

OMB Control Number: 0925-0216

Expiration Date: 10/2016

Public reporting burden for this collection of information is estimated to average 10 or 35 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 (0925-0216). Do not return the completed form to this address.

You are invited to participate in the current exam cycle of the Framingham heart study. Please call us to schedule an appointment at the number(s) listed below.

If you are unable to attend a clinic visit at this time, calling and providing information to update our records would be helpful. This will only take a few minutes of your time.

Please call Maureen Valentino, our Participant Coordinator, Monday through Thursday, at 508-935-3417 or 800-536-4143.

Thank you for your help with our ongoing studies.

Daniel Levy, M.D.

Director

Framingham Heart Study

This is \_\_\_\_\_ at the Framingham Heart Study calling. I would like to get you scheduled for your Third Exam at the Framingham Heart Study

(Do the Scheduling part then say the following Recruitment Script)

You will be doing several test that were done at Exam I (*blood draw, urine specimen, EKG, visit with doctor, body measurements, self administered questionnaires, Admitting etc.*) and the following components which are new or unique to this exam

- 1) Tonometry - which measures blood flow to heart at pulse points ( actually did this at Exam I)
- 2) App & devices
- 3) Bone Scan
- 4) Accelerometer; this is similar to a pedometer in size and how it is worn; but it actually measures the velocity of activity and steps you take.

---

---

The Exam should run about 3  $\frac{1}{2}$  hours in total.

Appointment letter

The appointment letter will come 2 weeks before your appointment.

Bring your medications with you in the bag enclosed with the appointment letter -

PLEASE TAKE YOUR MEDICATIONS AS YOU NORMALLY WOULD!

Fasting instructions - no food after 8:00 pm the night before - water or black DECAFFEINATED tea or coffee are ok. (That's black with no caffeine.)

The dietary form will be enclosed in the appointment. Please fill out the back of the letter and bring it with you to the clinic.

Bring something for your feet ,slippers sandals, etc. (and a robe if you like)

Reference Copy

DO you have any questions??

---

(If there are questions)

1. Core exam in addition to the things we have already discussed:
  1. blood draw and urine specimen
  2. EKG
  3. Body measurements
  4. Doctor's Visit
  5. Admitting

Reference Copy Only

Dear \_\_\_\_\_:

We thank you for participating in the Framingham Heart Study. Your clinic appointment is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

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

**You should bring slippers** and if you choose, bring your own robe. In order to perform certain tests, we ask that you **NOT** eat after 8:00 P.M. the previous evening. You may have **water, decaffeinated black coffee or tea (no creamer, milk or sugar) that evening and again in the morning** before your appointment. A urine sample will be collected when you arrive.

**Please do not wear jewelry because of the Bone Density Scan.**

Please **take any prescription medications**, as you normally would.

Using the enclosed **MEDICATION BAG**, please bring all prescription and nonprescription medications **you currently take or have taken in the past month in their original containers.**

**ON THE BACK OF THIS SHEET**, please list information regarding hospitalizations and major illnesses you have experienced since your last exam or health history with the Framingham Heart Study.

**PLEASE BRING THIS LETTER WITH YOU TO THE CLINIC.** If you need help completing this form, Clinic staff can assist you at the time of your appointment.

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

Sincerely yours,

Daniel Levy, MD  
Director  
Framingham Heart Study

**OVER →**

**FHS REPORT GOES TO:**

**Doctor's Name**

**Doctor's Address & Phone #**

---

---

---

---

---

---

**Hospitalizations, Emergency Room Visits, or Day Surgery Since Your Last Clinic Visit**

**Date**

**Reason**

**Hospital Name & Address**

**Doctor's Name**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Doctor Office Visits:**

**Date**

**Reason**

**Doctor's Name**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

**TELEPHONE: 508-872-6562**

## **DIRECTIONS**

### **South of Framingham**

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

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

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

### **North of Framingham**

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

### **Mass Pike Westbound, Exit 13**

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

### **Route 9 Westbound**

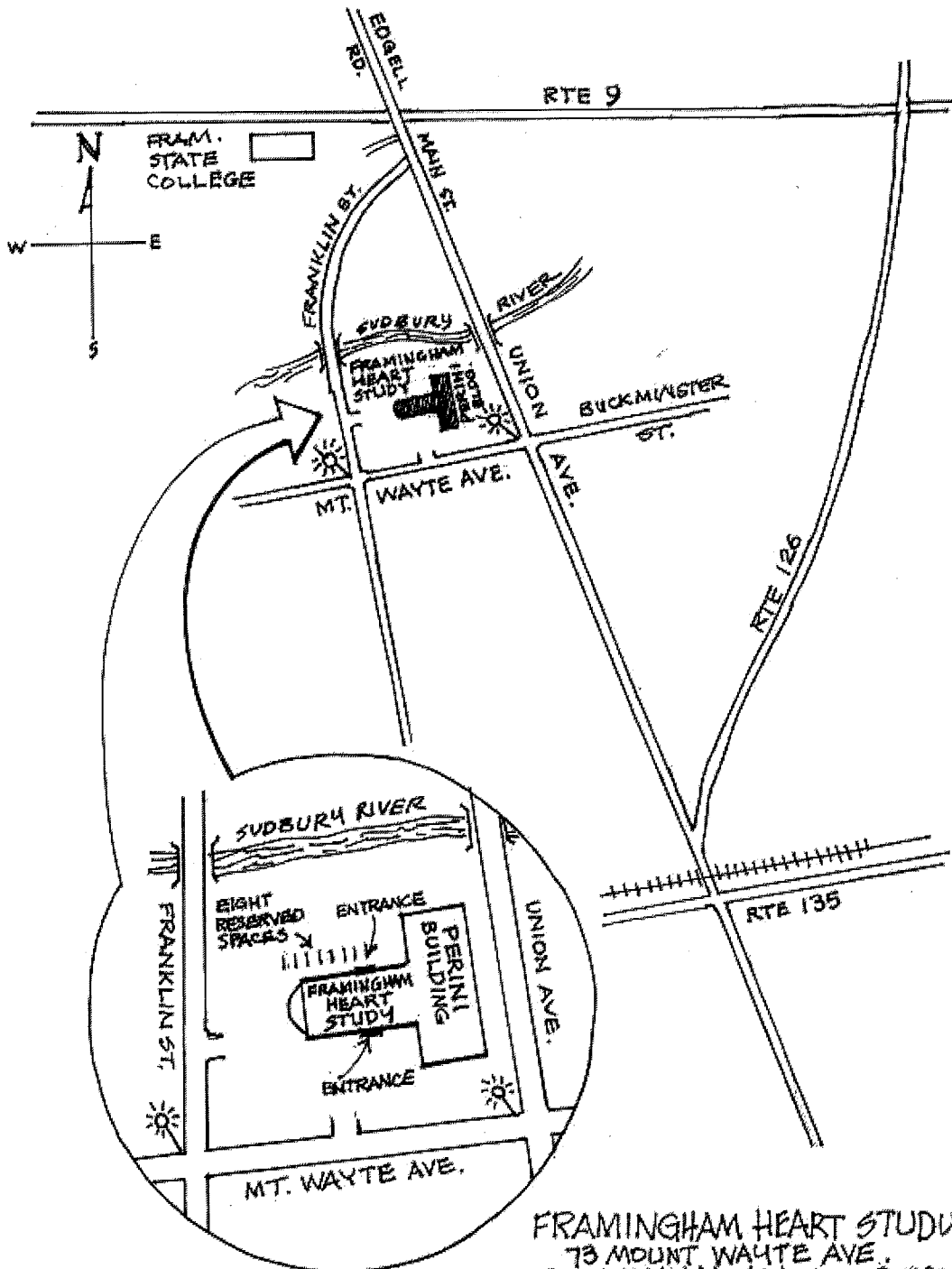
Follow Route 9 West to the "30 West, Framingham, Southboro" exit. At the end of the ramp (at the traffic light, not before!) go left onto Main Street. Go right onto Franklin Street. Follow Franklin St for ½ mile (past the blinking light). Take a left into the Heart Study (Perini) parking lot. Go to the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



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

TELEPHONE: 508-872-6562

Please see attached map.



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

## HOTEL LIST

### Best Western

130 Worcester Road (Route 9), Framingham, MA 01702  
(opposite Walmart, attached to British Beer Works), 508-872-8811

### Courtyard-Marriott

342 Speen St., Natick, MA 01760 (has a pool)  
(opposite Home Depot), 508-655-6100 (front desk)  
866-239-3145 (Natick reservations)  
800-321-2211 (reservations)

### Crowne Plaza

1360 Worcester Road (Route 9), Natick, MA 01760  
508-653-8800 (front desk), 800-2-CROWNE (reservations)

### Econolodge

1186 Worcester Road (Route 9), Framingham, MA 01701  
508-879-1510 (front desk), 800-446-6900 (reservations)

### Hampton Inn

319 Speen St., Natick, MA 01760  
508-653-5000 (front desk), 800-426-7866 (reservations)

### Motel 6

1668 Worcester Road (Route 9), Framingham, MA 01701  
508-620-0500 (desk), 800-466-8356 (reservations)

### Travelodge

1350 Worcester Road (Route 9), Natick, MA 01701  
508-655-2222 (desk), 800-578-7878 (reservations)

### Sheraton Tara Hotel

1657 Worcester Road, Framingham, MA 01701  
508-879-7200 (desk), 800-325-3535 (reservations)

Logan Express Bus Service – 800-235-6426 (800-23-LOGAN)

REMINDER SCRIPT EXAM III Third Gen

This is the Framingham Heart Study calling to confirm your appointment on  
\_\_\_\_\_ (day) \_\_\_\_\_ (mo) \_\_\_\_\_ (date)

At \_\_\_\_\_ a.m.

We ask you to please read your letter which contains your fasting instructions.

When you come, we ask that you do not wear jewelry because of the bone scan.

We also remind you to take any medications as usual and bring in the containers so that we may document the labels.

If you have any questions, please call us at 508-935-3417 or 800-536-4143.

We look forward to seeing you on \_\_\_\_\_ (day) morning.

**FRAMINGHAM HEART STUDY  
(Perini Headquarters)  
72 MT. WAYTE AVENUE  
FAMINGHAM, MA  
01702**

**Fax# 508-872-6586**

**TO: JFK TAXI Attention: Tim/Candy Fax# 508-651-0422  
Office# 508-653-4500**

**RIDE REQUEST:**

Ride Date \_\_\_\_\_

Name \_\_\_\_\_

Pick Up At: \_\_\_\_\_

Phone # \_\_\_\_\_

Going To: \_\_\_\_\_

FHS Appt Time: \_\_\_\_\_ JFK Pick Up Time \_\_\_\_\_

**RETURN TRIP**

Pick Up At: \_\_\_\_\_

Going To: \_\_\_\_\_

Phone # \_\_\_\_\_

FHS Pick Up Time \_\_\_\_\_

Ordered By: \_\_\_\_\_ Phone# \_\_\_\_\_