The Science of Million Hearts®

- New review examines evidence for the efficacy and safety of statin therapy. This review in The Lancet is intended to help clinicians, patients, and the public make informed decisions about statin therapy for the prevention of heart attacks and strokes. The review discusses how claims that statins commonly cause adverse effects reflect a failure to recognize the limitations of other sources of evidence about the effects of treatment.

- Learn more about self-measured blood pressure monitoring (SMBP). Strong scientific evidence substantiates the impact that SMBP plus clinical support has on lowering blood pressure. Find several evidence-based SMBP tools, resources, and success stories on the Million Hearts® website. Help patients start taking control of their blood pressure, and talk with them about SMBP.