

February 04, 2000

Seeking African American Volunteers

The Duke Hypertension Center is seeking African American volunteers to participate in the PREMIER Program. PREMIER is a research study that will look at the effectiveness of lifestyle and dietary changes to help you lose weight (if overweight) and lower blood pressure. We will conduct a series of group and individual health-counseling sessions in which a professional will help you make healthy lifestyle changes. Volunteers will receive up to **\$400** for travel to clinical visits, **free** blood pressure checks, **free** fitness tests, **free** laboratory tests, either basic health and diet counseling or intensive counseling plus you will play an important role in the nationwide fight to stop high blood pressure.

You may qualify if you are:

- African American
- 25 years old or older
- willing to control or lose weight if recommended
- willing to change exercise habits if recommended
- have mildly elevated blood pressure or blood pressure at the upper end of normal
- not taking any blood pressure medication

For more information about this study or a free blood pressure check, please contact us at 419-5904.

"Hypertension adversely affects our community. Get a jump-start and take control of your health, get involved with **PREMIER.**"

Johnny Dawkins

*Former NBA Star & Assistant
Coach of Duke University*