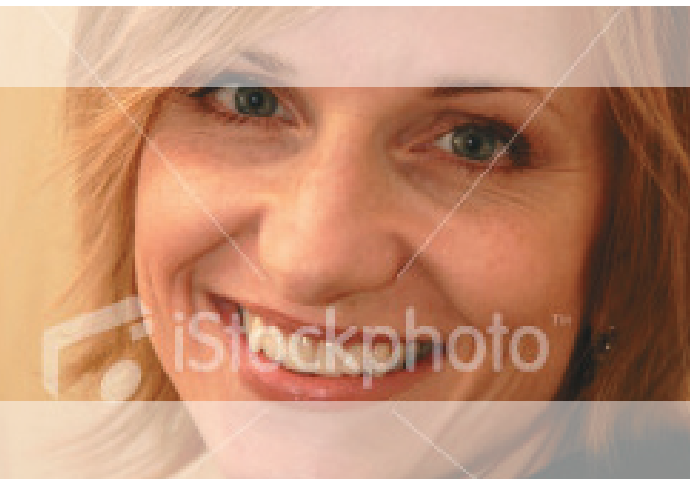


About High Blood Pressure & Diabetes

High blood pressure affects almost one billion people throughout the world; nearly 20% of them also have type II diabetes. In fact, these conditions occur together so often they are considered co-morbidities, or diseases that are often found in the same patient.



A Dangerous Combination

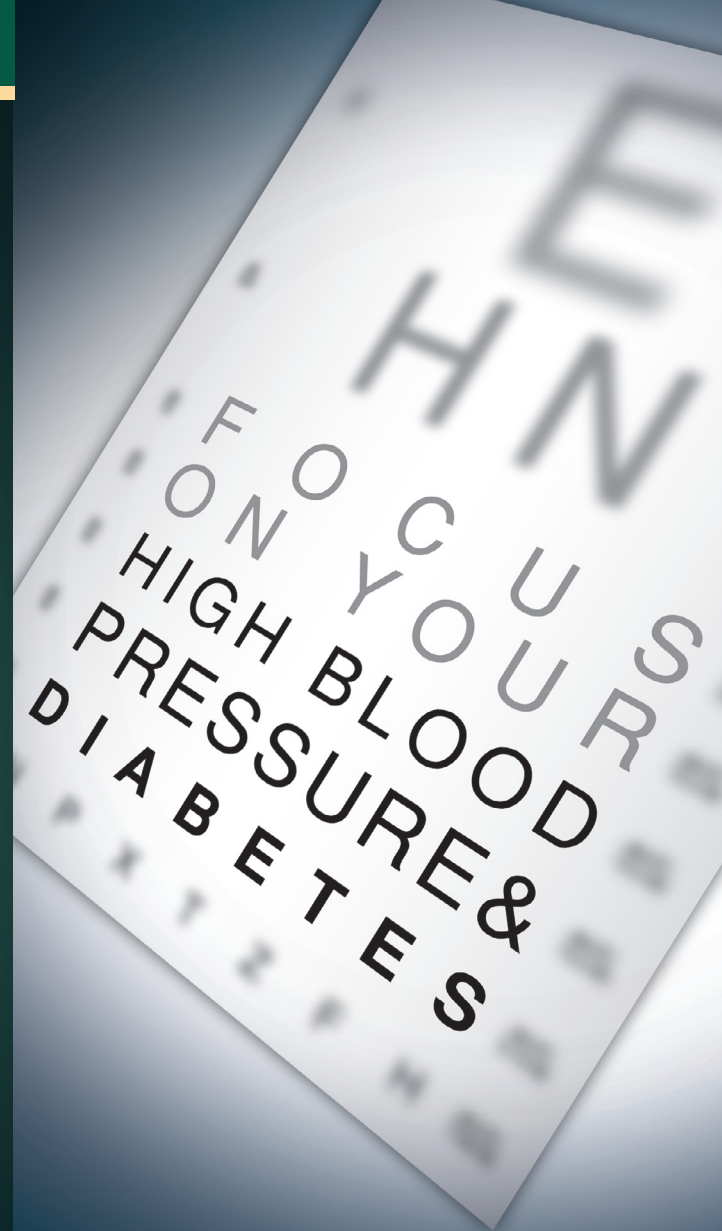
High blood pressure and diabetes are very closely related diseases. They also share a very similar set of risk factors such as body weight, diet and activity level. The combination of these two diseases can lead to more serious conditions such as a heart attack or stroke.

What is a Clinical Trial?

A research study or clinical trial is a scientific study that evaluates the safety and effectiveness of investigational treatments, drugs, or devices. The Food and Drug Administration (FDA) requires the safe and satisfactory completion of research studies before it will consider an investigational treatment for approval and public use. Your participation is completely voluntary and you may withdraw from the study at any time.

Each year thousands of people volunteer to participate in research studies. As a volunteer, you may:

- Participate in a research process that may lead to new treatment options for people with high blood pressure and diabetes
- Learn new information about your health
- Receive study-related care from qualified physicians
- Have a positive impact on the health and future of people with conditions like yours



Don't Wait, Participate

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High Blood Pressure

Often, there are no symptoms of high blood pressure. Some of the factors that contribute to high blood pressure are controllable while others are not. Factors you can control are being overweight, inactivity, sodium intake, and excessive alcohol and tobacco use. Uncontrollable factors are age, race and family history.



Management & Control of Diabetes

Managing your diabetes is very similar to managing high blood pressure. A healthy diet and frequent exercise is crucial to keeping your blood sugar under control. What you eat and how often you exercise directly relates to how your body manages insulin. Additionally, your doctor may recommend you pair this with medication. It's important to communicate with your doctor frequently about your diet and exercise regimens, as well as what treatment methods are best for you.

Treatment of High Blood Pressure

High blood pressure can be treated in various ways. If your blood pressure is only slightly elevated, it can often be controlled by a healthy diet and exercise. If it is more severe, it is more likely to be controlled by medication in combination with a healthy diet and exercise. Sometimes one medication effectively lowers your blood pressure, while other times patients need to take multiple medications. It's important that you continue to get regular check ups with your doctor to discuss your blood pressure and treatment plan.

Research Opportunity

Local physicians are currently conducting a research study with a combination of investigational medications to see if they lower blood pressure.

You may qualify to participate if you have, or think you may have, high blood pressure and type II diabetes. If qualified, participants will continue their current diabetes medication throughout the study. All study-related care and study medication will be provided at no cost.

To learn more, please call:

[SITE INFO]



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