

## **Atrium Health Navicent High Blood Pressure Clinic Supports Patients After Hospital Stay** *If left untreated, high blood pressure can lead to stroke and heart failure*

**MACON, Ga., April 18, 2024** – Atrium Health Navicent now offers additional health education and support for patients diagnosed with high blood pressure.

Although people of all races may suffer from high blood pressure, the condition disproportionately affects Black, Hispanic and Asian individuals, according to the Centers for Disease Control and Prevention. If left untreated, high blood pressure can lead to heart failure and stroke.

“Atrium Health Navicent seeks to reach patients in underserved and rural areas, particularly those who may be facing health disparities and struggling with access to quality health care,” said Carol Babcock, Atrium Health Navicent’s assistant vice president for Healthy Communities and Virtual Health. “The High Blood Pressure Clinic and accompanying Care Management Program launched earlier this year are examples of how we’re delivering on our ‘For All mission’ to improve health for everyone through individualized education and support services.”

Any patient admitted to Atrium Health Navicent with an existing or new high blood pressure diagnosis is screened for entrance into the High Blood Pressure Care Management Program. Nurses visit patients to distribute educational materials for them to take home, and follow-up with patients after their discharge to answer questions and ensure they are receiving care to manage their condition.

Patients who do not have a primary care provider – or who need more in-depth monitoring – are offered a referral to the High Blood Pressure Clinic which conveniently serves patients at the Heart Success Clinic, part of [Atrium Health Navicent Heart and Vascular Care](#). Patients who may face barriers to receiving medical care due to a lack of transportation, income or social support, are linked with a care coordinator who helps connect them with community resources.

“If you’ve been diagnosed with high blood pressure, it’s important that you take steps to manage your condition – exercise regularly, limit your intake of salt and alcohol, quit smoking and take any prescribed medication,” said [Dr. Erskine A. James](#), an Atrium Health Navicent cardiologist. “Also be sure to see your primary care physician regularly for assistance monitoring your blood pressure and other health needs.”

During National Minority Health Month, observed each April, Atrium Health Navicent is seeking to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and to encourage action through health education, early detection and control of disease complications. Congestive heart failure, diabetes and high blood pressure disproportionately affect minorities and patients who may struggle with socio-economic barriers to receiving health care, have other underlying health conditions, or who need higher levels of care and support.

In addition to the Care Management and High Blood Pressure Clinic, Atrium Health Navicent provides support and education through [Congestive Heart Failure and Diabetes disease management programs](#). Atrium Health Navicent patients who are identified as being at a high risk for readmission or emergency room visits are referred to the programs.

### **About Atrium Health Navicent**

Atrium Health Navicent is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navicent is part of [Advocate Health](#), which is headquartered in Charlotte, North Carolina, and is the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navicent provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation’s leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home – including advanced innovations in virtual medicine and care. Throughout its 125-year history in the community, Atrium Health Navicent has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit [www.NavicentHealth.org](http://www.NavicentHealth.org).

**About Advocate Health**

[Advocate Health](#) is the third-largest nonprofit integrated health system in the United States – created from the combination of Advocate Aurora Health and [Atrium Health](#). Providing care under the names [Advocate Health Care](#) in Illinois, Atrium Health in the Carolinas, Georgia and Alabama, and [Aurora Health Care](#) in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care, with [Wake Forest University School of Medicine](#) serving as the academic core of the enterprise. Headquartered in Charlotte, North Carolina, Advocate Health serves nearly 6 million patients and is engaged in hundreds of clinical trials and research studies. It is nationally recognized for its expertise in cardiology, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs nearly 155,000 team members across 68 hospitals and over 1,000 care locations and offers one of the nation's largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to equitable care for all, Advocate Health provides nearly \$6 billion in annual community benefits.

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