk associated with a heart attack. The point of this passage is that by using the 5 A's concept to address uncontrolled hypertension by merely asking and assessing the patient's life situation, we will go a long way to decreasing their risk of a tragic cardiovascular event. Happy American Heart Month and a belated Valentine's!

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

Also please feel free to contact Dr. Stephen Williams, Clinical Assistant Professor at the NYU School of Medicine in the Department of Population Health and Co-Director of the Bellevue Hypertension Clinic, if you have specific questions related to hypertension management in your patients. He can be reached by email at Stephen.Williams@nyumc.org or by phone at or 646-320-8075 (cell).

THE BP VISIT PROJECT TEAM
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