

PATIENT STUDY

Thank you for participating in this research study. This study is divided into three parts. In the first part, we will ask some questions about you which will allow us to analyze your answers with those of other people similar to yourself. All of your answers will be kept confidential.

In the second part, we will describe high blood pressure and how it leads to stroke or heart attack. We will describe what usually happens when someone has a stroke or heart attack, and discuss a medication which can help to prevent strokes or heart attacks in people with high blood pressure.

In the third part, we will describe six situations and ask you to imagine each situation applied to you. Then we will ask your opinion about whether or not you would want to take a blood pressure-lowering medication in each situation. From this information, we will be able to let doctors know what people think about blood pressure medication.

BACKGROUND INFORMATION

High Blood Pressure

High blood pressure (also known as “hypertension”) is a condition in which a person’s blood pressure is higher than normal for someone their age and sex.

Generally, high blood pressure doesn’t cause any symptoms and people do not even know they have it. The only way it can be detected is by measuring the blood pressure with a blood pressure cuff.



High blood pressure is a very important condition as it can cause strokes or heart attacks. Turn the page to learn more about strokes and heart attacks.

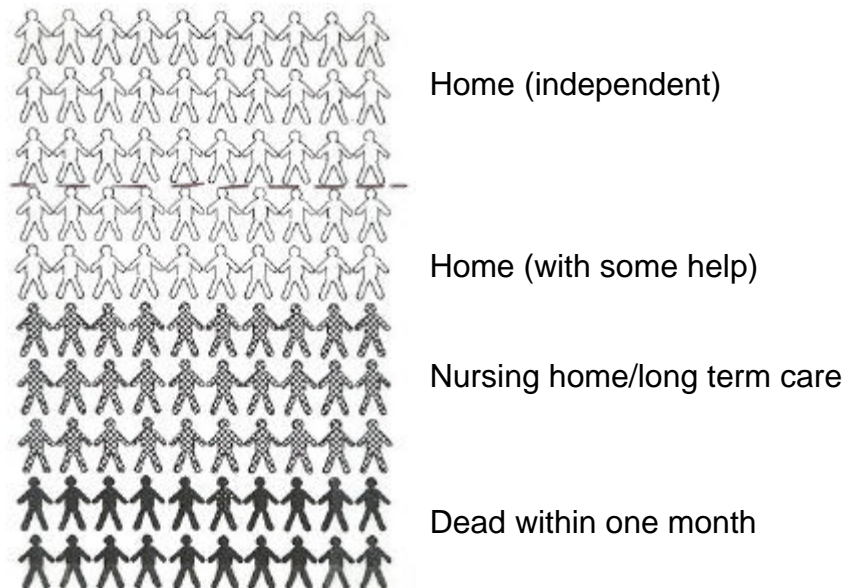
STROKE

A stroke is caused by a blockage in the blood supply to part of the brain.



The effects of a stroke range from being completely normal within a few minutes to being dependent on others for eating, toileting, and movement for the rest of your life. In between these extremes, most people have either minor symptoms or major symptoms.

The stick figures below represent 100 people who have had a stroke. They will be used to show the chances of different things happening. About 1 in every 5 people who have a stroke die within the first month. Of the survivors, about one third recover completely and are able to return home, one third are able to return home but need some help with walking or talking, and one third need to go to a nursing home as they need help with feeding, toileting, and walking.



On the next page, I will describe what a stroke is like.

STROKE

Initial Physical Symptoms:

- Suddenly unable to move or feel your arm and/or leg on one side
- No physical pain
- May not be able to swallow

Initial Mental Symptoms:

- May not be able to fully understand what is being said to you
- May not be able to say what you want to say
- Speech may be slurred and difficult for others to understand

Initial Recovery:

- Will be admitted to hospital
- Weakness, numbness, and speech may improve
- Stay in hospital for 1-2 weeks

Initial Chance of Dying:

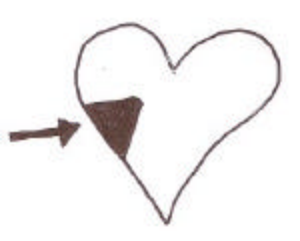
- About 1 in 5 people who have a stroke die within one month

Long-term Recovery:

- This varies from person to person (see previous page)
- About 1 in 2 people who suffer a stroke will recover and be able to return home again
- About 1 in 3 people who survive a stroke will have trouble with slurred speech
- About 1 in 10 people who survive a stroke will be unable to control their bowel or bladder

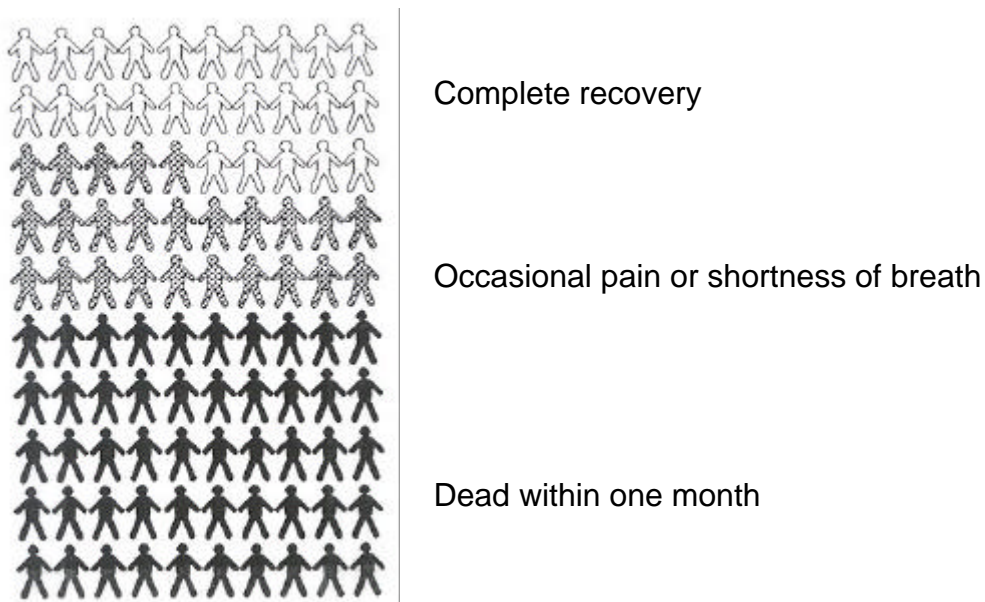
HEART ATTACK

A heart attack is caused by a lack of blood flow to a region of the heart muscle.



The stick figures below represent 100 people who have had a heart attack. They will be used to show the chances of different things happening.

About half of all people who have a heart attack die within one month. Of the people who survive one month, half will recover and be able to resume a normal life and the other half will recover but will have occasional chest pain (angina) or shortness of breath.



On the next page, I will describe what a heart attack is like.

HEART ATTACK

Initial Physical Symptoms:

- Suddenly get a heavy feeling or pain in the chest
- May feel dizzy, nauseated, or short of breath

Initial Mental Symptoms:

- May not be able to fully understand what is being said to you

Initial Recovery:

- Will be admitted to hospital
- Chest pain and other symptoms will improve with treatment
- Stay in hospital for about a week
- Won't be able to return to work for at least six weeks

Initial Chance of Dying:

- About one in every two people who have a heart attack die within one month

Long-term Recovery:

- Will feel fatigued and low in energy for several weeks or months after
- About one in two people who recover from a heart attack are able to resume their normal activities after a few weeks
- About one in two people who recover from a heart attack are limited by further attacks of chest pain or shortness of breath while doing their usual activities

Treatment with a blood pressure-lowering medication

The goal of treatment with a blood pressure-lowering medication is to prevent a stroke or heart attack in people with high blood pressure. However, the pills are only partially effective and do not prevent strokes or heart attacks in everyone who takes them. This means that some people will benefit from taking the treatment while others will take the treatment without any benefit.



Because high blood pressure is a lifelong condition, most people will have to continue taking these pills for the rest of their life. These pills are usually taken once or twice a day.

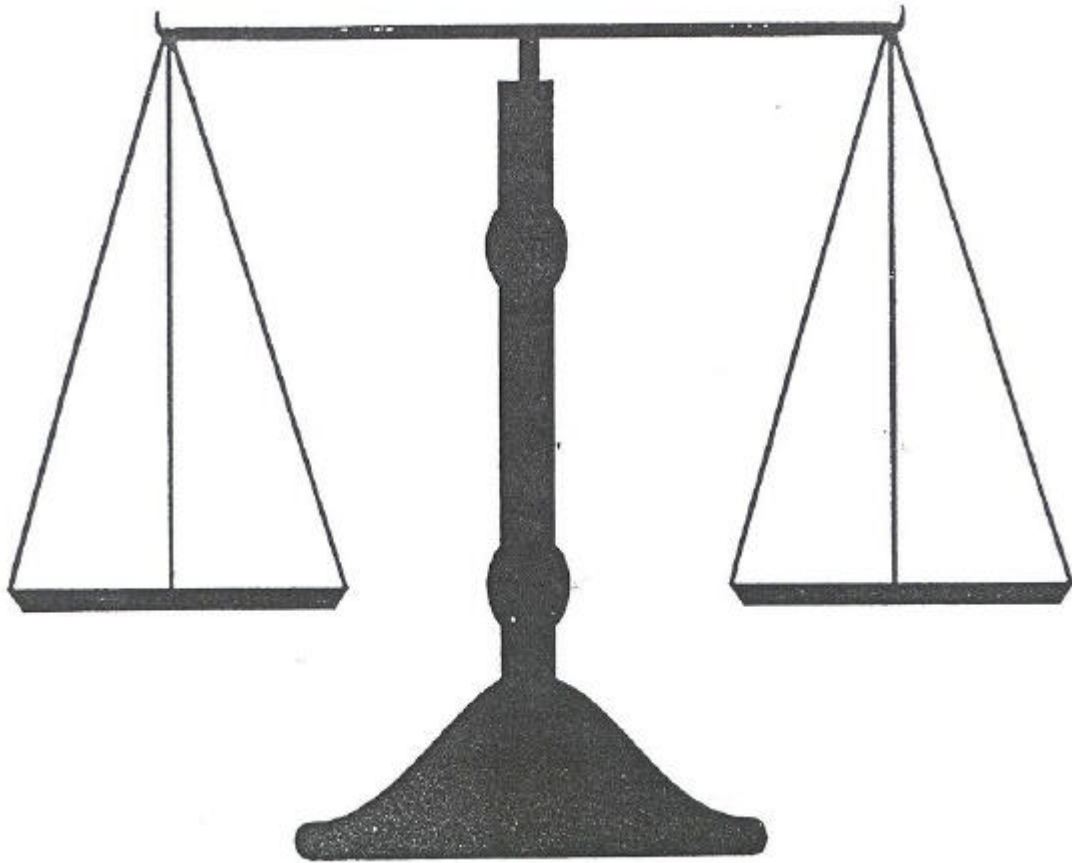


Careful studies in thousands of patients have shown that most people don't feel any different when taking the pills and can still do their normal activities.

Of every 100 people who take these pills, 7 have to stop because of side-effects (such as fatigue, difficulty sleeping, impotence, leg cramps, or minor abnormalities in the blood sodium or potassium). The other 93 people do not have any side effects from the pills. These side-effects usually disappear within two weeks after stopping the pills. Blood pressure-lowering pills cost about \$30 per month, but are covered by most drug plans.

SUMMARY

Taking blood pressure-lowering medication has:



ADVANTAGES

- reduced chance of stroke or heart attack

DISADVANTAGES

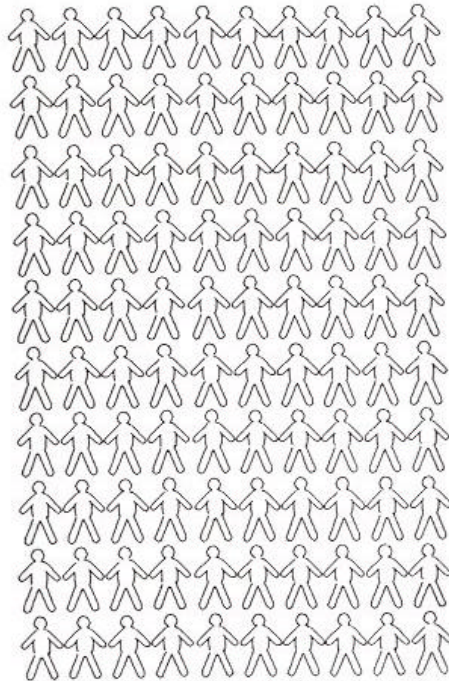
- inconvenience (take every day)
- side effects
- cost

Now its time to consider how much benefit you think you would want before taking the medication every day.

In this section, we will present a series of IMAGINARY situations and ask you to make a choice about whether you would want to take a blood pressure-lowering medication based on its advantages and disadvantages. These situations are imaginary and the same scenarios are being given to all of the people involved in this study.

Remember, this is not a test and there are no right or wrong answers. We are interested in your opinion. You can look at the Information charts from Part 2 and ask the interviewer questions to clarify any points.

We will use 100 stick figures to show the chances of different things happening.



Scenario 1

Now, imagine that your risk of having a heart attack or stroke **in the next five years is 2%**. If you take a blood pressure-lowering medication every day for five years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

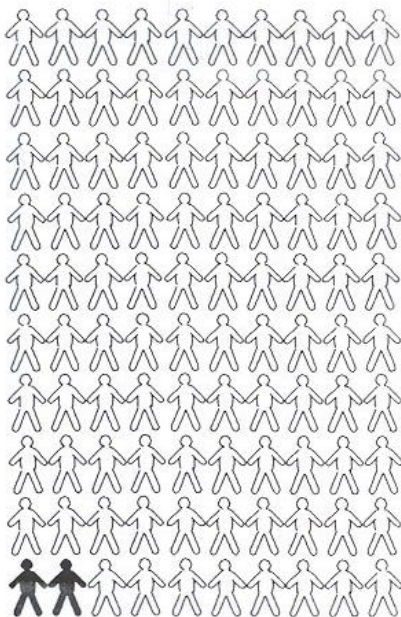
MEDICATION

Take daily for five years
May have side effects
Costs about \$30 per month

OUTCOMES IN NEXT FIVE YEARS

NO MEDICATION

You have an **2%** risk of having
a heart attack or stroke



This means there is a 98%
chance that you will not
have a heart attack or stroke

MEDICATION

You have a __% risk of having
a heart attack or stroke

(varies with each iteration)

This means there is a --%
chance that you will not have a heart
have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

Scenario 2

Now, imagine that your risk of having a heart attack or stroke **in the next five years is 5%**. If you take a blood pressure-lowering medication every day for five years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

MEDICATION

Take daily for five years
May have side effects
Costs about \$30 per month

OUTCOMES IN NEXT FIVE YEARS

NO MEDICATION

You have a **5%** risk of having
a heart attack or stroke

MEDICATION

You have a __% risk of having
a heart attack or stroke



This means there is an 95%
chance that you will not have
a heart attack or stroke

(varies with each iteration)

This means there is a --%
chance that you will not have
have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

Scenario 3

Now, imagine that your risk of having a heart attack or stroke **in the next five years is 10%**. If you take a blood pressure-lowering medication every day for five years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

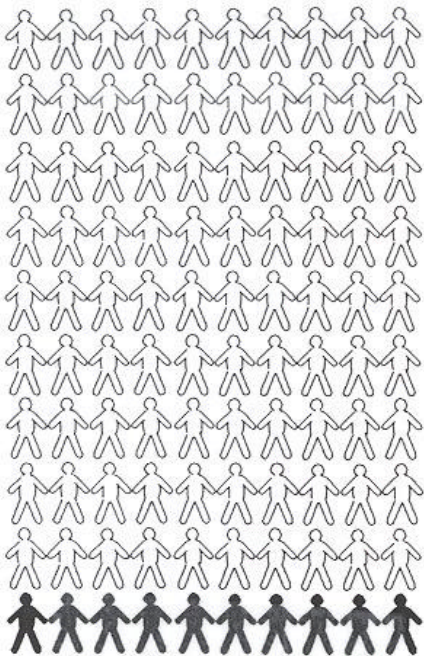
MEDICATION

Take daily for five years
May have side effects
Costs about \$30 per month

OUTCOMES IN NEXT FIVE YEARS

NO MEDICATION

You have an **10%** risk of having
a heart attack or stroke



This means there is a 90%
chance that you will not have a
heart attack or stroke

MEDICATION

You have a __% risk of having
a heart attack or stroke

(varies with each iteration)

This means there is a --%
chance that you will not
have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

Scenario 4

Now, imagine that your risk of having a heart attack or stroke **in the next twenty years is 15%**. If you take a blood pressure-lowering medication every day for twenty years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

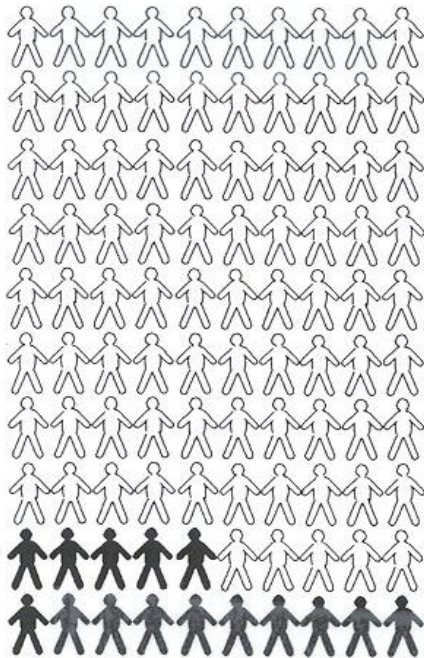
MEDICATION

Take daily for twenty years
May have side effects
Costs about \$30 per month

OUTCOMES IN NEXT TWENTY YEARS

NO MEDICATION

You have a **15%** risk of having
a heart attack or stroke



This means there is a 85%
chance that you will not
have a heart attack or stroke

MEDICATION

You have a __% risk of having
a heart attack or stroke

(varies with each iteration)

This means there is a --%
chance that you will not
have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

Scenario 5

Now, imagine that your risk of having a heart attack or stroke **in the next twenty years is 30%**. If you take a blood pressure-lowering medication every day for twenty years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

MEDICATION

Take daily for twenty years
May have side effects
Costs about \$30 per month

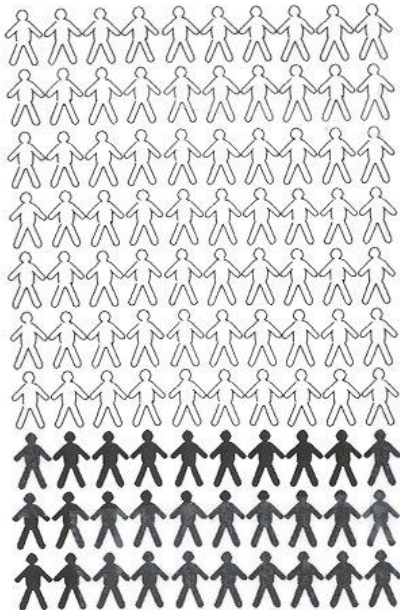
OUTCOMES IN NEXT TWENTY YEARS

NO MEDICATION

You have a **30%** risk of having a heart attack or stroke in the next twenty years.

MEDICATION

You have a __% risk of having a heart attack or stroke in the next twenty years.



This means there is a 70% chance that you will not have a heart attack or stroke

(varies with each iteration)

This means there is a --% chance that you will not have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

Scenario 6

Now, imagine that your risk of having a heart attack or stroke **in the next twenty years is 50%**. If you take a blood pressure-lowering medication every day for twenty years, you can reduce your chance of having a heart attack or stroke. You have two choices:

NO MEDICATION

No inconvenience
No side effects
No cost

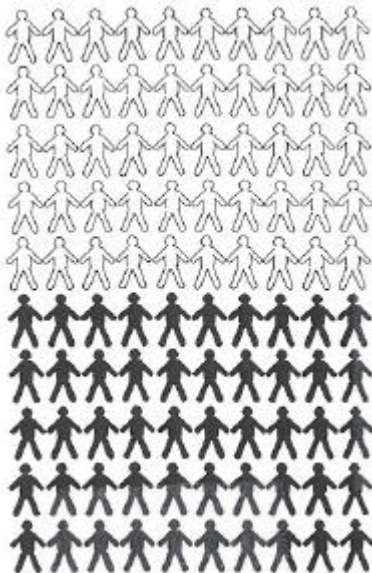
MEDICATION

Take daily for twenty years
May have side effects
Costs about \$30 per month

OUTCOMES IN NEXT TWENTY YEARS

NO MEDICATION

You have a **50%** risk of having a heart attack or stroke in the next twenty years.



This means there is a 50% chance that you will not have a heart attack or stroke

MEDICATION

You have a __% risk of having a heart attack or stroke in the next twenty years.

(varies with each iteration)

This means there is a --% chance that you will not have a heart attack or stroke

WOULD YOU TAKE THE MEDICATION?

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