

Good Health and Smiles. The people who supported the Ohasama Study

This study has lasted for so long thanks to the cooperation of Ohasama residents, who voluntarily measure their blood pressure at home daily, and the work of public health nurses who support them. Residents have cheerily made many favorable comments, such as “self-monitoring of blood pressure raises our health awareness incredibly.”

Ms. Yuko Asanuma,
public health nurse



When you make a habit of monitoring your blood pressure, it becomes easier to notice health anomalies. I often hear people mention that they visited the hospital earlier than they otherwise would have and thereby kept their disease under control.

We have seen many people who were cured of illness thanks to the check-ups. The Ohasama Study was an event of great importance for us.



**Mr./Mrs. Toshinori and
Chieko Sasaki**

When I ask someone what his or her blood pressure was that morning, I always receive an answer quickly. And it is also surprising that everyone can measure his or her blood pressure well.



Ms. Naomi Fukushima,
nurse

In fact, as a result of this study, I was diagnosed with a disease. I have truly come to realize the importance of early detection and treatment.

Ms. Sasaki, who is also one of the study participants, was able to avoid the danger of sudden death because variant angina was detected using the Omron potable ECG monitor, even though the disease was not discovered in a hospital. In addition to home blood pressure monitors, Omron provides many other types of healthcare devices to contribute to health promotion for the residents in Ohasama.

Ms. Toshiko Sasaki,
public health nurse



**Mr./Mrs. Keiichi and
Matsu Sasaki**

We write down our daily blood pressure values in a notebook. I think that recording this information has helped us to stabilize our blood pressure.



Mr. Akio Asanuma

I've been participating in the Ohasama Study from the beginning. It's enjoyable because everyone has increased their health awareness, and all the participants know each other.



Supervisor Yutaka Imai

- 1946 Born in Maebashi City, Gunma Prefecture
- 1971 Graduated from Faculty of Medicine, Tohoku University
- 1975 Resident of Second Department of Internal Medicine, Tohoku University
- 1980 – 1982 Visiting Researcher, Department of Medicine, Monash University, Australia
- 1991 Assistant Professor, Second Department of Internal Medicine, Tohoku University Hospital
- 1998 Associate Professor, Second Department of Internal Medicine, Faculty of Medicine, Tohoku University
- 1999 Professor, Department of Clinical Pharmacology and Therapeutics, Tohoku University Graduate School of Pharmaceutical Sciences and Medicine
- 2000 Professor of Internal Medicine and Professor of Clinical Pharmacology and Therapeutics, School of Medicine, Tohoku University Graduate School of Medicine (concurrently assumed)
- 2000 Vice Director of Tohoku University Hospital Clinical Research Center
- 2004 Tohoku University 21 Century COE Program
Program Leader of “Comprehensive Research and Education Center for Planning of Drug Development and Clinical Evaluation (CRESCENDO)”
- 2010 Professor, Department of Planning for Drug Development and Clinical Evaluation, Tohoku University Graduate School of Pharmaceutical Sciences

Specialized field

Cardiovascular internal medicine, Clinical pharmacology and epidemiology of hypertension, Analysis of blood pressure data

Professional and society membership

Serves as board member or councilor of the Japanese Society of Hypertension, Japanese Association for Cerebro-cardiovascular Disease Control, Japanese Association of Hypertension, Japanese Society of Internal Medicine, Japanese Circulation Society, Japan Geriatrics Society, Japan Epidemiological Association, International Society of Hypertension, Hypertension Council of American Heart Association, European Society of Hypertension, etc.

Honors and awards received

A number of awards including The 51st Kahoku Culture Award, Award of Minister of Education, Culture, Sports, Science and Technology, Prevention Prize of Japan Heart Foundation/Japanese Association for Cerebro-cardiovascular Disease Control, Japanese Society of Hypertension Award