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Catherine D. DeAngelis, MD, MPH,  
Margaret A. Winker, MD,  
Editors,  
JAMA,  
515 N State Street,  
Chicago, IL 60610, USA

**your letter**

**your reference**

**our reference**  
JS/JAMA/08

**Leuven**  
2003/08/18

Dear Editors,

Please, find attached a manuscript entitled '*Antihypertensive Treatment Based on Blood Pressure Measurement at Home or in Office: A Randomized Controlled Trial*,' which we would like to submit for publication in JAMA.

On October 1, 1997, you were so kind to publish *The Ambulatory Blood Pressure Monitoring and Treatment of Hypertension Trial* (APTH), which compared conventional blood pressure measurement as the standard of care with ambulatory blood pressure monitoring in the management of hypertensive patients.

*The Treatment of Hypertension Based on Home or Office Blood Pressure Trial* (THOP) extends our previous research. The primary objective of the THOP trial was to compare self-measurement and conventional office measurement of blood pressure as references to initiate and titrate antihypertensive drug treatment. Our new results show that adjustment of antihypertensive treatment based on the self-measured blood pressure instead of the blood pressure at the doctor's office led to less intensive drug treatment and marginally lower costs, but also to less blood pressure control with no differences in general well-being or left ventricular mass. We cannot recommend the management of hypertension exclusively based on the self-measured blood pressure.

All authors had full access to the data, reviewed the final version of the manuscript and approved it for publication. Neither this manuscript, nor one with substantially similar content has been published or is being considered for publication elsewhere. If requested, we shall produce the data on which this manuscript is based for examination by the Editors or their Assignees. In consideration of the action of the American Medical Association in reviewing and editing this manuscript, the authors hereby transfer, assign

or otherwise convey all copyright ownership to the American Medical Association in the event that the work would be published in JAMA.

All persons who have made substantial contributions to the work reported in the manuscript are named in the Acknowledgements and gave written permission to be mentioned.

The word count of our manuscript, excluding the structured abstract, references, tables and figures is approximately 3790.

We hope that our manuscript will be acceptable for publication in JAMA. We are looking forward to hearing from you in the near future.

Sincerely yours,



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