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Dear Mr. Banks:

We thank you for participating in the Framingham Heart Study. Your clinic appointment is scheduled for Friday October 5, 2012 at 9:00 A.M.

The Framingham Heart Study's **new** address is 73 Mt. Wayte Avenue, in the **Perini Building**. The Framingham Heart Study offices are **located in the wing at the Franklin Street side** of the Building. **There is reserved parking for participants behind the Franklin Street wing**. Please see the enclosed map. The building is handicap accessible.

**You should bring slippers.** We will provide you with a robe but you may bring your own robe which will be worn over ours. In order to perform certain tests, we ask that you **NOT** eat after 8:00 P.M. the previous evening. You may have **water, decaffeinated black coffee or tea (no creamer, milk or sugar) that evening and again in the morning** before your appointment. A urine sample will be collected when you arrive. **If you cannot fast for medical reasons and have questions please call Maureen Valentino, Project Coordinator at the number below.**

**PLEASE TAKE ANY PRESCRIPTION MEDICATIONS AS YOU NORMALLY WOULD.**

Using the enclosed **MEDICATION BAG**, please bring all prescription and nonprescription medications you currently take or have taken in the past month **in their original containers. They will be returned to you before you leave.**

**ON THE BACK OF THIS SHEET**, please list information regarding hospitalizations and major illnesses you have experienced in the past. **PLEASE BRING THIS LETTER WITH YOU TO YOUR APPOINTMENT.** If you need help completing this form, Clinic staff can assist you at the time of your appointment.

If you have any questions, please call Maureen Valentino, Project Coordinator at **(508) 935-3417** locally and for long distance at **(800) 536-4143**.

Thank you once again for helping in our battle against heart disease!

Sincerely yours,

Daniel Levy, MD  
Director  
Framingham Heart Study

**OVER →**

**Doctor(s)/Health Care Provider you want your report sent to:**

<b>Name</b>	<b>Address</b>	<b>Telephone</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Hospitalizations, Emergency Room Visits, or Day Surgeries since (DATE)**

<b>Date</b>	<b>Reason</b>	<b>Hospital Name &amp; Address</b>	<b>Doctor's Name</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Doctor Office Visits:**

<b>Date</b>	<b>Reason</b>	<b>Doctor's Name</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## DIRECTIONS

### South of Framingham

Merge onto I-95 N. Take the I-495 N exit- exit number 6B- towards WORCESTER. Merge onto I-495 N. Take the I-90 exit- exit number 22- towards MASS. PIKE/BOSTON/ALBANY N.Y. Keep RIGHT at the fork in the ramp. Merge onto I-90 E (Portions toll). Follow directions from Mass Pike Eastbound.

### Mass Pike Eastbound, Exit 12 or Route 9 Eastbound

Route 9 East to the “Edgell Rd, Main St, Framingham” exit. Turn right at the end of ramp to Main Street/Union Ave. Take the 2<sup>nd</sup> right onto Franklin Street (at the light). Follow Franklin St for ½ mile (through the lights). Take a left into the Heart Study (Perini) parking lot. Go to the far left of the parking lot, behind the building to the Heart Study parking spaces.

### North of Framingham

Merge onto I-95 S. Stay straight to go onto I-295 S. Take I-95 S (Portions toll). Take the I-90/MASS. PIKE exit - exit number 25. Keep RIGHT at the fork in the ramp. Merge onto I-90 W (Portions toll). Follow directions from Mass Pike Westbound.

### Mass Pike Westbound, Exit 13

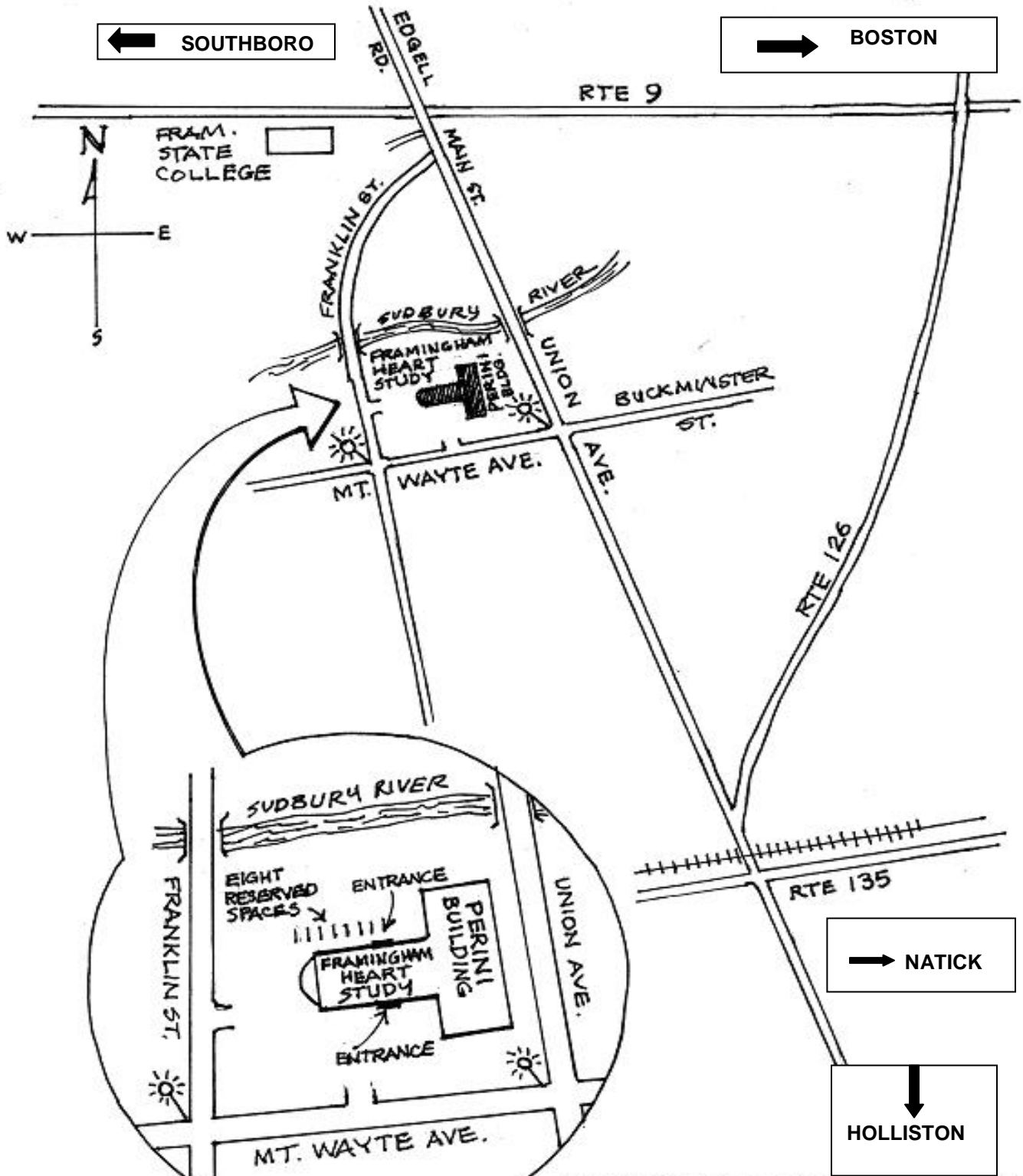
After tollbooth, bear right towards Framingham, Route 30 West. Proceed on Route 30 straight until the end. Turn right onto Route 9 West. Follow Route 9 West to the “30 West, Framingham, Southboro” exit. At the end of the ramp (at the traffic light, not before!) go left onto Main Street. Go through 1 quick traffic light and take the 2<sup>nd</sup> right onto Franklin Street (at the light). Follow Franklin St for ½ mile (through the the traffic lights). Take a left into the Heart Study (Perini) parking lot. Go to the far left of the parking lot, behind the building to the Heart Study parking spaces.

### Route 9 Westbound

Follow Route 9 West to the “30 West, Framingham, Southboro” exit. At the end of the ramp (at the traffic light, not before!) go left onto Main Street. Go right onto Franklin Street (at the light). Follow Franklin St for ½ mile (through the lights). Take a left into the Heart Study (Perini) parking lot. Go to the far left of the parking lot, behind the building to the Heart Study parking spaces.

THE FRAMINGHAM HEART STUDY  
73 MT. WAYTE AVE  
FRAMINGHAM, MA 01702

TELEPHONE: 508-872-6562



FRAMINGHAM HEART STUDY  
73 MOUNT WAYTE AVE.  
FRAMINGHAM, MA 01702-5803  
508-872-6562

# Instructions for Completing the Food Frequency Questionnaire

THANK YOU for participating in this research study. An important part of this study is the Food Frequency Questionnaire, designed to measure your dietary pattern over the past year. Remember, the information we get from the study is only as good as the information you give us. Accuracy is essential!

## **When completing the questionnaire we are asking that you:**

- 1) Please use a No. 2 pencil, and make sure the circles are completely darkened.
- 2) Please do not leave any questions blank. If the section does not apply to you, please fill in the “**never**” section.
- 3) Please do not separate, staple or rip the booklet.
- 4) Please do not leave any stray marks. Make sure all erasures are complete.