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The Institutes of Medical Sciences
Heart Research Institute
Multiple Risk Factor Intervention Trial

June 4, 1974

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Dear Henry:

I am pleased that you were able to attend the Intervention Task Force meeting and particularly appreciate your taking the time to drop me a note on your observations and reactions. I am also thankful that the discussion turned out to be "reasonably fruitful" in the end because I had considerable anxiety to go along with my guilt feelings about having to cancel out at the last moment.

Thanks also for enclosing the report of the pre-test at your clinic which I hope was also made available to the membership of the Task Force as background for their deliberations on "Maintenance". They have, of course, drawn on the experience from pre-tests at St. Louis, San Francisco, Baltimore, and in real experience from New York as well in developing their guidelines. It is also, however, unfortunately true that experience in these matters is largely non-existent and, of necessity, much of the consideration has been of the armchair variety.

If you haven't distributed the report on your pre-test to the entire Intervention Committee I would certainly appreciate your doing so. Not because it's predictably representative of the experience other centers will have and indeed that you will have in the future, but rather because it does identify some of the problems that people will need to be alert to in their early going.

I certainly agree that we shouldn't expect too much advantage to hypertension control from the group approach other than what cement it may provide in terms of motivation to compliance and adherence. If that should turn out to be the case it would be of immense value. I am particularly concerned about the impression you have of questionable efficacy in diet modification and agree that this needs to be watched very closely. In fact, I feel that an early assessment of the results of the first several intervention groups at each center is mandatory so we can re-assess and revise as necessary the approach that we are taking.

Your point about the Hypertension Committee not being represented is well taken. I am sure you appreciate, however, that this was not intentional since both Jerry Cohen and I had intended to be there. Furthermore, I think we understand each other clearly when I say that it is not because of the value of the group approach to hypertension management that the presence of hypertension representatives (clinician) is desirable. Once again, particularly in mine and Jerry's

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absence, your presence is particularly appreciated. I trust it limited somewhat at least the amount of aimless drifting that took place.

With best regards.

Sincerely,



W. McFate Smith, M.D.

WFS/jb

cc: Dr. Paul
Dr. Kaelber
Dr. Stamler