



## STORY IDEAS

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During July 14-18, 2005 at 787-721-0303x247; or 800-468-8505x247.



In addition to the conference's six symposia, three plenary sessions and six workshops, 70 abstracts of never-before-published research will be unveiled at ISHIB2005. Below, please find highlights from just a few of the topics. Embargoed news releases for these abstracts will be available July 8. For a complete set of abstracts, please email [ad@duboisbetourne.com](mailto:ad@duboisbetourne.com)

**015**

### **Program Works to Help African-American Women Manage Diabetes**

E AMOAKO.

Researchers found that some programs offered to African-American women with diabetes increased the patient's psychosocial adjustment and level of physical activity while decreasing the uncertainty about diabetes and its effects. Successful programs included: improving diabetes knowledge, patient-provider communication, problem-solving, and cognitive reframing. Improvements in diet, exercise, blood glucose levels, and adherence to prescribed medication were found in the group participating in these activities.

**017**

### **Anti-Hypertensive Medications Perform Equally for Nondiabetic, Black or Non-Black Patients**

JT WRIGHT, JR; BR Davis; HR Black; for the ALLHAT Collaborative Research Group

Calcium channel blockers, ACE inhibitors or thiazide-type diuretics have been used as the first-step drug therapy for patients in recent years. Findings from the researchers of the ALLHAT Collaborative Group indicate that each class of medication performed equally well. Of the three classes, the researchers state that diuretics are more effective in preventing other clinical outcomes, especially heart failure, in all patients regardless of presence or absence of cardiovascular metabolic syndrome.

**027**

### **Beta-Blocker, Nebivolol, Found to Reduce Blood Pressure**

E SAUNDERS<sup>1</sup>; W Smith<sup>2</sup>; K DeSalvo<sup>3</sup>; B Riggs<sup>4</sup>.

Nebivolol, a highly cardioselective beta-blocker, has been found to significantly reduce systolic and diastolic blood pressure among African-American hypertensive patients. For this study sample of 300 African-American patients with mild-to-moderate hypertension, patients were randomized to receive Nebivolol (2.5, 5, 10, 20, or 40 mg) or placebo once daily for 12 weeks. In addition to reducing blood pressure rates, adverse events for those in the Nebivolol group were experienced at the same rate as for those taking the placebo.

**052**

**Teenage Girls Found to Have Heart Protection Against Stress**

GK KAPUKU; DA Ludwig; DC Gillis; ME Wilson; GA Harshfield.

It has been suggested that ethnic and sex differences in response to mental stress may further explain cardiovascular disease morbidity and mortality. Researchers of this study explored the effect of competitive stress by examining changes in both systolic blood pressure and heart rate. The results indicate that males and females react similarly to stress as indicated by heart rate, but females have less of an accompanying increase in systolic blood pressure (especially White females). The authors believe this may suggest protective cardiovascular mechanisms in females.

**058**

**Microalbuminuria May Predict the Development of Clinical Kidney Disease in Hypertensive African Americans**

S Mohan; R Brown; B Alimohammadi; J-T Cheng; V POGUE.

In a 10-year study of 158 hypertensive African Americans, those with microalbuminuria were more likely to have chronic kidney disease during three-year followup periods. Chronic kidney disease is epidemic in the United States and is especially a problem among African Americans. The finding that microalbuminuria can identify subjects at risk of CKD may have great clinical significance.

**059**

**Increased Cardiovascular and Stroke Risks for African-American and Caucasian Men and Women with Elevated Blood Pressure and Cholesterol Levels**

DT LACKLAND; X Zhang; J Abell; SR Lipsitz; Y Liao; D McGee.

Lackland and colleagues examined cholesterol and blood pressure levels of a group of 26,913 Black and White patients. More Black men and women were found to have the highest rates of systolic blood pressure and total cholesterol combined (Black women, 13.9%; Black men, 8.5%; White women, 7.6%; White men, 5.0%). Researchers believe these and other study results identify the need for aggressive risk factor treatment especially for Black patients.