

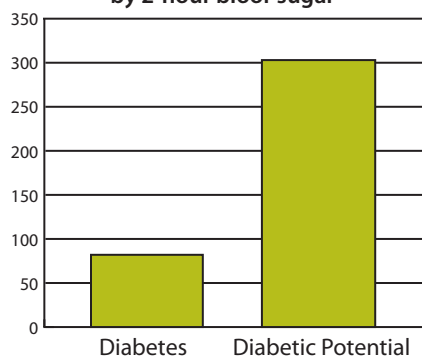


You may wonder why we contact you regularly between exams with questions about your health. This is because heart health changes as we grow older. Signs of new cardiovascular diseases such as heart attacks and stroke are related to the measurements we made during your exams. Regular contact with you increases our scientific understanding of how heart disease develops. We hope that by being active in CARDIA, you are staying on top of your health.

GLUCOSE TOLERANCE TEST

The 2-hour GLUCOSE TOLERANCE TEST may not be your favorite CARDIA test since it requires two blood samples two hours apart after drinking a sugar drink and before eating. However, the results provide very important health information about early diabetic risk

Number of CARDIA participants diagnosed by 2-hour blood sugar



to you. At the year 20 exam, the GTT allowed us to identify 82 participants (about 1 in 40) with diabetes who were previously unaware they had diabetes. We also identified an additional 303 participants, (nearly 1 in 10), as having the potential for future diabetes. This information enables participants to seek

The year 20 exam was a great success—many of you participated—about the same as for the year 15 exam! Even those of you who could not attend the year 20 exam are still in contact with us, and we look forward to seeing you at Year 25.

Thanks to all of you, the CARDIA Study continues to thrive.

The value of CARDIA comes from data that you have provided since the mid-1980's. No new participants can be added to the study, so you are irreplaceable!

appropriate medical care and make lifestyle modifications to improve their health and reduce the risks of heart disease.

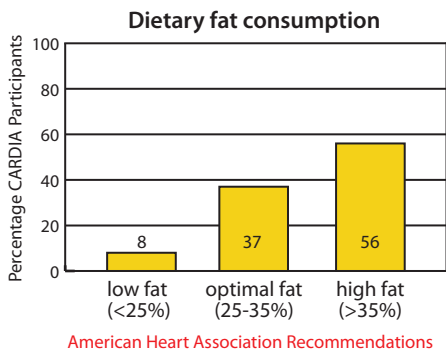
DIET

Many of you are interested in the detailed dietary information we collected at the year 20 exam. On average, CARDIA participants consumed 16% of calories from protein, 47% from carbohydrates, and 36% from fat. 37% of you reported dietary fat intake as recommended by the American Heart Association (25-35% calories from fat). The majority of participants had dietary fat intake higher than these recommendations. New diets become popular every few years. Only 7 participants had fat intake as low as the Ornish Diet (about 10% of calories from fat each day). No participants had

carbohydrate intake as low as the Atkins Diet (less than 20 grams daily or about half a bagel) at Year 20.

During the past 2 years, more than 70 CARDIA papers have been published or accepted for publication in scientific journals and more than 100 presentations have been made at major scientific meetings. CARDIA is receiving popular media attention for its important contributions to heart disease prevention. For example, CARDIA papers have documented that high blood pressure and unhealthy cholesterol levels found in early adulthood (when you started with CARDIA) are more predictive of coronary artery calcification (CAC) than they are when measured later on. CAC was measured at year 15 and 20 CARDIA exams. Your clinic information, analyzed and published by CARDIA investigators, helps educate people about how to prevent the development of heart disease and identify early risk.

The CARDIA public website is available to you at: <http://www.cardia.dopm.uab.edu> for contact information, listing of publications in scientific journals, presentations at scientific meetings, and other up to date information.





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CARDIA
thanks to you,
the CARDIA Study
continues to thrive.

**We need to contact EACH CARDIA
 PARTICIPANT EVERY SIX MONTHS!**

There are times when we are unable to reach
 you. PLEASE CALL us when:

205-934-6330
 205-934-5757

- You are **HARD TO REACH** by **PHONE**
- Your **PHONE NUMBER** has **CHANGED**
- Your **ADDRESS** has **CHANGED**
- Your **NAME** has **CHANGED**