



Beaver Dam Offspring Study

**10-year follow-up
examination**



***Better health for
future generations***

★ **What have we found so far?**

Our research has led to many new findings and scientific publications. Here are a few:

- ★ Those with more arterial thickening at their first visit were at higher risk of:
 - developing hearing impairment
 - a decline in olfactory performance
 - developing cognitive impairment
- ★ Taste intensity was related to changes in waist circumference, body mass index, and hemoglobin A1c (a test for diabetes).
- ★ Early signs of age-related macular degeneration are associated with modifiable risk factors such as smoking or HDL cholesterol level.

★ **What does participation involve?**

Our study staff will work with you to set up an appointment time that fits your schedule. The 2½ hour examination will include:

Testing your:

- ★ hearing
- ★ vision
- ★ smell
- ★ memory

Assessing your cardiovascular health by:

- ★ blood pressure measures
- ★ carotid artery ultrasound scan

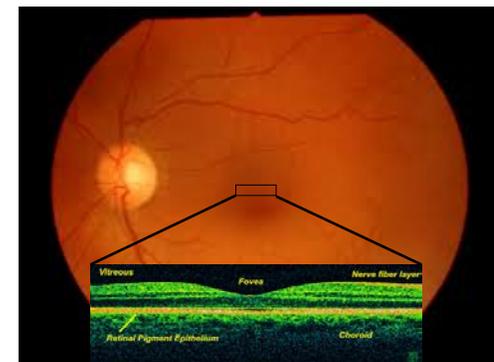
Collecting blood samples for:

- ★ diabetes
- ★ future testing

Updating your medical history

★ **What's new?**

Optical Coherence Tomography or OCT
In the past we have taken photos of your retina to allow us to investigate various eye diseases. In this study phase we will use OCT to get a different view of your retina which allows us to measure the nerve fiber layer of the retina.



OCT will allow us to see your retina from a new perspective (and without dilation).

★ How will my continued participation help?

With each exam phase we learn more about healthy aging. Longitudinal studies rely on continued participation to help identify how lifestyle changes and health behaviors affect the aging process. With the information provided by you and your parents in the Epidemiology of Hearing Loss Study (EHLS), we have found that there are generational differences in the aging process and the findings from our studies can benefit future generations.

★ Why should I come in if I don't have any sensory problems?

One of the most important parts of any study is a comparison group. Without a subset of people with good health, we cannot learn what makes their aging process different than those who aren't as healthy. Not having a sensory impairment is just as important to our research. We want to identify factors contributing to good health, to help others in the future.

★ Where will examinations be held?

Examinations take place at 130 Warren Street, Beaver Dam. Free parking is located in front of the Warren Street building at entrance A. Some exams will also be held at satellite clinics during the study to help accommodate those who do not often visit Beaver Dam.

After you schedule an appointment, we will send you a confirmation letter along with a map and directions to the study offices.

★ Contact Information

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**If your contact information changes, please let us know.
Thank you!**



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