

*Welcome to the fifth round
of the Tromsø Study!*

Take the chance!

-a collaboration between:



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*You will find more information about the health survey on
the homepage of the National Health Screening Service*

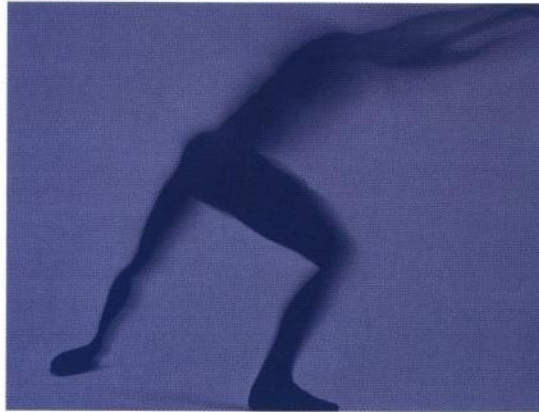
www.shus.no

**INVITATION TO
A HEALTH STUDY**

Would you like to participate in the fifth survey of the Tromsø study?

Why a new round of the Tromsø study?

Large health studies were conducted in Tromsø in 1974, 1979-80, 1986-87, and 1994-95. These surveys have given us important knowledge concerning cardiovascular epidemiology and other serious diseases, such as cancer.



The main purpose of another Tromsø study is to monitor any changes in the health of the population since last survey. We will analyze the information we have about a person, both personal data and results from analysis of frozen blood, and see if there are relationships to diseases that occur. This way we learn more on how cardiovascular diseases, cancer and other major diseases develop and how they can be prevented.

Why are we asking you to participate?

We ask everyone who participated in the Special Study in the Tromsø study in 1994-95 and a selection of others older than 29 years.



Where are you going to meet?

The survey will for the vast majority take place in Elizabeth Center in Tromsø. For some of the outer places in the municipality, the survey will take place locally. Those concerned are notified in this letter.

On the front page of the questionnaire that you receive with this letter are the opening hours for the health survey and when you have to attend the survey. If you cannot attend at that time, you are welcome any another time during the opening hours of the survey. There is no need to tell us about this — just show up when we are open.

What does the study include?

The Tromsø study is first and foremost a research project. Through following up as many as possible from the study of 1994-95, we gain valuable information of health and disease in the population of Tromsø.

Participants' general health status will be examined with regard to certain diseases and risk conditions. If you have a high risk of developing cardiovascular diseases you will be notified of this.

On the day of the examination you will be guided through the survey and there will be an opportunity to ask questions. Your height, weight and waist circumference is measured, as well as blood pressure, and a blood sample is taken. Your lung capacity is determined, in addition to simple tests of vision and strength. Tests to determine osteoporosis are also conducted.

The blood sample may later be analyzed for fatty substances, blood sugar, indicators of infections, diet, hormones, liver- and kidney function, and bone markers.

Everyone who participated in the Special Study in 1994-95 is also offered to take part in another Special Study. This study provides information on the heart and the main arteries in neck and abdomen, and offers a more detailed analysis on tendency of osteoporosis. This survey is also located at the Elisabeth-center in Tromsø. A time will be scheduled for you and information is provided upon arrival.

The Questionnaires

With this letter a questionnaire is attached. We kindly ask you to complete this form at home and bring it on the day of the examination.

If you are unsure of how to answer a question, leave it blank. You will be aided at the examination.

Everyone who participates in the study will be given an additional questionnaire of other factors which might affect your health. The questionnaire is to be completed at home and sent to the National Health Screening Service in the enclosed envelope.

Future analysis of blood

The blood which is frozen will be used for medical research only, in order to find factors influencing disease. In most cases this means that data from people with a disease is compared to data from those without it. The comparison is done on already collected data and the new analysis from the frozen blood.

We might want to analyze parts of the DNA from the frozen blood cells. Because DNA is important for the regulating and development in human being, we need knowledge on DNA to understand why diseases evolve. Analysis of this kind are only conducted after the Data Inspectorate has given a permission and if The Regional Committee for Research Ethics has no objections to the analysis.

We need your consent

When you attend the study, you will be asked to sign a consent form where you agree to the following six points:

- That we may contact you with recommendations of follow ups, treatment or prevention of disease.
- That we may ask you to participate in similar studies in the future.
- That we may use the results for medical research.
- That the results, after legal approval from the Data Inspectorate, may be linked with information about you in other registries, to be used for research purposes. This might be registries including information on health, pension and disease, and also data on income, education and occupation, in addition to information from previous health studies in Tromsø. Examples of such registries are the Cancer Registry, the Cause of Death registry and population censuses. In these cases your name and social security number are removed when data is analyzed.
- That the blood sample may be stored and used for medical research. All use of this sample will only take place after approval from the Data Inspectorate and if The Regional Committees for Research Ethics has no objections.
- That the blood sample may also be used for analysis of DNA.

Even if you approve to this now, you are entitled to change your opinion later and also ask to have your profile deleted from the registry. You may also decline to consent to one or more of the points above. The Data Inspectorate has given consent to this fifth survey of the Tromsø Study, and the Regional Committee for Research Ethics has no objections. We keep your results confidential and safe. Everyone employed in the Tromsø Study has signed a confidentiality agreement.

When will you receive your results?

About four weeks after you participated in the study you will receive a letter wherein your recorded values for cholesterol, blood pressure and blood sugar are stated. You will also receive more information on the different risk factors.

People who are found to be at particularly high risk of developing cardiovascular diseases and diabetes will be recommended to seek further examination from their own doctor.

