ID#: SIS



Vers: 01

Form: 63

# The Sister Study Health and Medical History A-Version 1

#### Instructions:

- Please use DARK BLUE OR BLACK BALLPOINT PEN.
- Mark only one answer for each question unless otherwise indicated.
- Follow the arrow from your response to find the next question.
- Only write comments in the spaces provided.
- Please keep this questionnaire clean, flat, and dry.
- Do not fold or tear any of the pages.

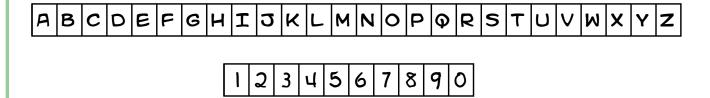
Fill in the bubbles COMPLETELY for each of the questions in this form.

Like this:

Not like this: **♥** 



Please write responses in all capital letters and numbers without touching the sides of the boxes.



When writing dates, please follow this example.

Public reporting burden for this collection of information is estimated to average 40 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0522). Do not return the completed form to this address.

U.S. Department of Health and Human Services / National Institutes of Health / National Institute of Environmental Health Sciences



Your continued participation in the Sister Study is completely voluntary and greatly appreciated. If you are not comfortable answering a question, just skip it and go to the next one. All information you share will be kept confidential.

2 0 Today's Date: MONTH YEAR DAY

#### **GENERAL HEALTH**

- 1. In the past 24 months, would you say your health has generally been...
  - O excellent,
  - O very good,
  - O good,
  - O fair, or
  - O poor?
- 2. In the past 24 months, have you...

	No	Yes
a. had a routine physical exam?	0	0
b. been to a dentist for a routine check-up or cleaning?	0	0
c. had a Pap smear?	0	0
d. had a breast exam by a doctor or other health professional?	0	0
e. had a screening mammogram?	0	0
f. had a screening ultrasound of the breast?	0	0
g. had a screening MRI of the breast?	0	0
h. had a bone density scan or osteoporosis screening?	0	0
i. had a screening colonoscopy or sigmoidoscopy exam?	0	0
j. had an ultrasound of the uterus?	0	0
k. had an ultrasound of the ovaries?	0	0
l. had a flu vaccination (either a flu shot or nasal spray)?	0	0
m. had a vaccination for shingles (herpes zoster)?	0	0

3.	Do you have any form of general health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Medicaid?
	○ No ○ Yes
4.	Was there a time in the past 12 months when you needed to see a doctor but did not because of the cost?
	○ No ○ Yes
5.	Since January 1, 2012, have you ever been unable to get screening mammography because your insurance doesn't cover it or you don't have access to screening through your work or other sources?
	○ No ○ Yes
6.	What is your current weight (in pounds)?  POUNDS
7.	What is your current height? Please round to the nearest inch.  FEET INCHES
8.	Since January 1, 2012, how many times have you lost 20 pounds (9 kilograms) or more and then later gained all the weight back? (If none, please enter "00".)



# TIMES

#### **FAMILY MEDICAL HISTORY**

○ No		
○ Yes		
In all, how many of	your full or half sisters have ever been diagno	osed with breast cancer?
01		
○ <mark>2</mark> ○3		
04		
○ 5 or more		
Since January 1, 20	12, have any <b>other</b> close blood relatives of yo	ours been diagnosed with breas
cancer for the first	time?	
○ No → GO TO	QUESTION 11	
	10a. What is/are the relative(s)'	○ Mother
○ Yes	relationship to you?	○ Father
	(Please mark all that apply.)	○ Brother
		<ul><li>Daughter</li></ul>
		O Son
		○ Grandmother
		○ Grandfather
		<ul><li>Other relative related to you by blood</li></ul>
		to you by blood
Cinco Innue 1 20	12 have any place blood relatives of very ha	والمناسبة والمناسبة والمناسبة
cancer for the first	12, have <b>any</b> close blood relatives of yours be	een diagnosed with ovarian
cancer for the first	tille:	
○ No → GO TO	THE NEXT PAGE, QUESTION 12	
ONO - GOTO	THE NEXT FAGE, QUESTION 12	
		-
	11a. What is/are the relative(s)'	○ Sister
O Yes		
○ Yes	relationship to you?	○ Mother
○ Yes		<ul><li>Mother</li><li>Daughter</li></ul>
○ Yes	relationship to you?	
○ Yes	relationship to you?	○ Daughter

In previous questionnaires, we have asked whether any of your grandparents have had cancer. However, we did not ask you which grandparent was diagnosed with cancer.

Were any of the following blood relatives  EVER diagnosed with BREAST cancer?			a.  (If Yes, at what age were they diagnosed?
12. Grandmother on mother's side.	○No ○I don't know	○ Yes	OR OI don't know
13. Grandmother on <u>father's</u> side.	○ No ○ I don't know	○ <mark>Yes</mark>	OR OI don't know
14. Grandfather on mother's side.	○No ○I don't know	○ Yes	OR OI don't know
15. Grandfather on <u>father's</u> side.	○ No ○ I don't know	○(Yes)	OR OI don't know

Were any of the following blood relatives EVER diagnosed with OVARIAN cancer?		If Yes, at what age were they diagnosed?
16. Grandmother on mother's side.	○No ○I don't know	OYes OR OI don't know
17. Grandmother on <u>father's</u> side.	○ No ○ I don't know	OYes OR OI don't know

- 18. Have any close blood relatives of yours ever been diagnosed with Parkinson's disease?
  - O No **GO TO QUESTION 19**



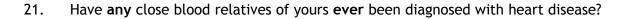
- What is/are the relative(s)' 18a. relationship to you? (Please mark all that apply.)
- Mother ○ Father ○ Sister
- O Brother ○ Daughter ○ Son
- Other relative related to you by blood
- 19. Have any close blood relatives of yours ever been diagnosed with Alzheimer's disease?
  - $\circ$  No **GO TO QUESTION 20**



- 19a. What is/are the relative(s)' relationship to you? (Please mark all that apply.)
- Mother ○ Father ○ Sister O Brother ○ Daughter ○ Son
- Other relative related to you by blood
- 20. Have any close blood relatives of yours ever been diagnosed with diabetes?
  - $\bigcirc$  No **GO TO THE NEXT PAGE, QUESTION 21**



- 20a. What is/are the relative(s)' relationship to you? (Please mark all that apply.)
- Mother ○ Father
- Sister
- O Brother
- Daughter
- O Son
- Other relative related to you by blood



○ No → GO TO QUESTION 22



21a. What is/are the relative(s)' relationship to you?
(Please mark all that apply.)

○ Mother

○ Father

Sister

BrotherDaughter

○ Son

Other relative related to you by blood

22. Have any close blood relatives of yours ever had a stroke?

○ No → GO TO THE NEXT PAGE, QUESTION 23

○ Yes



22a. What is/are the relative(s)' relationship to you?
(Please mark all that apply.)

○ Mother

○ Father

○ Sister

○ Brother

○ Daughter

○ Son

Other relative related to you by blood

### PERSONAL MEDICAL HISTORY

We are interested in changes to your health in the past few years. Please think about your medical history since January 1, 2012.

	a doctor or other health fessional told you that you l	NEVER OR BEFORE 1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?
23.	breast cancer? Please do <b>not</b> include in situ cancer.	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
24.	ductal (breast) carcinoma in situ (DCIS)?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
25.	lobular (breast) carcinoma in situ (LCIS)?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
26.	lung cancer?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
27.	ovarian cancer?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u> January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
28.	cancer of the uterus or endometrium? Please do <b>not</b> include non-cancerous conditions such as fibroids, endometriosis, or pre-cancer.	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
29.	cancer of the colon or rectum?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
30.	Hodgkin's disease or Hodgkin's lymphoma?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
31.	non-Hodgkin's lymphoma?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u> January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
32.	leukemia?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR

hea	a doctor or other alth professional told that you had	NEVER OR BEFORE1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?
33.	melanoma?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH YEAR
34.	skin cancer ( <b>not</b> melanoma)?	<ul> <li>Never diagnosed</li> <li>Diagnosed before         January 1, 2012</li> <li>If diagnosed before         January 1, 2012, was         it (Please mark all         that apply.)</li> <li>basal cell?</li> <li>squamous cell?</li> <li>other?</li> </ul>	○ Diagnosed January 1, 2012 or later	a. MONTH/YEAR DIAGNOSED
35.	any other type of cancer not already listed?	<ul> <li>○ Never diagnosed</li> <li>○ Diagnosed before         January 1, 2012</li> <li>If diagnosed before         January 1, 2012, please         specify what type(s) of         cancer:</li> </ul>	O Diagnosed January 1, 2012 or later	a. MONTH/YEAR DIAGNOSED



Has a doctor or other health professional ever told you that you had	NO	YES	b. Have you had this condition in the past 12 months?
36. hypertension or high blood pressure?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed</li></ul>	○ No ○ Yes
37. angina?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed         January 1, 2012 or later →         a. What month and year         were you diagnosed?</li></ul>	○ No ○ Yes
38. cardiac arrhythmia (irregular heartbeat)?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed January 1, 2012 or later →</li> <li>a. What month and year were you diagnosed?</li> <li>MONTH</li> </ul>	○ No ○ Yes
39. congestive heart failure?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed         January 1, 2012 or later →         a. What month and year         were you diagnosed?</li></ul>	○ No ○ Yes

Has a do- other hea profession you that	alth	NO	YES	b. Have you had another incident since then?
-		O No	<ul> <li>○ Yes, my first heart attack was before January 1, 2012</li> <li>○ Yes, my first heart attack was January 1, 2012 or later ↓</li> <li>a. What month and year was your first heart attack?</li> <li>✓ 2 0</li> <li>MONTH YEAR</li> </ul>	○ No  ○ Yes  ↓  c. What month and year was your most recent heart attack?  MONTH  YEAR
		O No	<ul> <li>○ Yes, my first stroke was before January 1, 2012</li> <li>○ Yes, my first stroke was January 1, 2012 or later ↓</li> <li>a. What month and year was your first stroke?</li> <li>✓ 2 0</li> <li>MONTH YEAR</li> </ul>	○ No  ○ Yes  ↓  c. What month and year was your most recent stroke?  MONTH YEAR
42. a min or TI. (tran ische attac	A sient emic	O No	<ul> <li>○ Yes, my first mini-stroke was before January 1, 2012</li> <li>○ Yes, my first mini-stroke was January 1, 2012 or later ↓</li> <li>a. What month and year was your first mini-stroke?</li> <li>/ 2 0</li> <li>MONTH YEAR</li> </ul>	<ul> <li>○ No</li> <li>○ Yes</li> <li>↓</li> <li>c. What month and year was your most recent mini-stroke?</li> <li>/</li> <li></li></ul>



	e January 1, 2, have you 	NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. How many times has this happened since January 1, 2012?	b. What was the month and year that this first happened since January 1, 2012?
43.	a hip fracture?	<ul><li>○ Never</li><li>○ <u>Before</u> January 1, 2012</li></ul>	○ January 1, 2012 or later	# TIMES	MONTH YEAR
44.	a wrist fracture?	<ul><li>○ Never</li><li>○ <u>Before</u> January 1, 2012</li></ul>	○ January 1, 2012 or later	# TIMES	MONTH YEAR
45.	a spine (vertebral) fracture?	O Never O Before January 1, 2012	O January 1, 2012 or later	# TIMES	MONTH YEAR
46.	a rib fracture?	O Never O Before January 1, 2012	O January 1, 2012 or later	# TIMES	MONTH YEAR

	 		a. If yes, how many times?	b. Age at <b>first</b> injury?	c. Age at most recent injury?
47. Have you <b>ever</b> had a serious head injury that resulted in unconsciousness, coma, or hospitalization?	○ No	○ Yes	# TIMES	AGE	AGE

Has a doctor or other health professional ever told you that you had	NO	YES
48. diabetes?	O No	<ul> <li>Yes, first diagnosed before January 1, 2012</li> <li>Yes, first diagnosed January 1, 2012 or later → <ul> <li>a. What month and year were you diagnosed?</li> <li>/ 2 0</li> <li>MONTH / YEAR</li> </ul> </li> <li>b. Do you still have this condition? <ul> <li>No</li> <li>Yes</li> </ul> </li> <li>c. Do you currently take insulin for diabetes?</li> <li>No → GO TO 48e</li> </ul> <li>Yes → <ul> <li>d. If yes, when did you first use insulin?</li> <li>MONTH / YEAR</li> </ul> </li> <li>e. Do you currently take other medications for diabetes? <ul> <li>No</li> <li>Yes → (Please report medications in question 174.)</li> </ul> </li>



Has a doctor or other health professional ever told you that you had	NO	YES	b. Have you had this condition in the past 12 months?
49. asthma?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed         January 1, 2012 or later →         a. What month and year were you diagnosed?</li></ul>	○ No ○ Yes
50. depression?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed</li> <li>January 1, 2012 or later →         <ul> <li>a. What month and year were you diagnosed?</li> <li>MONTH</li> <li>YEAR</li> </ul> </li> </ul>	○ No ○ Yes
51. periodontal (gum) disease?	○ No	<ul> <li>Yes, <u>first</u> diagnosed <u>before</u> January 1, 2012</li> <li>Yes, <u>first</u> diagnosed         January 1, 2012 or later →         a. What month and year were you diagnosed?</li></ul>	○ No ○ Yes
52. lost any adult teeth due to disease or decay (please do not count wisdom teeth extractions, or teeth lost due to accidents, violence, or orthodontistry)?	○ No	<ul> <li>Yes, first diagnosed</li> <li>January 1, 2012 or later →</li> <li>a. What month and year were you diagnosed?</li> <li>/ 2 0</li> <li>MONTH</li> </ul>	O No O Yes

doc	te January 1, 2012, has a tor or other health fessional told you that you	NEVER OR BEFORE 1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?
53.	allergic rhinitis, hay fever, or seasonal allergies?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
54.	emphysema?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
55.	chronic obstructive pulmonary disease (COPD)?	<ul> <li>Never diagnosed</li> <li>Diagnosed <u>before</u></li> <li>January 1, 2012</li> </ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
56.	Graves' disease?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	O Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
57.	other hyperthyroidism (overactive thyroid)?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
58.	Hashimoto's thyroiditis?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
59.	other hypothyroidism (underactive thyroid)?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
60.	an enlarged thyroid or goiter?	<ul> <li>Never diagnosed</li> <li>Diagnosed <u>before</u></li> <li>January 1, 2012</li> </ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR



doc pro	Since January 1, 2012, has a doctor or other health professional told you that you had  NEVER OR BEFORE 1/1/2012		DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?		
61.	thyroid nodules?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
62.	another thyroid problem? Please do <b>not</b> include thyroid cancer.	<ul> <li>Never diagnosed</li> <li>Diagnosed <u>before</u></li> <li>January 1, 2012</li> </ul>	○ Diagnosed January 1, 2012 or later	a. MONTH/YEAR DIAGNOSED  / 2 0  MONTH YEAR  b. Please specify the problem:		
63.	osteoporosis?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
64.	osteopenia, or low bone density?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
65.	osteoarthritis (age-related arthritis)?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
66.	rheumatoid arthritis?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
67.	multiple sclerosis?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		
68.	scleroderma or systemic sclerosis?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR		

Since January 1, 2012, has a doctor or other health professional told you that you had	NEVER OR BEFORE 1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?	
69. systemic lupus erythematosus (SLE)?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	
70. discoid lupus?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	O Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	
71. Sjögren's syndrome?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	
72. Crohn's disease?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	
73. ulcerative colitis?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	
74. shingles?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR	



hea	a doctor or other lth professional told that you had	NEVER OR BEFORE 1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?
75.	polyps in the colon or rectum?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
76.	polycystic ovarian syndrome or PCOS?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
77.	ovarian cysts?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
78.	uterine fibroids or fibroid tumors?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
79.	gallstones or gallbladder disease?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
80.	Parkinson's disease?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
81.	Alzheimer's disease?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
82.	cognitive impairment?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
83.	kidney failure requiring dialysis or transplant?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u> January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR

prof	a doctor or other health essional told you that had	NEVER OR BEFORE 1/1/2012	DIAGNOSED 1/1/2012 OR LATER	a. If diagnosed January 1, 2012 or later, what month and year were you diagnosed?
84.	kidney stones?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH YEAR
85.	gout?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
86.	cataracts?	<ul><li>Never diagnosed</li><li>Diagnosed <u>before</u></li><li>January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
86a	. detached retina?	<ul><li>Never diagnosed</li><li>Diagnosed before</li><li>January 1, 2012</li></ul>	ODiagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
87.	glaucoma?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
88.	macular degeneration?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
89.	pulmonary embolism?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	O Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR
90.	deep vein thrombosis, DVT, or deep vein blood clots in your legs or somewhere else?	<ul><li>Never diagnosed</li><li>Diagnosed before January 1, 2012</li></ul>	○ Diagnosed January 1, 2012 or later	MONTH / 2 0 YEAR



Endometriosis is a health problem in women in which tissue that looks and acts like the lining of the uterus grows outside of the uterus. Endometriosis is different from endometrial polyps or endometrial cancer.

- 91. Has any doctor told you that you have endometriosis?
  - ONO → GO TO THE NEXT PAGE, QUESTION 94

○ Yes	

92. How old were you when you were first diag with endometriosis?	nosed	AG	E
Was your endometriosis confirmed by	1 1 1 1 1 1		Age at procedure?
93a. Laparoscopy (insertion of a thin, lighted tube through a small incision in the abdomen to examine organs)?	ONO	O Yes	AGE
93b. Laparotomy (traditional abdominal surgery, which requires a larger incision)?	ONo	O Yes	AGE
93c. Ultrasound?	ONo	O Yes	AGE
93d. Magnetic Resonance Imaging (MRI)?	ONO	○ Yes	AGE
93e. Hysterectomy for suspected endometriosis?	ONo	○ Yes	AGE
93f. Hysterectomy for other reason?	ONo	○ Yes	AGE
93g. Other, please specify:	ONo	○ Yes	AGE

94.	ome people experience problems with urinary incontinence, the leakage of urine. In the past	: 12
	nonths, have you accidentally leaked urine?	

- No → GO TO THE NEXT PAGE, QUESTION 95
- I don't know



94a. How frequently does this happen? Every day ○3 - 6 times per week Once or twice per week ○2 - 3 times per month Once per month ○ A few times per year 94b. How much of a problem, if any, ○ A big problem is/was the urine leakage for you? ○ A small problem O Not a problem 94c. Have you talked with your doctor O No or other health provider about Yes your urine leakage? 94d. O No Have you taken any medications for your urinary incontinence? Yes O No → GO TO QUESTION 95 94e. Have you had any other treatments for your urinary Yes incontinence? 94f. Bladder training If so, what treatments have you had for your urinary Exercises incontinence? Surgery (Please mark all that apply.) Other, specify:



- 95. Have you been told that you have pelvic prolapse? You may have heard it called "cystocele," "rectocele," "urethrocele," or "dropped bladder."
  - O No GO TO THE NEXT PAGE, QUESTION 96

○ Yes 95a. Have you had surgery to correct O No → GO TO QUESTION 96 pelvic prolapse? ○ Yes 95b. How many surgeries have you had to correct pelvic **# SURGERIES** prolapse? 95c. How old were you when you had your first surgery? **AGE** 95d. How old were you when you had your **second** surgery? AGE 95e. How old were you when you had your third surgery? **AGE** 

## SURGERIES

Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	HAD PROCEDURE 1/1/2012 OR LATER	a. If you had this procedure January 1, 2012 or later, what was the month and year?
96.	gallbladder surgery?	<ul><li>Never had procedure</li><li>Had procedure before</li><li>January 1, 2012</li></ul>	○ Had procedure January 1, 2012 or later	MONTH YEAR
97.	balloon angioplasty, stent placement, or other procedure to open or widen a heart artery? These procedures are different from the test used to diagnose a blockage.	<ul> <li>○ Never had procedure</li> <li>○ Had procedure <u>before</u></li> <li>January 1, 2012</li> </ul>	○ Had procedure January 1, 2012 or later	MONTH YEAR
98.	coronary artery bypass graft surgery?	<ul><li>Never had procedure</li><li>Had procedure <u>before</u></li><li>January 1, 2012</li></ul>	○ Had procedure January 1, 2012 or later	MONTH YEAR

99. Since January 1, 2012, have you experienced any of the following medical symptoms? (Please mark a response for each item below.)

		No	Yes
a. swelling in yo	our wrist, finger, elbow, or knee joints lasting six or more weeks?	0	0
•	s in the mornings, lasting at least one hour, and for more than six t include stiffness related or due to an injury or surgery)?	0	0
	ent, troublesome dry eyes for more than 3 months, or a recurrent feeling avel in your eyes, or use of tear substitutes more than 3 times a day?	0	0
•	g of dry mouth for more than 3 months, or frequent drinking of liquids to wing dry foods, or recurrently or persistently swollen salivary glands?	0	0
e. a tremor or t	rembling in either of your hands?	0	0
f. walking or ot	her movements getting noticeably slower?	0	0
g. handwriting g	getting noticeably smaller?	0	0
h. difficulty get	ting started when walking or making other movements?	0	0
i. wheezing or	whistling in your chest?	0	0
-	breath when hurrying on level ground, or when walking up a slight hill, bing a flight of stairs at your usual pace?	0	0
k. shortness of l	breath when at rest?	0	0
l. shortness of I	oreath when lying down?	0	0
m. shortness of I	oreath when walking?	0	0
n. swelling (or e	edema) in your legs?	0	0
o. excessive swe	eating other than due to menopause?	0	0
p. unexplained	and unintentional weight loss of 10 or more pounds?	0	0
q. A problem wi	ith sneezing or a runny nose or blocked nose when you did not have a u?	0	0

99. Since January 1, 2012, have you experienced any of the following medical symptoms? (Please mark a response for each item below.)

	No	Yes
r. feeling light-headed, dizzy, or weak when standing from sitting or lying down?	0	0
s. getting up regularly at night to pass urine?	0	0
t. unexplained pains (not due to known conditions such as arthritis)?	0	0
u. dribbling of saliva during daytime?	0	0

- Do you suffer from a decrease in or loss of your sense of smell? 100.
  - O No **GO TO QUESTION 101**

○ Yes	

100a.	How old were you the first time you
	noticed this problem?

ota were you the mist time you	
ced this problem?	
	AGE

100b. Are there any reasons (such as head injury) that explain the decrease in your sense of smell?

$\circ$ No	
○ Yes,	specify

		NO	YES	a. If yes, for how many years have you had this symptom?
101. Since January 1, 2012, ha experienced coughing on three months or more ou	most days for	○ No	○ Yes	<ul><li>○ 1 year</li><li>○ 2 or more years</li></ul>
102. Since January 1, 2012, had up phlegm on most days months or more out of a count phlegm from the n	for three year (do not	○ No	○ Yes	○ 1 year ○ 2 or more years



103. Since January 1, 2012, have you had a mammogram, breast ultrasound, or breast MRI?

#### $\circ$ No **GO TO THE NEXT PAGE, QUESTION 104**

O Yes

103a. How many times did you have a mammogram, breast ultrasound, or breast MRI since January 1, 2012? # TIMES 103b. What was the month and year of 0 your most recent mammogram, MONTH YEAR breast ultrasound, or breast MRI? 103c. Since January 1, 2012, have you  $\bigcirc$  No  $\rightarrow$ GO TO THE NEXT PAGE, been told you had abnormal **QUESTION 104** findings on a mammogram, breast O Yes ultrasound, or breast MRI? 103d. What was the month and year 2 0 of your most recent test with MONTH YEAR abnormal findings? 103e. Which breast showed abnormal ○ Left breast findings at the most recent O Right breast test? Both breasts 103f. Were you told this test showed ○ Breast cysts any of the following? Fibrocystic breasts (Please mark all that apply.) Breast calcifications O Dense breasts Uneven or one-sided densities ○ Fibroadenoma ○ Other O Don't know

- 104. Since January 1, 2012, have you had a breast cyst or cysts drained (aspirated) or removed?
  - $\bigcirc$  No **GO TO QUESTION 105**



104a. On how many occasions have you had this since January 1, 2012?



104b. What was the month and year of your most recent procedure?

	/	2	0		
MONTH			YE	AR	

104c. On which breast was the most recent cyst aspiration or removal performed?

- Left breast
- O Right breast
- O Both breasts

- Since January 1, 2012, have you had a needle biopsy to diagnose or rule out a breast condition? 105.
  - $\circ$  No → GO TO THE NEXT PAGE, QUESTION 106

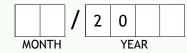
○ Yes



105a. On how many occasions have you had this since January 1, 2012?



105b. What was the month and year of your most recent procedure?



105c. On which breast was the most recent needle biopsy performed?

- Left breast
- O Right breast
- O Both breasts

- 106. Since January 1, 2012, have you had a surgical biopsy or a biopsy other than a needle biopsy to diagnose or rule out a breast condition?
  - $\circ$  No **GO TO QUESTION 107**



106a. On how many occasions have you had this since January 1, 2012?

# OCCASIONS

106b. What was the month and year of your most recent procedure?

2 0 YEAR MONTH

106c. On which breast was the most recent biopsy performed?

Left breast O Right breast

O Both breasts

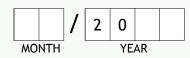
- 107. Since January 1, 2012, have you had a breast lump or lumps removed (lumpectomy or excisional biopsy)?
  - → GO TO THE NEXT PAGE, QUESTION 108  $\circ$  No



107a. On how many occasions have you had this since January 1, 2012?



107b. What was the month and year of your most recent procedure?



107c. On which breast was the most recent lumpectomy or excisional biopsy performed?

○ Left breast O Right breast

O Both breasts

	e January 1, , have you had	NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. Why was this done?	b. If you had this procedure January 1, 2012 or later, what was the month and year?
108.	a mastectomy of your left breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	<ul><li>To treat</li><li>breast cancer</li><li>To prevent</li><li>breast cancer</li><li>Both</li></ul>	MONTH YEAR
109.	a mastectomy of your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	<ul><li>To treat</li><li>breast cancer</li><li>To prevent</li><li>breast cancer</li><li>Both</li></ul>	MONTH YEAR

	January 1, 2012, you had	NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this procedure January 1, 2012 or later, what was the month and year?	b. Did you have a silicone gel implant?
110.	breast reconstruction surgery on your left breast?	<ul><li>Never</li><li>Yes, <u>before</u></li><li>January 1, 2012</li></ul>	○ Yes, January 1, 2012 or later	MONTH / 2 0 YEAR	○ No ○ Yes
111.	breast reconstruction surgery on your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH / 2 0 YEAR	○ No ○ Yes

Since January 1, 2012, were you told you had any of the following after a cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy?

Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this January 1, 2012 or later, what was the month and year?
112.	fibrocystic or benign nonproliferative changes within normal range? For example, cysts, mild hyperplasia, benign calcifications, fibrosis, etc.	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR
113.	fibroadenoma?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	b. What type?  Simple fibroadenoma Complex fibroadenoma Both Don't know

Since January 1, 2012, were you told you had any of the following after a cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy?

Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this January 1, 2012 or later, what was the month and year?
114.	benign breast disease?	O Never O Yes, before January 1, 2012	O Yes, January 1, 2012 or later	MONTH YEAR
115.	proliferation without atypia? For example, sclerosing adenosis, intraductal papilloma, moderate hyperplasia, suspicious calcifications, etc.	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR
116.	atypical hyperplasia?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	b. What type?  Atypical ductal hyperplasia  Atypical lobular hyperplasia  Both  Don't know
117.	ductal carcinoma in situ (DCIS)?	<ul><li>○ Never</li><li>○ Yes, <u>before</u></li><li>January 1, 2012</li></ul>	○ Yes, January 1, 2012 or later	MONTH YEAR
118.	lobular carcinoma in situ (LCIS)?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR
119.	breast cancer?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR
120.	other changes?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR



- 121. Regardless of the findings, did you keep a copy of the pathology report(s) from the cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy that you are willing to share with us?
  - O No
  - $\circ$  Yes  $\rightarrow$  Please include a copy with your completed questionnaire.
  - Not applicable

	January 1, 2012, you had	NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this procedure January 1, 2012 or later, what was the month and year?
122.	breast reduction surgery on your left breast?	<ul><li>Never</li><li>Yes, <u>before</u></li><li>January 1, 2012</li></ul>	○ Yes, January 1, 2012 or later	MONTH YEAR
123.	breast reduction surgery on your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR

Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this procedure January 1, 2012 or later, what was the month and year?	b. Did you have a silicone gel implant?
124.	breast enlargement surgery on your left breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR	○ No ○ Yes
125.	breast enlargement surgery on your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH / 2 0 YEAR	○ No ○ Yes

Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	1/1/2012 OR LATER	a. If you had this procedure January 1, 2012 or later, what was the month and year?	b. Was this a silicone gel implant?
126.	a breast implant surgically removed from your <b>left</b> breast?	<ul><li>○ Never</li><li>○ Yes, <u>before</u></li><li>January 1, 2012</li></ul>	○ Yes, January 1, 2012 or later	MONTH YEAR	○ No ○ Yes
127.	a breast implant surgically removed from your <b>right</b> breast?	○ Never ○ Yes, <u>before</u> January 1, 2012	○ Yes, January 1, 2012 or later	MONTH YEAR	○ No ○ Yes

#### **MENSTRUAL HISTORY**

127a. Have you had a menstrual period or pregnancy in the past 10 years?

- No → GO TO PAGE 39, QUESTION 128
- Yes → GO TO THE NEXT PAGE, QUESTION 127b1



○ No → GO TO NEXT QUESTION, 127b2						
○ Yes → GO TO PAGE 36, QUESTION 127h						
127b2. Have you had a menstrual period in the past 12 months?						
○ No → ANSWER BOX A BELOW						
○ Yes → ANSWER BOX B ON THE NEXT PAGE						
ANSWER DOX D'ON THE NEXT FACE						
BOX A						
THIS BOX IS FOR WOMEN WHO HAVE $\underline{NOT}$ HAD A MENSTRUAL PERIOD IN THE PAST 12 MONTHS AND ARE NOT PREGNANT OR BREASTFEEDING. ALL OTHERS GO TO QUESTION 127e.						
127c. Why did your periods stop? Please choose one response that best describes your situation.						
O My periods stopped on their own (naturally).						
O My periods stopped on their own but I began taking hormone replacement therapy before my periods fully stopped.						
O My periods stopped after my uterus or ovaries were removed						
(be sure to answer questions 147 and 148).						
O My periods stopped due to radiation or chemotherapy.						
O My periods stopped due to medicine that causes the ovaries to make less hormones or medicine that has this as a side effect.						
O My periods stopped because I am taking the kind of birth control pills that make me not have periods.						
O My periods stopped for some other reason, please describe:						
127d. What month and year did you have your last menstrual period or how old were you when you had your last menstrual period?						
MONTH YEAR OR AGE  GO TO PAGE 36, QUESTION 127h						

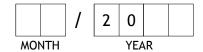
127b1.

Are you currently pregnant or breastfeeding?

#### **BOX B**

THIS BOX IS FOR WOMEN WHO HAVE HAD A MENSTRUAL PERIOD IN THE PAST 12 MONTHS.

#### 127e. When was your last menstrual period?



#### 127f. What statement best describes you?

- O My periods have not stopped and I am not taking hormones.
- O My periods have not stopped but I am taking hormones.
- O My periods stopped temporarily but restarted when I stopped taking birth control pills.

GO TO PAGE 36, QUESTION 127h

- O My periods stopped temporarily, but I have had episodes of bleeding since the time when I started taking hormones.
- O My periods stopped temporarily but restarted when I began taking hormone replacement therapy.

OR

○ My periods stopped sometime in the last 12 months. → GO TO QUESTION 127g

# 127g. Why did your periods stop? Please choose one response that best describes your situation.

- O My periods stopped on their own (naturally).
- O My periods stopped on their own but I began taking hormone replacement therapy before my periods fully stopped.
- O My periods stopped after my uterus or ovaries were removed (be sure to answer questions 147 and 148).
- O My periods stopped due to radiation or chemotherapy.
- O My periods stopped due to medicine that causes the ovaries to make less hormones or medicine that has this as a side effect.
- O My periods stopped because I am taking the kind of birth control pills that make me not have periods.

О Му	periods	stopped	for	some	other	reason,	please	describe:
------	---------	---------	-----	------	-------	---------	--------	-----------

1	
1	



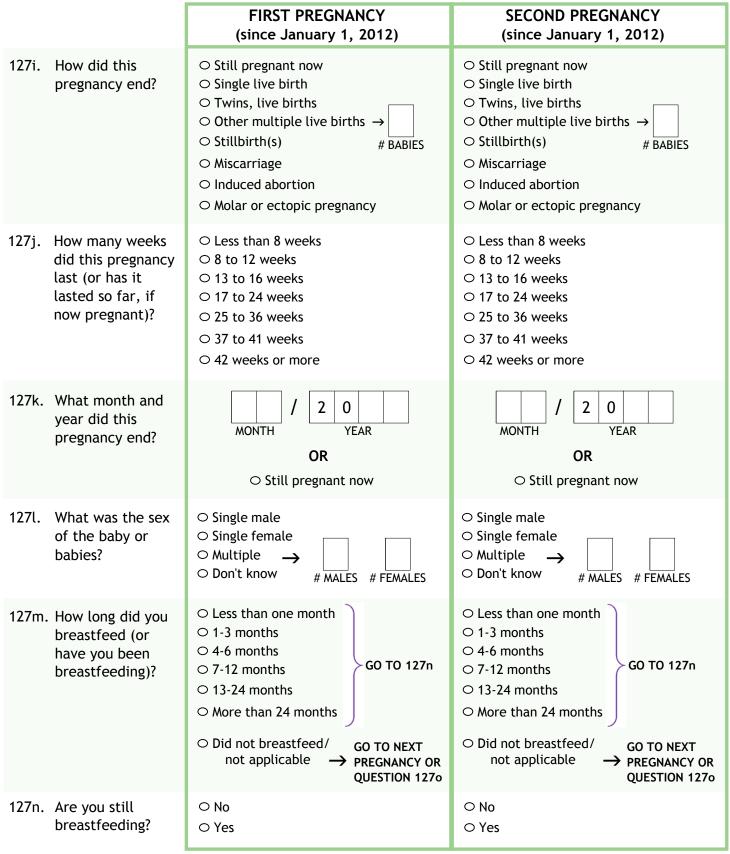
#### REPRODUCTIVE HISTORY AND HORMONES

127h. Have you had a pregnancy since January 1, 2012?

 $\circ$  No → GO TO PAGE 38, QUESTION 1270



127h1.	Are you currently pregnant?	○ No ○ Yes	
127h2.	How many times have you been pregnant since January 1, 2012 (including your current pregnancy, if you are pregnant now)?	# TIMES	



IF YOU HAVE HAD MORE THAN 2 PREGNANCIES SINCE JANUARY 1, 2012, PLEASE ANSWER THE SAME QUESTIONS FOR EACH PREGNANCY AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.



1270. Since January 1, 2012, have you used any hormonal birth control?

# $\circ$ No $\rightarrow$ GO TO THE NEXT PAGE, QUESTION 128

○ Yes



Since s	January 1, 2012, have ed	NO	YES	If yes, how many months in all have you used this since January 1, 2012?	Are you currently using this?
127p.	birth control pills?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127q.	birth control patches?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127r.	a hormonal IUD (intrauterine device)?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127s.	a Norplant implant?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127t.	a Nuva Ring?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127u.	Depo Provera?	○ No	○ Yes	# MONTHS	○ No ○ Yes
127v.	any other hormonal birth control?	○ No	○ Yes	# MONTHS	○ No ○ Yes

The next questions are about female hormone products often used for hormone replacement therapy (HRT).

Since	January 1, 2012, have you used	NO	YES	a. If yes, how many months in all have you used this since January 1, 2012?	b. Do you currently use this female hormone product(s)?
128.	a combined pill containing both estrogen and progesterone (such as Prempro)?	○ No	○ Yes	# MONTHS	○ No ○ Yes
129.	an estrogen-only pill (such as Premarin) with no additional progesterone in any form?	○ No	○ Yes	# MONTHS	○ No ○ Yes
130.	an estrogen pill (such as Premarin)  and a separate progesterone pill (such as Provera) or progesterone shot?	○ No	○ Yes	# MONTHS	○ No ○ Yes
131.	an estrogen-only patch with no additional progesterone in any form?	○ No	○ Yes	# MONTHS	○ No ○ Yes
132.	a patch containing both estrogen and progesterone (such as Combipatch)?	○ No	○ Yes	# MONTHS	○ No ○ Yes
133.	an estrogen-only patch <b>and</b> a separate progesterone pill or progesterone shot?	○ No	○ Yes	# MONTHS	○ No ○ Yes
134.	progesterone alone (not for birth control)?	○ No	○ Yes	# MONTHS	○ No ○ Yes



	Since January 1, 2012, have you used NO		YES	If yes, how many months in all have you used this since January 1, 2012?
135.	vaginal estrogen creams, rings, or suppositories?	○ No	○ Yes	<ul> <li>a. #MONTHS</li> <li>b. Do you currently use this female hormone product(s)? <ul> <li>No</li> <li>Yes</li> </ul> </li> <li>c. Does this product also contain progesterone? <ul> <li>No</li> <li>Yes</li> <li>Don't know</li> </ul> </li> <li>d. Did you also take progesterone in another form (e.g., patch, pill) during the time you were using vaginal estrogen creams, rings, or suppositories? <ul> <li>No</li> <li>Yes</li> </ul> </li> </ul>
136.	any other estrogen products, including "natural" estrogens?	○ No	○ Yes	<ul> <li>a. # MONTHS</li> <li>b. Do you currently use this female hormone product(s)? <ul> <li>No</li> <li>Yes</li> </ul> </li> <li>c. Which of the following products have you used since January 1, 2012? (Please mark all that apply.) <ul> <li>Capsules</li> <li>Gel or cream applied to the skin</li> <li>Injection</li> <li>Liquid</li> <li>Troche or lozenge (dissolved under the tongue)</li> <li>Other</li> </ul> </li> </ul>

	January 1, 2012, have used	NO	YES	a. If yes, how many months in all have you used this since January 1, 2012?	b. Do you currently use this?	C. Why did you use this?
137.	tamoxifen or Nolvadex?	O No	○ Yes	# MONTHS	○ No ○ Yes	O Treat breast cancer O Prevent breast cancer O Another reason
138.	ospemifene or Osphena?	ONo	O Yes	(# MONTHS)	O No O Yes	<ul><li>Treat breast cancer</li><li>Prevent breast cancer</li><li>Another reason</li></ul>
139.	raloxifene or Evista?	○ No	○ Yes	# MONTHS	○ No ○ Yes	<ul><li>Treat breast cancer</li><li>Prevent breast cancer</li><li>Another reason</li></ul>
Arom	atase inhibitors:	 		1	 	
140.	anastrozole or Arimidex?	○ No	○ Yes	# MONTHS	○ No ○ Yes	<ul><li>Treat breast cancer</li><li>Prevent breast cancer</li><li>Another reason</li></ul>
141.	exemestane or Aromasin?	O No	○ Yes	# MONTHS	○ No ○ Yes	
142.	letrozole or Femara?	○ No	○ Yes	# MONTHS	○ No ○ Yes	1 
143.	other aromatase inhibitor?	○ No	○ Yes	# MONTHS	○ No ○ Yes	1 1 1 1 1 1
Ple	ase specify:	 		1 1 1	 	1 1 1
		 		1 1 1	 	1 1 1
144.	Herceptin?	O No	○ Yes	# MONTHS	○ No ○ Yes	
145.	testosterone?	O No	○ Yes	# MONTHS	○ No ○ Yes	1 1 1 1 1 1
146.	Estratest?	○ No	○ Yes	# MONTHS	○ No ○ Yes	



Since January 1, 2012, have you had		NEVER OR BEFORE 1/1/2012	HAD PROCEDURE 1/1/2012 OR LATER	If you had this procedure January 1, 2012 or later, what was the month and year?
147.	a hysterectomy (surgical removal of the uterus)?	<ul> <li>○ Never had procedure</li> <li>○ Had procedure before         January 1, 2012</li> </ul>	○ Had procedure January 1, 2012 or later	a. MONTH/YEAR HAD PROCEDURE
148.	a separate surgery to remove part or all of one or both ovaries (but not your uterus)?	<ul> <li>○ Never had procedure</li> <li>○ Had procedure <u>before</u>         January 1, 2012</li> </ul>	○ Had procedure January 1, 2012 or later	<ul> <li>a. MONTH/YEAR HAD PROCEDURE  / 2 0  MONTH YEAR</li> <li>b. Did you have  o both ovaries completely removed?  o one ovary and part of the other ovary removed?  o one ovary removed?  o part of one or part of both ovaries removed?</li> <li>C. Did you have all or part of either ovary left after this surgery?  o No o Yes</li> </ul>

# Please use a ballpoint pen for this form

# SYMPTOMS OF MENOPAUSE OR PRE-MENOPAUSE

any of t	ou <b>ever</b> experienced he following usal symptoms?	NO	YES	a. On average, how would you rate the severity of your symptom?	b. Have you experienced any symptoms in the past 12 months?
149.	vaginal dryness	○ No	○ Yes	<ul><li>○ Mild</li><li>○ Moderate</li><li>○ Severe</li></ul>	○ No ○ Yes
150.	night sweats	○ No	○ Yes	<ul><li>○ Mild</li><li>○ Moderate</li><li>○ Severe</li></ul>	○ No ○ Yes

Have you <b>ever</b> experienced any of the following menopausal symptoms?	NO	YES	a. On average, how would you rate the severity of your symptom?	b. How often did/do these occur in a typical week?	
151. hot flashes	○ No	○ Yes	○ Mild ○ Moderate ○ Severe	<ul> <li>○ 1 time or less</li> <li>○ 2-3 times</li> <li>○ 4 or more times</li> <li>○ Don't know</li> </ul>	c. For about how many total months or years did you have hot flashes?  O Less than 3 months O 3 to less than 6 months O 6 months to less than 1 year O 1 to less than 2 years O 2 to less than 3 years O 3 or more years  d. Have you experienced any symptoms in the past 12 months?  O No O Yes



# MEDICATIONS

	anuary 1, 2012, have you used any ption medicines to treat or to prevent	NO	YES	a. If yes, are you currently taking this?
152.	hypertension (high blood pressure)?	○ No	○ Yes	<ul><li>No</li><li>Yes, regularly</li><li>Yes, as needed</li></ul>
153.	high cholesterol?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
154.	cardiac arrhythmia (irregular heartbeat)?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
155.	congestive heart failure?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
155a.	angina?	○ No	○ <mark>Yes</mark>	<ul><li>No</li><li>Yes, regularly</li><li>Yes, as needed</li></ul>
156.	diabetes?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
157.	thyroid disease?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
158.	osteoporosis (bone loss, or bone thinning)? Do not count calcium or Vitamin D.	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>

	anuary 1, 2012, have you used any tion medicines to treat or to prevent	NO	YES	a. If yes, are you currently taking this?
159.	rheumatoid arthritis?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
160.	osteoarthritis?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
161.	migraines?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
162.	depression?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
163.	asthma?	○ No	○ Yes	○ No ○ Yes, regularly ○ Yes, as needed
164.	Parkinson's disease?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>
165.	anxiety?	○ No	○ Yes	<ul><li>○ No</li><li>○ Yes, regularly</li><li>○ Yes, as needed</li></ul>



Since January 1, 2012, have you regularly (at least once a week for at least three months in a row) taken		NO	YES	If yes, for about how lo regularly (at least once three months in a row)	ng have you taken this a week for at least
166.	acetaminophen (Tylenol)?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
167.	"baby aspirin" or low-dose aspirin (100mg/tablet or less)?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
168.	aspirin or other aspirin containing products (325 mg/tablet or more)?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
169.	ibuprofen (such as Advil, Motrin, Nuprin, etc.)?	○ No	○ Yes	<ul><li>○ Less than 12 months</li><li>○ 1 year</li><li>○ 2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
170.	Celebrex or other COX-2 inhibitors?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
171.	Aleve or Naprosyn?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
172.	Relafen, Ketoprofen, Anaprox, or other non-steroidal anti-inflammatories?	○ No	○ Yes	<ul><li>○ Less than 12 months</li><li>○ 1 year</li><li>○ 2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>
173.	antibiotics?	○ No	○ Yes	<ul><li>Less than 12 months</li><li>1 year</li><li>2 years</li></ul>	<ul><li>3 years</li><li>4 years</li><li>More than 4 years</li></ul>



b. On average, how many days per week have you taken this?	c. On days when you take it, how many times do you take it?	d. Are you currently taking this?
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes
<ul><li>1 day per week</li><li>2-3 days per week</li><li>4-5 days per week</li><li>6-7 days per week</li></ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	○ No ○ Yes



- These last questions are about prescription and non-prescription medications that you currently take regularly, seasonally, or as needed. This includes all pills, patches, shots, inhaled medicines, vitamins, and herbal supplements. Please include inhalers, nasal sprays, and other medications even if you use them occasionally and include all medicines prescribed in once a month or once a year doses, such as some medicines to prevent osteoporosis, or treat asthma symptoms or migraines. Do not include:
  - · Aspirin or other pain medications already reported in previous questions
- 174. Do you currently take any prescription or other medications regularly, seasonally, or as needed? Please include all medicines, including inhalers, nasal sprays, and other medications, even if you use them only as needed, for example to treat asthma symptoms or migraines.

○ No → GO TO END, PAG	GE 52	
○ Yes		TOTAL:

a.  What is/are the name(s) of the prescription or non-prescription medication(s) that you currently take regularly, seasonally, or as needed?  1.	b. For how long have you used this regularly, seasonally, or as needed? O Less than 12 months O 1 year O 2 years O 3 years O 4 years O More than 4 years
2.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
3.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
4.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
5.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>

c. How often do you take it?	d. On days when you take it, how many times do you take it?	e. In what form did you take this? (Please mark all that apply.)
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Patch</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Patch</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
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a.  What is/are the name(s) of the prescription or non-prescription medication(s) that you currently take regularly, seasonally, or as needed? (If you need more space, answer the same questions for each medication and record it on a separate sheet.)	b. For how long have you used this regularly, seasonally, or as needed?
6.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
7.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
8.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
9.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
10.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
11.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>
12.	<ul> <li>Less than 12 months</li> <li>1 year</li> <li>2 years</li> <li>3 years</li> <li>4 years</li> <li>More than 4 years</li> </ul>

c. How often do you take it?	d. On days when you take it, how many times do you take it?	e. In what form did you take this? (Please mark all that apply.)
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Patch</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Patch</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>
<ul> <li>Once a month or less</li> <li>Less than once a week</li> <li>Once a week</li> <li>2-3 days a week</li> <li>4-5 days a week</li> <li>6-7 days a week</li> </ul>	<ul> <li>1 time per day</li> <li>2 times per day</li> <li>3 times per day</li> <li>4 times per day</li> <li>5 or more times per day</li> </ul>	<ul> <li>Pill</li> <li>Inhaler</li> <li>Spray</li> <li>Cream</li> <li>Shot</li> <li>Liquid</li> <li>Other</li> </ul>



Please check to see that all questions are answered.

# Thank you for completing this questionnaire and for your continued participation in the Sister Study.

Please mail this form to us at the address below. A postage-paid envelope is provided.

The Sister Study, 1009 Slater Road, Suite 120, Durham, NC 27703 phone: 1-877-45ISTER (1-877-474-7837); email: update@sisterstudy.org

If you have a pathology report from a cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy that you are willing to share with us, please include a copy with your completed questionnaire.

Thank you!





# The Sister Study Lifestyle and **Quality of Life** Version 1

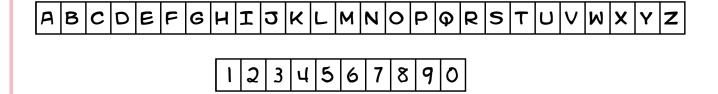
### Instructions:

- Please use DARK BLUE OR BLACK BALLPOINT PEN.
- Mark only one answer for each guestion unless otherwise indicated.
- Follow the arrow from your response to find the next question.
- Only write comments in the spaces provided.
- Please keep this questionnaire clean, flat, and dry.
- Do not fold or tear any of the pages.

Fill in the bubbles COMPLETELY for each of the questions in this form.

Like this: 

Please write responses in all capital letters and numbers without touching the sides of the boxes.



When writing dates, please follow this example.

**EXAMPLE:** June 7, 2012 =







•	ter Study is completely voluntary and greatly appreciated. If question, just skip it and go to the next one. All information
Today's Date: / / 2	(year)
<ul><li>that best describes your current situatio</li><li>Never married</li><li>Widowed</li></ul>	our current marital status? Please choose the one response on.  O TO QUESTION 2
<ul> <li>Married, civil         union or living         with someone as         though married</li> </ul>	1a. How many years have you been married or living as though married with this spouse/partner?  OR O Less than 1 year  # YEARS
	1b. Is your spouse/partner a ○ Man man or a woman? ○ Woman
all household members before taxes? Pl social security, stocks, alimony, and chil	ollowing best describes your total family income from lease include income from all sources such as annuities, ld support earned in the past year.
○ Less than \$20,000	

- \$20,000 to \$49,999
- \$50,000 to \$99,999
- \$100,000 to \$200,000
- More than \$200,000

3. Last year, how many people, including yourself, were supported by that income?

- 01
- $\circ$  2
- O 3-4
- O 5-6
- 7-8
- O More than 8

- 4. Have you ever smoked at least 10 cigarettes or more?
  - **GO TO QUESTION 5**  $\bigcirc$  No
  - O Yes



- What is your current 4a. smoking status?
- Former smoker Current smoker
- 4b. When did you first start
- OBefore 2012
- smoking?
- O 2012 O 2013
- O 2014 O 2015
- 4c. Did you smoke at least 10 cigarettes since January 1, 2012?
- O No ○ Yes
- 4d. When did you last smoke?
- O I am a current smoker
- I last smoked in 2015
- I last smoked in 2014 ○ I last smoked in 2013
- I last smoked in 2012
- I last smoked before 2012
- During the years you 4e. smoked, how many days per week do/did you smoke?
- Less than one day per week
- 1-3 days per week ○ 4-6 days per week
- Every day
- 4f. During the years you smoked, how many cigarettes do/did you usually smoke per day on the days you smoked?

# CIC	SARE	TTES

- 5. Since January 1, 2012, how many regular smokers have you lived with (not counting yourself, if you smoke)?
  - None
  - 01
  - $\circ$  2
  - O 3-4
  - 5 or more



6.	. About how many hours or minutes per day are you exposed to other people's tobacco smoke (include all locations—home, work, and all other places you spend time where others might smoke)?					
	<ul> <li>None</li> <li>Less than 30 minutes</li> <li>30-59 minutes</li> <li>1-2 hours</li> <li>3-4 hours</li> <li>5-6 hours</li> <li>7-8 hours</li> <li>More than 8 hours</li> </ul>					
6a	Have you ever used an	electron	ic cigarette or e-cigarette such	as NJOY, Blu, or Smoking Everywhere,		
ou.	even one or two times?		ic eigenetic of a diguration, such	rus 1001, blu, or smoking Everywhere,		
	○ No → GO TO Q	UESTION	N 7			
	O Vos	6b.	Do you now use e-cigarettes	○ Every day		
	○ Yes		,	○ Some days		
				○ Not at all		
		6c.	What brand of e-cigarette do/did you use?	PDAND		
				BRAND		
		6d.	About how many disposable e-cigarettes or e-cigarette cartridges have you used in the past year?	<ul> <li>None</li> <li>1 or more puffs but never a whole one</li> <li>1-10</li> <li>11-20</li> <li>21-50</li> <li>51-99</li> </ul>		
				○ 100 or more		

Sin	ce January 1, 2012	NO	YES	a. IF YES, in which years since January 1, 2012 did you drink alcohol? (Please mark all that apply.)	b. About how often did you drink alcohol?	C. On average, how many drinks did you have on the days that you drank alcohol?
7.	have you drunk beer or other malt beverages?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>7 or more</li> <li>6</li> <li>5</li> <li>4</li> <li>3</li> <li>2</li> <li>1</li> </ul>
8.	have you drunk white wine or white wine coolers?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>7 or more</li> <li>6</li> <li>5</li> <li>4</li> <li>3</li> <li>2</li> <li>1</li> </ul>
9.	have you drunk red wine or red wine coolers?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>7 or more</li> <li>6</li> <li>5</li> <li>4</li> <li>3</li> <li>2</li> <li>1</li> </ul>
10	. have you drunk liquor?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>7 or more</li> <li>6</li> <li>5</li> <li>4</li> <li>3</li> <li>2</li> <li>1</li> </ul>



- 11. Since January 1, 2012, did you ever drink four or more alcoholic beverages in a row, in one sitting?
  - No → GO TO QUESTION 12
  - Yes
- 11a. How often has this happened since January 1, 2012?
- More than once a week
- Once a week
- More than once a month but less than once a week
- Once a month
- 7-11 times a year
- $\circ$  4-6 times a year
- $\circ$  2-3 times a year
- Once a year
- Once or twice
- 12. Since January 1, 2012, has a doctor or other health professional told you that your drinking was hurting your health?
  - O No
  - Yes

Since January 1, 2012	NO	YES	a. IF YES, in which years since January 1, 2012 did you drink this? (Please mark all that apply.)	b. About how often did you drink this?	c. On average, how many drinks did you have on the days that you drank this?
13. have you drunk regular coffee?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
14. have you drunk decaffeinated coffee?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
15. have you drunk tea or iced tea (not herbal teas)?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
16. have you drunk decaffeinated tea or decaffeinated iced tea?	○ No	O Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1



Sinc	e January 1, 2012	NO	YES	a. IF YES, in which years since January 1, 2012 did you drink this? (Please mark all that apply.)	b. About how often did you drink this?	c. On average, how many drinks did you have on the days that you drank this?
17.	have you drunk regular green tea?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>7 or more</li> <li>6</li> <li>5</li> <li>4</li> <li>3</li> <li>2</li> <li>1</li> </ul>
18.	have you drunk decaffeinated green tea?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
19.	have you drunk regular soft drinks?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	<ul> <li>○ 7 or more</li> <li>○ 6</li> <li>○ 5</li> <li>○ 4</li> <li>○ 3</li> <li>○ 2</li> <li>○ 1</li> </ul>
20.	have you drunk decaffeinated soft drinks?	○ No	○ Yes	<ul><li>2012</li><li>2013</li><li>2014</li><li>2015</li></ul>	<ul> <li>Every day</li> <li>5-6 times per week</li> <li>3-4 times per week</li> <li>2 times per week</li> <li>Once per week</li> <li>2-3 times per month</li> <li>Once per month</li> <li>A few times per year</li> </ul>	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1

In all,	how many years did you regularly drink	
20d.	regular coffee?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>
20e.	decaffeinated coffee?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>
20f.	tea or iced tea (not herbal teas)?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>
20g.	decaffeinated tea or decaffeinated iced tea?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>



In all, how many years did you regularly drink			
20h. regular green tea?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>		
20i. decaffeinated green tea?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>		
20j. regular soft drinks?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>		
20k. decaffeinated soft drinks?	<ul> <li>Never</li> <li>Less than one year</li> <li>1-5 years</li> <li>6-10 years</li> <li>11-15 years</li> <li>More than 15 years</li> </ul>		

We are interested in finding out about the kinds of **physical activities** that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **past 7 days.** Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise, or sport.

During the <b>past 7 days</b> , on how many days did you.	••	a.  How much time did spend doing these activities on one of	physical
21. do <b>vigorous</b> physical activities? These take hard physical effort and make you breathe much harder than normal, for example running or swimming at a fast pace. Think only about activities that you did for at least 10 minutes at a time.	# DAYS OR O No vigorous physical activity	HOURS PER DAY  Not sure	MINUTES PER DAY
22. do moderate physical activities? These take moderate physical effort and make you breathe somewhat harder than normal, for example dancing or doing yard work. Think only about those physical activities that you did for at least 10 minutes at a time. Do not include walking.	# DAYS OR O No moderate physical activity	HOURS PER DAY  Not sure	MINUTES PER DAY
23. walk for at least 10 minutes at a time? This includes walking at work and at home, walking to travel from place to place, and any other walking you might do solely for recreation, sport, exercise, or leisure.	# DAYS OR O No walking for at least 10 mins	HOURS PER DAY  O Not sure	MINUTES PER DAY

During the past 7 days, how much time did you				
24. usually spend <b>sitting</b> on a <b>weekday</b> ? This includes sitting while at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.		MINUTES PER DAY		
25. usually spend <b>standing</b> on a <b>weekday</b> ? This includes standing while at work, at home, and during leisure time.		MINUTES PER DAY		

- 26. How similar was your level of activity this past week to your usual level of activity?
  - Less than usual
  - About the same
  - More than usual



- What percentage of your head hair is naturally gray right now? If you color your hair, what 27. percentage would be gray if you didn't color it? (Please mark one.)
  - O Not gray at all
  - Less than 25%
  - O 25-49%
  - **50-74%**
  - 75-99%
  - O 100%
  - OI don't know
- 27a. How old were you when your hair turned at least 50% gray? (Please mark one.)
  - O My hair is not gray at all or it is less than 50% gray
  - OI was younger than 40
  - OI was between 40 and 49
  - I was 50 years of age or older
  - O I don't know if my hair is 50% gray
  - O I know my hair is at least 50% gray but I do not know how old I was when it happened
  - I don't know

- 27b. Since January 1, 2012, have you used hair dye to color your hair?
  - No → GO TO THE NEXT PAGE, QUESTION 28

○ Yes



27d. What color did you
usually use?

Dark brown
Light blonde
Dark blonde
Light red
Dark red
Dark red
Other

- 27e. What type of hair dye do you use most often?
  - O Temporary dyes (wash out with a few shampoos)
  - Semi-permanent dyes (colors are pre-mixed or require mixing but no other chemicals are added; color fades out in about 4-8 weeks)
  - Demi-permanent dyes (other chemicals are mixed with the color; has strong smell; color fades out)
  - Permanent dyes (other chemicals are mixed with the color; has strong smell; color grows out over time, sometimes leaving your "roots" showing)



Since January 1, 2012, about how often have you used chemical insect repellents on your skin, hair, or clothing in the summer? Please do not include products that contain only citronella.  O Never O A few times Once per month O once or twice per week O 3-6 times per week Every day
Since January 1, 2012, about how often have you used chemical insect repellents on your skin, hair, or clothing the rest of the year? Please do not include products that contain only citronella.  Onever Once per month Once or twice per week Once or twice per week Every day
Since January 1, 2012, about how often have you used an over-the-counter or prescription lice control product on yourself, or applied it to someone else's skin, hair, or clothing?  O Never Once Twice Three times Four or more times

31.	any pets in your household?	I don't have any pets  GO TO QUESTION 32				
	Once Twice Three times Four or more times	31a.)	Which of the following kinds of chemical flea or tick treatment was used on your pets? (Please mark all that apply.)	<ul> <li>Shampoos or dips</li> <li>Powders</li> <li>Sprays</li> <li>Pills</li> <li>Collars</li> <li>Topical drops applied to skin or fur</li> <li>Any other type of chemical product</li> </ul>		
		(31b.)	When flea or tick treatment was used on your pets, how often did you personally apply them?	<ul> <li>All of the time</li> <li>Most of the time</li> <li>About half the time</li> <li>Some of the time</li> <li>Never</li> <li>Not applicable</li> </ul>		

- 32. In the **past month**, on average, how much time per day did you usually spend outdoors in daylight?
  - Not at all
  - Less than 30 minutes
  - 30 minutes or more



- 33. Have you moved since January 1, 2012?
  - No → GO TO QUESTION 34

$\overline{}$	Yes
$\sim$	162

33a.	What month and move into your c	year did you urrent residence?	MONTH	2 0 YEAR		
33b.	Please write dow	n your current addre	ess.			
CTREET	. #					
STREET	#					
STREET	NAME					
APT #		CITY OR TOWN				
STATE	ZIP CODE	COUNTY				
33c.		on the name of the name of the name		•	<u>.</u>	
NAME C	F NEAREST CROSS STE	REET				

34. How many lanes of traffic in total does the street where you live have?



- 35. Which best describes the traffic condition during rush hour on the road where you live?
  - O Little or no traffic
  - O Light traffic, moving at or above the speed limit
  - O Heavy traffic, moving below the speed limit
  - Congested or "stop and go"
  - O Heavy traffic, moving at or above the speed limit

- 36. Since January 1, 2012, about how often has your residence been treated with insecticides or pesticides to control insects, rodents, or other pests, either inside or around the foundation?
  - Never → GO TO THE NEXT PAGE, QUESTION 37
  - Less than once a year
  - Once a year
  - O Every 4-6 months
  - Every 2-3 months
  - Monthly
  - Weekly
  - Daily

- 36a. For what kinds of pests were pest control chemicals used at your residence? (Please mark all that apply.)
- Ants
- Cockroaches
- O Bees or wasps
- Bed bugs
- Flies
- Spiders
- Mosquitoes
- Fleas or ticks, not on pets
- Termites
- Any other pest such as moths, silverfish, caterpillars, mice, rats, gophers, or moles
- 36b. When pest control chemicals were applied since January 1, 2012, about how often did you personally apply them?
- All of the time
- Most of the time
- O About half the time
- Some of the time
- Never
- O Not applicable



37.		now often was the garden or yard around this residence treated with including those labeled organic such as pyrethrum or rotenone?
	<ul><li>○ Never</li><li>○ Not applicable</li></ul>	GO TO QUESTION 38
	<ul> <li>Less than once a year</li> <li>Once a year</li> <li>Every 4-6 months</li> <li>Every 2-3 months</li> <li>Monthly</li> <li>Weekly</li> <li>Daily</li> </ul>	37a. When weed killers or insecticides were used in the garden or yard ince January 1, 2012, about how often did you personally apply them?   ○ All of the time ○ Most of the time ○ About half the time ○ Some of the time ○ Never ○ Not applicable
38.	Since January 1, 2012, about hother than dish washing and la  O Never  O Less than once a year  O Once a year  Every 4-6 months  Every 2-3 months  Monthly  Weekly  Daily	now often have you personally used household cleaning solutions undry detergents?
39.		u spend traveling by car, van, truck, or bus on most days?  EXT PAGE, QUESTION 40
	<ul> <li>Less than 15 minutes</li> <li>15-29 minutes</li> <li>30-44 minutes</li> <li>45-59 minutes</li> <li>60-89 minutes</li> <li>90-119 minutes</li> <li>2-3 hours</li> <li>4-5 hours</li> <li>More than 5 hours</li> </ul>	39a. What is the traffic condition that best describes your travel time (by car, van, truck, or bus) on most days?  O Little or no traffic O Light traffic, moving at or above the speed limit O Heavy traffic, moving below the speed limit O Congested or "stop and go" O Heavy traffic, moving at or above the speed limit

- 40. How much time per day do you spend traveling by bicycle or motorcycle on most days?
  - Never → GO TO QUESTION 41
  - O Less than 15 minutes
  - 15-29 minutes
  - 30-44 minutes
  - 45-59 minutes
  - 60-89 minutes
  - 90-119 minutes
  - 2-3 hours
  - 4-5 hours
  - O More than 5 hours



40a. What is the traffic condition that best describes your travel time by bicycle or motorcycle on most days?

- O Little or no traffic
- O Light traffic, moving at or above the speed limit
- O Heavy traffic, moving below the speed limit
- Congested or "stop and go"
- O Heavy traffic, moving at or above the speed limit
- 41. How much time per day do you spend traveling by foot on most days?
  - Never → GO TO QUESTION 42
  - Less than 15 minutes
  - 15-29 minutes
  - 30-44 minutes
  - 45-59 minutes
  - 60-89 minutes
  - 90-119 minutes
  - 2-3 hours
  - 4-5 hours
  - O More than 5 hours



- 41a. What is the traffic condition that best describes your travel time by foot **on most days?** 
  - Little or no traffic
    - O Light traffic, moving at or above the speed limit
    - O Heavy traffic, moving below the speed limit
    - Congested or "stop and go"
    - O Heavy traffic, moving at or above the speed limit
- 42. Since January 1, 2012 have you had a full-time or part-time job other than homemaking that you held for at least 12 months (at least 9 months if it was a teaching job)?

 $\bigcirc$  No



42a. Which of the following **best** describes your current situation?

- Homemaker
- Student
- Unemployed
- Retired
- On medical leave
- Disabled

GO TO PAGE 24, QUESTION 56.

○ Yes → GO TO THE NEXT PAGE, QUESTION 43



## IF YOU DID NOT HAVE A JOB SINCE JANUARY 1, 2012, GO TO PAGE 24, QUESTION 56.

43. How many different jobs have you had since January 1, 2012?		# OF JOBS
---	--	-----------

Please tell us about the jobs you have had since January 1, 2012, starting with the most recent and working backwards.

Working backy		JOB 1	JOB 2
44. When	n did you first start job?	○ Before 2012 ○ 2012 ○ 2013 ○ 2014 ○ 2015	○ Before 2012 ○ 2012 ○ 2013 ○ 2014 ○ 2015
45. When	n did you last have job?	<ul> <li>2012</li> <li>2013</li> <li>2014</li> <li>2015</li> <li>I still work there</li> </ul>	<ul> <li>2012</li> <li>2013</li> <li>2014</li> <li>2015</li> <li>I still work there</li> </ul>
Knowing the addresses o work will al the impact other factor environmen We will nev information	of the places you llow us to evaluate of air pollution and rs in the general at on your health. wer use this a for any other d will never contact	NAME OF COMPANY/PLACE OF WORK  STREET #  STREET NAME  APT #  CITY OR TOWN  STATE ZIP CODE  COUNTY	NAME OF COMPANY/PLACE OF WORK  STREET #  STREET NAME  APT #  CITY OR TOWN  STATE ZIP CODE  COUNTY

SPACE IS PROVIDED FOR TWO JOBS. IF YOU HAVE HAD MORE THAN TWO JOBS LASTING 12 MONTHS OR MORE SINCE JANUARY 1, 2012, PLEASE ANSWER THE SAME QUESTIONS FOR EACH JOB AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.

		JOB 1	JOB 2
47.	On a scale from 1 to 5, how physically demanding was/is this job?	<ul> <li>1 Not demanding</li> <li>2</li> <li>3</li> <li>4</li> <li>5 Extremely demanding</li> </ul>	<ul><li>1 Not demanding</li><li>2</li><li>3</li><li>4</li><li>5 Extremely demanding</li></ul>
48.	On a scale from 1 to 5, how emotionally demanding was/is this job?	<ul> <li>1 Not demanding</li> <li>2</li> <li>3</li> <li>4</li> <li>5 Extremely demanding</li> </ul>	<ul><li>1 Not demanding</li><li>2</li><li>3</li><li>4</li><li>5 Extremely demanding</li></ul>
49.	What was/is your job title?	JOB TITLE	JOB TITLE
50.	What type of company or organization did/do you work for? (What do they make or what services do they provide?)	INDUSTRY	INDUSTRY
51.	What are the specific tasks that you usually did/do in your job?	JOB DUTIES	JOB DUTIES



		JOB 1	JOB 2
52.	How many hours per week did/do you usually work at this job?	<ul> <li>○ Less than 10</li> <li>○ 11-20</li> <li>○ 21-30</li> <li>○ 31-40</li> <li>○ More than 40</li> </ul>	<ul> <li>Less than 10</li> <li>11-20</li> <li>21-30</li> <li>31-40</li> <li>More than 40</li> </ul>
53.	What hours of the day did/do you usually work at this job?	START TIME:  (mark one)  AM PM  STOP TIME:  (mark one)  (mark one)  (mark one)  (mark one)  (mark one)  OAM PM  OPM  OR  OI work(ed) irregular hours	START TIME:  (mark one)  (hr)  (min)  STOP TIME:  (mark one)  OAM  OPM  OR  OR
		○ I work(ed) rotating shifts	○ I work(ed) rotating shifts
54.	How many times per month did/do you work at night?  "Work at night" means any shift that includes at least one hour between midnight and 2:00 AM.	<ul> <li>○ Never</li> <li>○ 1-2 times/month</li> <li>○ 3-5 times/month</li> <li>○ 6-10 times/month</li> <li>○ 11-15 times/month</li> <li>○ More than 15 times per month</li> </ul>	<ul> <li>Never</li> <li>1-2 times/month</li> <li>3-5 times/month</li> <li>6-10 times/month</li> <li>11-15 times/month</li> <li>More than 15 times per month</li> </ul>

		JOB 1			JOB 2		
			NO	YES		NO	YES
		a. work in dusty conditions?	0	0	a. work in dusty conditions?	0	0
55.	While working at this job did/do you regularly	b. breathe in chemical vapors or fumes?	0	0	b. breathe in chemical vapors or fumes?	0	0
	you regularly	c. get chemicals or oils on your skin or clothing?	0	0	c. get chemicals or oils on your skin or clothing?	0	0
		d. come in contact with solvents or degreasers?	0	0	d. come in contact with solvents or degreasers?	0	0
		e. come in contact with metal chips, dust, or fumes?	0	0	e. come in contact with metal chips, dust, or fumes?	0	0
		f. come in contact with pesticides?	0	0	f. come in contact with pesticides?	0	0
		g. use cleaning solutions (not counting dish or laundry detergents)?	0	0	g. use cleaning solutions (not counting dish or laundry detergents)?	0	0
		h. travel in a vehicle?	0	0	h. travel in a vehicle?	0	0

SPACE IS PROVIDED FOR TWO JOBS. IF YOU HAVE HAD MORE THAN TWO JOBS LASTING 12 MONTHS OR MORE SINCE JANUARY 1, 2012, PLEASE ANSWER THE SAME QUESTIONS FOR EACH JOB AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.

Please mark the category that best describes your response. There are no right or wrong answers. Try not to let your response to one statement influence your responses to other statements. Answer according to your own feelings, rather than how you think "most people" would answer. Don't take too long thinking over your replies; your immediate reaction will probably be more accurate than a long thought out response.

56. Please respond to each item by marking one answer per row.

	Excellent	Very good	Good	Fair	Poor
a. In general, would you say your health is	0	0	0	0	0
b. In general, would you say your quality of life is	0	0	0	0	0
c. In general, how would you rate your physical health?	0	0	0	0	0
d. In general, how would you rate your mental health, including your mood and your ability to think?	0	0	0	0	0
e. In general, how would you rate your satisfaction with your social activities and relationships?	0	0	0	0	0
f. In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)	0	0	0	0	0

57.	To what extent are you able to carry out your everyday physical activities such as walking,
	climbing stairs, carrying groceries, or moving a chair?

- Completely
- Mostly
- Moderately
- A little
- Not at all

58.	In the past 7 days, how often have you been bothered by emotional problems such as feeling
	anxious, depressed, or irritable?

- Never
- Rarely
- Sometimes
- Often
- Always
- 59. In the past 7 days, how would you rate your fatigue on average?
  - None
  - Mild
  - Moderate
  - Severe
  - Extremely severe
- In the past 7 days, how would you rate your pain on average? 60.

No ain	٠	·	·		,		J		ir	Worst naginable pain	
0	0	0	0	0	0	0	0	0	0	0	
0	1	2	3	4	5	6	7	8	9	10	

How often during the past 30 days, have you... 61.

	Never	Almost Never	Some- times	Fairly often	Very often
a. felt that you were unable to control the important things in your life?	0	0	0	0	0
b. felt confident about your ability to handle your personal problems?	0	0	0	0	0
c. felt that things were going your way?	0	0	0	0	0
d. felt difficulties were piling up so high that you could not overcome them?	0	0	0	0	0



62. For each statement below, choose the answer that best indicates how often the statement is true for you.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
<ul> <li>a. I can count on someone to provide me with emotional support (someone to confide in about myself or a problem or who will listen to me when I need to talk).</li> </ul>	0	0	0	0	0
<ul> <li>b. I can count on someone if I need help (for example, to take me to the doctor or help with daily chores if I am sick).</li> </ul>	0	0	0	0	0
c. There is someone in my immediate family who believes in me and wants me to succeed.	0	0	0	0	0
d. There is someone in my immediate family who makes me feel important or special.	0	0	0	0	0

63. Over the past 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half of the days	Nearly every day
a. Little interest or pleasure in doing things.	0	0	0	0
b. Feeling down, depressed, or hopeless.	0	0	0	0
c. Feeling nervous, anxious, or on edge.	0	0	0	0
d. Not being able to stop or control worrying.	0	0	0	0

Since <b>January 1, 2012,</b> have you experienced the death of	NO	YES	a. Regardless of when this happened, how much distress or anxiety has this caused you in the past 4 weeks?
64. your spouse or partner?	○ No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>
65. your sister with breast cancer?	○ No	○ Yes	<ul><li>None</li><li>A little</li><li>A moderate amount</li><li>A lot</li></ul>
66. another sibling?	O No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>
67. a child?	O No	○ Yes	<ul><li>None</li><li>A little</li><li>A moderate amount</li><li>A lot</li></ul>
68. a parent?	O No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>
69. a close personal friend?	○ No	○ Yes	<ul><li>None</li><li>A little</li><li>A moderate amount</li><li>A lot</li></ul>



Since <b>January 1, 2012,</b> have you experienced	NO	YES	a. Regardless of when this happened, how much distress or anxiety has this caused you in the past 4 weeks?
70. a major illness that was life threatening or severely disabling to you?	O No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>
71. the recurrence or worsening of your sister's breast cancer?	○ No	○ Yes	<ul><li>None</li><li>A little</li><li>A moderate amount</li><li>A lot</li></ul>
72. any other close relative's diagnosis of breast cancer?	○ No	○ Yes	<ul><li>None</li><li>A little</li><li>A moderate amount</li><li>A lot</li></ul>
73. a major change in, or serious difficulty with a personal relationship (such as a divorce or child custody issues)?	○ No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>
74. serious financial or legal troubles such as arrest or bankruptcy (either you or another family member whose troubles would directly affect you)?	O No	○ Yes	<ul><li>○ None</li><li>○ A little</li><li>○ A moderate amount</li><li>○ A lot</li></ul>

As people age, some begin to worry about their ability to think clearly, make decisions and remember things.

75. In the last several years	No	Yes	Don't Know	Not applicable
a. have you noticed that your judgment (e.g., ability to make decisions and think clearly) is not as good as it used to be?	0	0	0	0
b. has your interest in hobbies or activities decreased?	0	0	0	0
c. have you noticed that you tend to repeat things over and over (questions, stories, or statements) more often than you used to?	0	0	0	0
d. has it become harder to learn how to use a new tool, appliance or gadget (e.g., computer, microwave, remote control)?	0	0	0	0
e. have you noticed more problems remembering the month or year?	0	0	0	0
f. have you had more problems handling complicated financial affairs (e.g., balancing checkbook, preparing income taxes, paying bills) than you used to?	0	0	0	0
g. has it become more difficult to remember appointments?	0	0	0	0
h. do you notice more daily problems with thinking and/or memory?	0	0	0	0

Please answer the following questions about sleep.

76. To feel your best, how many hours of sleep do you need?

# HOURS

77. In the past year, how many hours of sleep per night on average did you typically get?

# HOURS

78.	In the past month,  # HOURS	how ma	any hours of sleep per night on avo	erage did you typically get?
79.	Do you have difficul	ty fallir	ng asleep or staying asleep on a re	egular basis?
	○ No → <b>GO</b> T	O QUES	TION 80	
	○ Yes	79a.	How many nights in a typical month do you have trouble sleeping?	# NIGHTS
80.			ly sleepy during the day, even aft	er getting your usual sleep?
	○ Yes	80a.	In the past month, about how often did you feel excessively sleepy during the day?	<ul> <li>Less than once a week</li> <li>1 - 2 days per week</li> <li>3 - 5 days per week</li> <li>6 days per week or daily</li> </ul>
81.	•			em to "act out your dreams" while king running movements, shouting,
	○ No → GO T	O THE I	NEXT PAGE, QUESTION 82a	
	○ Yes	81a.	Has this happened more than 3 times?	○ Yes ○ No
		81b.	How old were you when you first knew you did this?	AGE

		No	Yes
82a.	Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	0	0
82b.	Has anyone observed you stop breathing during your sleep?	0	0
82c.	Do you often feel tired or fatigued during daytime?	0	0
82d.	Have you ever been told that you sleepwalk?	0	0

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you.

		Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
82e.	Sitting and reading	0	0	0	0
82f.	Watching television	0	0	0	0
82g.	Sitting inactive in a public place (e.g. a theater or meeting)	0	0	0	0
82h.	A passenger in a car for an hour without a break	0	0	0	0
82i.	Lying down to rest in the afternoon when circumstances permit	0	0	0	0
82j.	Sitting and talking to someone	0	0	0	0
82k.	Sitting quietly after a lunch without alcohol	0	0	0	0
<b>821.</b>	In a car, while stopped for a few minutes in traffic	0	0	0	0



- 83. During the **past 12 months**, have you taken any vitamins or minerals regularly, at least once a month?
  - No, not regularly → GO TO PAGE 35, QUESTION 95
  - Yes, fairly regularly



During the <b>past 12 months</b> , have you taken	NO	YES	a. How often?	b. For how many years in all have you taken this?	c. Did you usually take types that
Multiple Vitamins  84. One A Day, Centrum, or Thera type multiple vitamins?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	<ul> <li>contain minerals, iron, zinc, etc.?</li> <li>do not contain minerals?</li> <li>Don't know</li> </ul>
85. Stress-tabs or B-Complex type multiple vitamins?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	
86. Antioxidant combination-type multiple vitamins?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	

			a.	b.	С.
During the past 12 months,			How often?	For how many	How much did you
have you taken	NO	YES		years in all have you taken this?	usually take on the days you took it?
<u> </u>	140	123		you taken this.	days you took it.
Single Vitamins and Minerals (not part of multiple vitamins)					
87. Beta-carotene?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	
			○ Every day		
88. Vitamin C?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	<ul> <li>Less than 500 mg</li> <li>500 mg</li> <li>1000 mg</li> <li>More than 1000 mg</li> </ul>
89. Vitamin E?	○ No	○ Yes	<ul><li>A few days per month</li><li>1 - 3 days per week</li></ul>	<ul><li>Less than 1 year</li><li>1 year</li><li>2 years</li><li>3 - 4 years</li></ul>	<ul><li>Less than</li><li>400 IU</li><li>400 IU</li></ul>
			<ul><li>4 - 6 days per week</li><li>Every day</li></ul>	○ 5 - 9 years ○ 10+ years	○ More than 400 IU
90. Folic acid, folate?	○ No	○ Yes	○ A few days per month	<ul><li>Less than 1 year</li><li>1 year</li></ul>	○ Less than 400 mcg
			○ 1 - 3 days per week ○ 4 - 6 days	<ul><li>2 years</li><li>3 - 4 years</li><li>5 - 9 years</li></ul>	○ 400 mcg ○ More than
			per week	○ 10+ years	400 mcg
			<ul><li>Every day</li></ul>		



During the <b>past 12 months</b> , have you taken	NO	YES	a. How often?	b. For how many years in all have you taken this?	c. How much did you usually take on the days you took it?
Single Vitamins and Minerals (not part of multiple vitamins)					
91. Vitamin D alone?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	<ul><li>Less than 2000 IU</li><li>2000 IU</li><li>More than 2000 IU</li></ul>
92. Calcium plus vitamin D?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	
93. Calcium without vitamin D?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	<ul><li>Less than 600 mg</li><li>600 mg</li><li>More than 600 mg</li></ul>
94. Iron?	○ No	○ Yes	<ul> <li>A few days per month</li> <li>1 - 3 days per week</li> <li>4 - 6 days per week</li> <li>Every day</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>	<ul><li>Less than 65 mg</li><li>65 mg</li><li>More than 65 mg</li></ul>

In the past 12 months, did you take any of these supplements at least once a month?	NO	YES	a. How frequently did you take this?	b. For how many years in all have you taken this?
95. Co-enzyme Q10 (CoQ10)	○ No	○ Yes	<ul><li>Less than 3 days per week</li><li>3 - 5 days per week</li><li>6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
96. Cod liver oil	○ No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
97. Fish oil (EPA)	O No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
98. Flax seed/flax seed oil	O No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
99. Melatonin	○ No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
100. Omega-3 or omega-3 fatty acids	○ No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>



In the past 12 months, did take any of these supplem at least once a month?	· '	YES	a. How frequently did you take this?	b. For how many years in all have you taken this?
101. Probiotics/acidophilu	o No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
102. Soy isoflavones	○ No	○ Yes	<ul> <li>○ Less than 3 days per week</li> <li>○ 3 - 5 days per week</li> <li>○ 6 - 7 days per week</li> </ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
103. Turmeric capsules	○ No	○ Yes	<ul><li>○ Less than 3 days per week</li><li>○ 3 - 5 days per week</li><li>○ 6 - 7 days per week</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>

follo alter	e you used any of the wing complementary or mative practices within past 12 months?	NO	YES	a. How frequently?	b. For how many years in all?
104.	Acupuncture	○ No	○ Yes	<ul><li>Less than once a month</li><li>1-4 times a month</li><li>More than 4 times a month</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
105.	Yoga	○ No	○ Yes	<ul><li>Less than once a month</li><li>1-4 times a month</li><li>More than 4 times a month</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
106.	Meditation/deep breathing exercises	○ No	○ Yes	<ul><li>Less than once a month</li><li>1-4 times a month</li><li>More than 4 times a month</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
107.	Massage/therapeutic touch	○ No	○ Yes	<ul><li>Less than once a month</li><li>1-4 times a month</li><li>More than 4 times a month</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>
108.	Tai chi/Qi gong	○ No	○ Yes	<ul><li>Less than once a month</li><li>1-4 times a month</li><li>More than 4 times a month</li></ul>	<ul> <li>Less than 1 year</li> <li>1 year</li> <li>2 years</li> <li>3 - 4 years</li> <li>5 - 9 years</li> <li>10+ years</li> </ul>



			_		_		
109.	Typically when	a nat taking	lavativos	have aften	40 ,,0,,	have have	l mayamanta?
1119.	I VIDICALIV WHE	1 1101 TAKIN9	TAXALIVES.	now onen	CIO VOLL	nave nowe	i movemenis:

- Two or more times per day
- Once per day
- 5 to 6 times per week
- 3 to 4 times per week
- O Less than three times per week

## 110. How often do you use laxatives, not including fiber or fiber tabs?

- Never
- Less than once a month
- ○1 3 times per month
- ○1 3 times per week
- 4 6 times per week
- O Daily or more

Some people follow special diets as part of their lifestyle. Others change their diet when there is a change in their life or when they are trying to achieve a goal like losing weight.

of the	January 1, 2012, which (if any) see special diets have you yed for longer than a month, than during pregnancy?	NO	YES	a. How long did you follow this diet?	b. Have you followed this diet for at least a month in the past year?
111.	Vegetarian	○ No	○ Yes	<ul><li>Less than 8 weeks</li><li>8 weeks - 1 year</li><li>More than 1 year</li></ul>	○ Yes ○ No
112.	Vegan	○ No	○ <mark>Yes</mark>	<ul><li>Less than 8 weeks</li><li>8 weeks - 1 year</li><li>More than 1 year</li></ul>	○ Yes ○ No
113.	Macrobiotic	○ No	○ Yes	<ul><li>Less than 8 weeks</li><li>8 weeks - 1 year</li><li>More than 1 year</li></ul>	○ Yes ○ No
114.	Gluten-free diet	O No	O Yes	<ul><li>○ Less than 8 weeks</li><li>○ 8 weeks - 1 year</li><li>○ More than 1 year</li></ul>	○ Yes ○ No
115.	Raw food diet	○ No	○ Yes	<ul><li>○ Less than 8 weeks</li><li>○ 8 weeks - 1 year</li><li>○ More than 1 year</li></ul>	○ Yes ○ No

Have you <b>ever</b> had any of the following weight loss procedures?		NO	YES	a. What age did you have this?
116.	Lap band	○ No	○ Yes	AGE
117.	Bariatric surgery	○ No	○ Yes	AGE

Please check to see that all questions are answered.

## Thank you for completing this questionnaire and for your continued participation in the Sister Study.

Please mail this form to us at the address below. A postage-paid envelope is provided.

The Sister Study, 1009 Slater Road, Suite 120, Durham, NC 27703 phone: 1-877-4SISTER (1-877-474-7837); email: update@sisterstudy.org

