

June 2026

Dear Patient,

As part of our Advanced Primary Care Management (APCM) program, we are here to support your overall well-being, including your heart and vascular health. Your dedicated care team will work with you on identification of pre-hypertension and hypertension, coordinated treatment with your primary care physician and ongoing monitoring to help prevent complications such as heart attack, stroke, kidney disease and hospitalization.

Understanding the role of lifestyle choices, taking medications as prescribed and attending regular follow-up appointments can help keep your blood pressure under control and support long-term health.

Please scan the QR code below or use the provided link to view a brief video message from Bryan N. Batson, MD, chief executive officer at Hattiesburg Clinic. Dr. Batson is board certified by the American Board of Internal Medicine and specially trained in hypertension management. In this video, he discusses the importance of early identification and effective management of high blood pressure to reduce future health risks.



You can also access the video at the following link: <https://www.hattiesburgclinic.com/monthly-resources/>.

We have also included a resource from the American Heart Association on how to measure your blood pressure at home.

Hypertension and Pre-Hypertension Prevention and Management

High blood pressure (hypertension) often has no symptoms but can lead to serious health problems if left untreated. Pre-hypertension is an early warning sign that blood pressure is higher than normal and may progress without intervention. Early action can make a meaningful difference.

Why Blood Pressure Diagnosis and Treatment Matter

Uncontrolled blood pressure increases the risk of:

- Heart attack and stroke
- Heart failure
- Kidney disease



- Vision problems
- Cognitive decline

Early diagnosis and treatment can:

- Help prevent long-term organ damage
- Reduce the risk of emergency visits and hospitalizations
- Improve overall quality of life

Managing blood pressure early, even at the pre-hypertension stage, can significantly reduce future health risks.

Lifestyle Changes That Support Healthy Blood Pressure

Healthy daily habits are a cornerstone of blood pressure control and may reduce the need for medication or improve how well medications work.

Helpful strategies include:

- Following a heart-healthy eating pattern such as DASH or Mediterranean-style eating
- Reducing sodium intake
- Maintaining a healthy weight
- Engaging in regular physical activity
- Limiting alcohol intake
- Avoiding tobacco products
- Managing stress and getting adequate sleep

Your care team can help you set realistic lifestyle goals that fit your needs and preferences.

Medication Adherence

For many people, medication is an important part of managing blood pressure.

Taking medications as prescribed:

- Helps keep blood pressure within a healthy range
- Reduces the risk of heart attack, stroke and other complications
- Improves long-term outcomes

Helpful tips:

- Take medications exactly as prescribed.
- Do not stop medications without speaking with your physician.
- Ask about 100-day medication supplies, when available, to reduce pharmacy trips and missed doses.



If you experience side effects or have difficulty taking your medications, speak with your care team so adjustments can be made safely.

Why Follow-Up and Monitoring Are Important

Regular follow-up helps ensure your treatment plan is working effectively.

Ongoing monitoring:

- Confirms that blood pressure goals are being met
- Allows timely medication adjustments when needed
- Helps identify issues early before complications develop
- Supports long-term blood pressure control

Monitoring may include office visits, home blood pressure readings or periodic check-ins with your care team.

Your care team is here to provide personalized guidance, reminders and ongoing support. Please contact your primary care physician or your dedicated case management nurse with any questions you may have.

If you have not watched the APCM welcome video from Bryan N. Batson, MD, chief executive officer of Hattiesburg Clinic, you can access the video at the following

link: <https://www.hattiesburgclinic.com/welcome-video/>

Thank you for trusting Hattiesburg Clinic with your health care needs. We are here to support you every step of the way.

Sincerely,

Handwritten signature of Bryan N. Batson in black ink.

Bryan N. Batson, MD
Chief Executive Officer
Hattiesburg Clinic

Handwritten signature of Daniel T. McCall, IV in black ink.

Daniel T. McCall, IV, MD
ACO Medical Director
Hattiesburg Clinic

Handwritten signature of Judd M. Reynolds in black ink.

Judd M. Reynolds, DO
Chair, Department of Primary Care
Hattiesburg Clinic