

IN FOCUS

Important updates for the provider community



February is American Heart Month

As a health care professional or clinician, you play an important role helping patients manage and control their health conditions, including hypertension, a leading risk factor for heart disease. High blood pressure, among other risk factors, is steadily increasing as a contributing cause of death.

- **One person dies every 33 seconds in the United States from cardiovascular disease.**
- About **695,000 people in the United States** died from heart disease in 2021—that's **1 in every 5 deaths**.

Below are ways to promote patient awareness:

- Share patient friendly resources in your practices, clinics and virtual wait rooms
- Copy and share social messages and graphics to patients and individuals in your social networks
- Share handouts and patient friendly web content that patients can use as a resource to take control of their high blood pressure and live healthier.
- Encourage patients to monitor their blood pressure at home or where they can get it taken, adopt a healthier lifestyle and create more opportunities to move their bodies.

For more information please click [here](#)

For fact sheets and patient handouts, use this link: [Fact Sheets | NHLBI, NIH](#)

Diversity, Equity and Inclusion Grant for Home BP Cuff Program assists patients with elevated blood pressures

PPLLC received grant money to provide access to home blood pressure monitoring equipment to patients with elevated blood pressures, with a focus on patients of color

and those with language barriers or social determinants of health that might be impeding their access to care.

Our colleagues on the BILHPN care management and pharmacy teams will be working with PPLLC primary care physicians to educate patients on how to monitor their self-reported blood pressures and better manage their conditions.



Please let us know if you have any feedback or questions on this new program.

Please reach out to me if you have any questions or concerns. I can be reached via email at PLLCAdministration@bidmc.harvard.edu or leave me a message at (617) 632-9728, and I will get back to you.



Deb Schoenthaler, Executive Director



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