

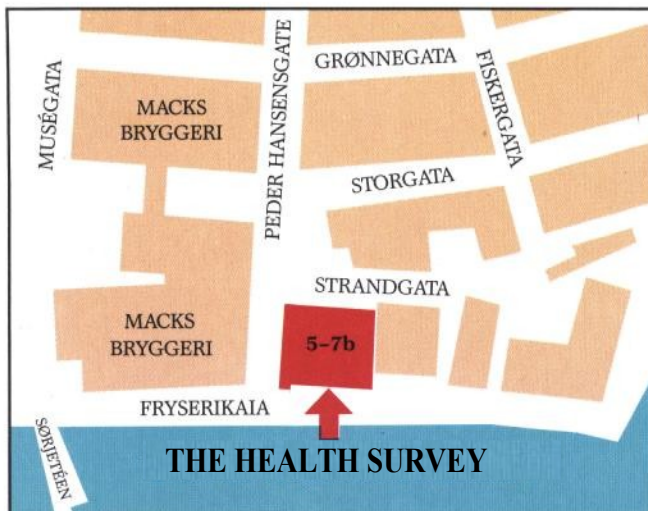
You are invited to join the large health survey in the municipality of Tromsø 1986 - 87

We will reach everyone

We will start in the outskirts of the municipality. Here, the examination will take place in schools and other premises – see the information in the invitation accompanying this letter.

From the 16th of September 1986 and until spring 1987, the study will take place in **Strandgata 5-7b, 2nd floor**, see the map below. The building has elevator.

We would like you to attend at the location specified in the invitation letter.



Why did you receive this offer?

Unfortunately, we do not have the capacity to examine everyone. Therefore we must concentrate on some age groups. This will be women aged 20-56 years and men aged 20-61 years. In addition, we will invite a sample of subjects aged 12-19 years.

What is the purpose of the survey?

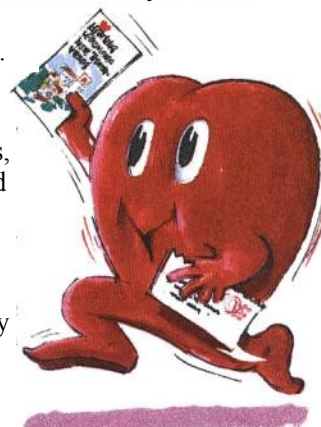
The survey is first and foremost aimed at cardiovascular diseases.

Large cardiovascular surveys were carried out in Tromsø in 1974 and 1979-80. At both times, the attendance rate was high, and several cases of cardiovascular disease were detected – who are now getting medical treatment.

Also this time, we aim to identify people who have heart disease without being aware of it. We also hope to reach those at particular high risk, so that they may get the possibility of prevention and other measures to stop the development of disease. Cardiovascular diseases are still one of our largest health problem.

Not only for your own sake ...

The examination not only is important for you personally. It is also important that the results may be used in research, for instance by following them up together with information about disease that occur in the future. Thereby we will learn



how cardiovascular diseases, cancer, and other population diseases develop, and may be prevented. By attending the survey, you are helping to fight these diseases.

The examination includes

- **Measurement of height and weight**
- **Measurement of blood pressure**
- **Blood sample.** In this we will measure the content of lipids, e.g. cholesterol and a liver enzyme. The sample will be frozen, to make it possible to perform other blood analyses when it is necessary.
- **ECG**, which register the heart activity. This will be performed by a simplified version, and the results will be used for research purposes only.
- **Questionnaire.**

There is no X-ray screening this time. We have found it more practical that this comes back as a separate offer.

Questionnaire

This you will find on the reverse side of the invitation letter. Please fill in the questionnaire beforehand and bring it to the examination site. If you find it difficult to answer some parts, a nurse will help you when you attend. All the information you give will be treated strictly confidential.



Breast cancer examination

Women aged 40-56 years will be offered a breast cancer examination. This is made by a so called X-ray *mammography*.

The purpose is to detect the disease at the earliest possible stage so that treatment outcomes may be even better.

It is the first time in Norway that a population survey is conducted with mammography. It is a pilot project, and the experiences can be very important if this preventive measure is implemented in other places in the country.

For technical reasons we mammography be performed only in stations in the city centre. However, we will be happy to give women from the outer districts an offer to carry out the survey in the centre. Women will receive information about this when they attend the survey in the outer districts. The project implemented with financial support from the *National Association against Cancer*, and in cooperation with this organization and with the Norwegian Radium Hospital.



supports this project financially.

Follow-up examination

Some of those who are examined may later be referred to their own doctor for a more thorough control. If you are in need of treatment, you will be offered such treatment.

In the questionnaire, we have requested that you give the name of the general practitioner you usually use. If you do not have any special doctor, we will send message to the chief municipality doctor who will take care of any new investigation.

If the results from the breast cancer examination would make it necessary to control, there will be a message from the Regional Hospital of Tromsø within approx. 3 weeks.

What does it cost?

The examination we offer you now is free of charge. Should you need a new examination by your own doctor or at the Regional hospital, you will have to pay the ordinary fee.

Clothing

Because of the blood pressure measuring, we ask you to wear clothes that are sleeveless or with short sleeves that are not tight. It is not necessary to take the clothes off the upper body – except for women aged 40-56 years who will be examined, for breast cancer. This will happen in separate room.

Places that will be visited by the health survey

- Kaldfjord
- Tromsvik
- Finnkroken
- Skogvik
- Olderbakken
- Lakselvbukt
- Sjursnes
- Breivikeidet
- Fagernes
- Skittenelv
- Oldervik
- Ersfjordbotn
- Straumsbukta
- Brensholmen
- Vikran
- Trondjord
- Sjøtun
- Tromsø sentrum



Welcome!

Sincerely

- Municipality health service • County doctor
- University of Tromsø • National association against cancer



Statens helseundersøkelser

(tidl. Statens skjermbildefotografering)
The National Health Screening Service
(earlier: The National X-ray Screening)

Anglo-ad.

(Heartily welcome,
dear Tromsø inhabitant)

Hjertelig velkommen, kjære Tromsø- væring

