OMB #: 0925-0405 Expiration Date: xx/xx/20xx

U.S. Radiologic Technologists Study Fourth Survey

A collaborative effort between the University of Minnesota School of Public Health, National Cancer Institute, and American Registry of Radiologic Technologists

(ADDRESS BLOCK FOR WINDOW ENVELOPE)

6. Do you have an email address that we can use to

☐ No ☐ Yes

Email address:

contact you in the future to reduce study costs?

PARTICIPANT NAME ADDRESS CITY STATE ZIP

GENERAL INFORMATION

The U.S. Radiologic Technologists Study includes ARRT registrants certified between 1926-1980 in radiology, nuclear medicine, or radiation therapy, regardless of current employment status. Whether you are retired or still working and whether your health has been excellent or if you have been ill, your response is equally important to the study.

We realize it may be hard to recall information from years ago. Just do your best to answer those questions. Even if not exact, your best estimates are valuable to the study.

								$\overline{}$
INSTRUCTIONS:	1.	What is TODAY'S DATE?	M M	D	D	2	0	ΥΥ
USE BLUE OR BLACK INK		271.21	MONTH	D	ΔY		YEAR	t
 PRINT LEGIBLE NUMBERS AND CAPITAL BLOCK LETTERS IN THE BOXES: 	2.	What is your DATE OF BIRTH?	ММ	D	D	1	9	YY
1 2 3 A B C D	2		MONTH		AY		YEAR	₹
MARK CHECK BOXES: RIGHT WRONG	Э.	How tall are you w	INCHES		f			
PRIVACY ACT NOTIFICATION STATEMENT Collection of this information is authorized by The Public Health Service Act, Section 411 (42 USC 285a). Rights of study participants are protected by The Privacy Act of 1974. Please be	4.	How much do you without shoes and		? P	DUNDS			
assured that all information you provide will be kept private under	5.	Do you currently s	moke ci	garet	tes?			
the Privacy Act and will not be disclosed to anyone but the		□ No □ Yes → I	How mar	ıv cio	arett	es		
researchers conducting this study, except as otherwise required by law. Any published results from this survey will be reported in		1	do you u	•				
statistical summaries only and will never include a participant's		*	smoke p	er da	ıy?	NITIMI	BER PE	D DAV
name. Your participation in this study is completely voluntary and failure to answer any particular question or the information		Are you an ex-smo	oker?			NOW	JEK FE	.K DAI
collection as a whole will not affect your future contacts with the University of Minnesota, the American Registry of Radiologic Technologists, or the National Institutes of Health.		-	Vhat yea ast smol cigarette:	кe	you	YEAF	RLAST	SMOKE
NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN	-					· · ••		

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Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN:

PRA (0925-0405). Do not return the completed form to this address.

Public reporting burden for this collection of information is estimated to average 30 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

WORK HISTORY

In this questionnaire, "radiation technologist" includes people working in radiology, nuclear medicine, radiation therapy or any other diagnostic or therapeutic medical imaging jobs. 7. Are you currently working as a radiation technologist? ☐ Yes ☐ No → Year last worked as a radiation technologist? 8. What is your lifetime total radiation dose received while working as a radiologic technologist (in mrem)? ➤ Is your lifetime total radiation → ☐ Estimated ☐ Unknown ☐ Zero 10.000-24.999 dose estimated or taken from ☐ 1-999 mrem 25,000-49,999 ☐ From dosimetry reports your dosimetry reports? 1.000-4.999 50.000+ Combination of both 5.000-9.999 Answer the following questions separately for each time period. Before 1945 1945-1964 1965-1979 1980-1989 1990-1999 2000-2009 ☐ No ☐ No ☐ No ☐ No ☐ No ☐ No Did you work as a radiation technologist during ☐ Yes each time period? ☐ Yes ☐ Yes ☐ Yes ☐ Yes ☐ Yes 10. How many HOURS PER WEEK did you usually work as a radiation technologist? 11. Were you ever removed from working as a radiation technologist because your radiation exposure exceeded the allowable limit? Before 1945 1945-1964 1965-1979 1980-1989 1990-1999 2000-2009 ☐ No ☐ Yes → How many TIMES were you removed from working because you exceeded the allowable limit? 12. Did you ever work as a radiation technologist in a military hospital or clinic, not including VA medical facilities? Before 1945 1945-1964 1965-1979 1980-1989 1990-1999 2000-2009 □ No □ Yes → How many YEARS did you work in a military hospital or clinic, not including VA facilities? 13. How many TIMES, in a typical WEEK, did you perform or NUMBER OF TIMES PER WEEK NEVER assist with the following Before 1945 1945-1964 1965-1979 1980-1989 1990-1999 2000-2009 procedures? Diagnostic x-ray Routine fluoroscopy...... Fluoroscopically-guided...... Diagnostic radioisotope Brachytherapy Other therapeutic radioisotope External beam radiotherapy Ultrasound Before 1945 1945-1964 1965-1979 1980-1989 1990-1999 2000-2009 14. When performing diagnostic x-ray procedures, ☐ No ☐ No ☐ No ☐ No ☐ No ☐ No did you usually have to go into a control booth or shielded area to turn on the x-ray beam?..... ☐ Yes ☐ Yes ☐ Yes ☐ Yes ☐ Yes ☐ Yes

HEALTH HISTORY

Please	answer the next questions to let us	know if you	have been	diagnosed	l with can	cer or an	y of the	conditio	ns listed
15. Dic	a doctor ever tell you that you had	any type of	skin cance	r?					
	No (Go to Q16) 🚨 Yes 🥎								
	Please mark YES for each type of ski cancer you had and provide your age first diagnosed.		cancers di	ype of skin id you have as located o	at each b	ody locati	ion?		
	TYPE OF SKIN CANCER (mark all that apply) YES	AGE FIRST DIAGNOSED	FRONT OF HEAD OR NECK	BACK OF HEAD OR NECK	FRONT OF TORSO	BACK OF TORSO	FRONT OF LEGS	BACK OF LEGS	ARMS OR HANDS
	Basal cell carcinoma	>							
	Squamous cell carcinoma								
	Melanoma	>							
	Other or type unknown	>							
	I a doctor ever tell you that you had a No (Go to Q17) ☐ Yes —								
	Please mark YES for each type of cano	er you had a	nd provide y	our age wh	en first dia	agnosed.			
	TYPE OF CANCER (mark all that apply)		E FIRST GNOSED 1	TYPE OF CA	NCER (ma	rk all that	apply) '	AG YES DIA	E FIRST GNOSED
	Bladder	□ →	\square	Liver				.□→	\perp
	Bone	□ →		Lung, trach	ea, or bro	nchus		.□->	
	Brain or nervous system			Lymphoma Hodgkin's	: s disease.			□→☐	
	Breast: If YES	1		Non-Hod	gkin's lym	phoma (N	IHL)	□->	
	Which What type breast? was it? Ductal C Invasive Carcinoma Or	other Type		Multiple my	veloma			□->	
	Left Right Cancer In Situ Unl	known		Ovary				□ →	
		>		Pancreas				□->-	
	Cervix (excluding in situ)	□ →		Prostate				□ →	
	Colon			Rectum				□ →	
	Esophagus	□ →		Salivary gla	and				
	Kidney			Stomach				□ →	
	Leukemia			Testis				···	-

-3-

Thyroid□ →

Uterus (endometrium)□ →

Other or unknown cancer (specify) \square \longrightarrow

Acute myelocytic (AML)

Acute lymphocytic (ALL)□ →

Chronic myelocytic (CML)......□ →

Chronic lymphocytic (CLL)...... \square \longrightarrow

HEALTH HISTORY, (continued)

17. Did a doctor ever tell you that you had any of the following medical conditions \dots ?

Mark all that apply YES DIAGNOSED (mark all that apply) YES DIAGNOSED Benign tumor of brain or nervous system: Meningioma	For each medical condition you mark YES	, please provi	de your age when you were first	diagnosed.
Meningioma Schwannoma or neuroma Other (specify) Thyroid conditions: Thyroid nodule Goiter (enlarged thyroid) Benigh thyroid tumor (adenoma). Thyroiditis (Hashimoto's Disease) Hypothyroidism (underactive thyroid). If YES, did you take medication (e.g. synthroid, levothyroxine) for hypothyroidism? No Yes Grave's Hyperthyroidism or Grave's Disease. Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism? No Yes Did a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) AGE FIRST VES DIAGNOSED DIAGNOSIS AND TREATMENT NO YE Angina pectoris. Did you have any cataract. Did you have any cataracts removed? No Pes Macular degeneration Glaucoma. Other conditions: YES Sleep apnea. Hip fracture. Hip fracture. Parkinson's Disease. Lupus Scieroderma. Did a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) YES DIAGNOSED DIAGNOSIS AND TREATMENT NO YE Angina pectoris. Did you have a coronary bypass, angioplasty, or stent? Did you have a coronary bypass, angioplasty, or stent? Was the angina confirmed by angiogram? Ischemic heart disease. Was it confirmed by ECG, stress test, or angiogram?				AGE FIRST YES DIAGNOSED
Schwannoma or neuroma	Benign tumor of brain or nervous system:		Eye conditions:	
Other (specify) Thyroid conditions: Thyroid nodule Goiter (enlarged thyroid) Benign thyroid tumor (adenoma) Thyroiditis (Hashimoto's Disease) Hypothyroidism (underactive thyroid) If YES, did you take medication (e.g. synthroid, levothyroxine) for hypothyroidism? If YES, did you take medication (e.g. synthroid, levothyroxine) for hypothyroidism? Were you treated (e.g. Surgery, I-131 drugs) for hyperthyroidism? No Yes Did a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) Yes DIAGNOSED DIAGNOSIS AND TREATMENT No YE Age first removed? Macular degeneration Giaucoma Dother conditions: YES Sleep apnea Ditypothyroidisms: YES Sleep apnea Ditypothyroidisms: Hip fracture Parkinson's Disease Upus Scleroderma Did a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) Yes DIAGNOSED DIAGNOSIS AND TREATMENT No YE Angina pectoris Was the angina confirmed by angiogram? Ischemic heart disease. Was the onfirmed by ECG, stress test, or angiogram?	Meningioma	>	Cataract	↓→
Other (speciny) Age first removed Age fir	Schwannoma or neuroma	→		
Thyroid conditions: Thyroid nodule Goiter (enlarged thyroid) Benign thyroid tumor (adenoma) Thyroiditis (Hashimoto's Disease) Hypothyroidism (underactive thyroid) If YES, did you take medication (e.g. synthroid, levothyroxine) for hypothyroidism? Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism? Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism? No Yes Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism? Did a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION AGE FIRST (mark all that apply) AGE Angina pectoris Diagnosed Was it confirmed by ECG, stress test, or angiogram? Was the angina confirmed by angiogram? Was it confirmed by ECG, stress test, or angiogram?	* * * * * * * * * * * * * * * * * * * *	—	cataracts removed?	No U Yes
Thyroid nodule	····· <u> </u>		Age first removed	AGE
Goiter (enlarged thyroid) Benign thyroid tumor (adenoma)	•		Macular degeneration	□→
Benign thyroid tumor (adenoma)	Thyroid nodule		-	
Thyroiditis (Hashimoto's Disease)	Goiter (enlarged thyroid)	>	Glaucoma	□→
Thyroiditis (Hashimoto's Disease)	Benign thyroid tumor (adenoma)	>	Other conditions:	YES
Hypothyroidism (underactive thyroid)	Thyroiditis (Hashimoto's Disease)	→	Sleep apnea	□→
Hip fracture		→	Osteoporosis	
(e.g. synthroid, levothyroxine) for hypothyroidism? No Yes			Hip fracture	
Grave's Hyperthyroidism or Grave's Disease	(e.g. synthroid, levothyroxine)		Multiple sclerosis	
Grave's Hyperthyroidism or Grave's Disease	for hypothyroidism? No Yo	es	Parkinson's Disease	□->
Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism?	**	→	Lupus	□→
Were you treated (e.g. surgery, I-131 drugs) for hyperthyroidism?	\	_	Ostoparthritis	
for hyperthyroidism?	, ,			
id a doctor ever tell you that you had any of the following CARDIOVASCULAR OR RELATED CONDITIONS? For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) AGE FIRST (mark all that apply) DIAGNOSIS AND TREATMENT NO YE Angina pectoris Was the angina confirmed by angiogram? Was it confirmed by ECG, stress test, or angiogram?		es	Rheumatoid arthritis	
For each medical condition you mark YES, please provide your age when you were first diagnosed. MEDICAL CONDITION (mark all that apply) AGE FIRST (mark all that apply) Poid you have a coronary bypass, angioplasty, or stent?			Scleroderma	
MEDICAL CONDITION (mark all that apply) AGE FIRST DIAGNOSED DIAGNOSIS AND TREATMENT NO YE Heart attack (myocardial infarct)	id a doctor ever tell you that you had any of	the following	CARDIOVASCULAR OR RELATE	D CONDITIONS?
(mark all that apply) YES DIAGNOSED DIAGNOSIS AND TREATMENT NO YES Heart attack (myocardial infarct)□ → Did you have a coronary bypass, angioplasty, or stent?□ Angina pectoris□ → Was the angina confirmed by angiogram?□ Ischemic heart disease□ → Was it confirmed by ECG, stress test, or angiogram?□		-	your age when you were first di	agnosed.
Angina pectoris			NOSIS AND TREATMENT	NO YES
schemic heart disease□ → Was it confirmed by ECG, stress test, or angiogram?□ □	Heart attack (myocardial infarct)□ →	→ Did y	ou have a coronary bypass, angiop	asty, or stent?
	Angina pectoris□ →	→Was	the angina confirmed by angiogram	?
Stroke	schemic heart disease□ →	→Was	it confirmed by ECG, stress test, or	angiogram?
	Stroke□ →	→Was	stroke confirmed by arteriography, (CT scan, or MRI? □
High blood pressure□ → Do you currently take blood pressure medication?□ □	High blood pressure□ →	→ Do yo	ou currently take blood pressure me	dication?
Diabetes □ → Do you currently take insulin? □ □	Diabetes□ →	→ Do yo	ou currently take insulin?	

PERSONAL DIAGNOSTIC RADIATION EXAMS

19. Please indicate how many times you had the following diagnostic radiation exams during each time period. If you never had a specific exam, mark the box "never had" and leave all other columns blank. Count the number of exams that you had, NOT the number of individual films taken. Please provide your age(s) at first and last exam.

Y DAY avame performed ON VOII	NEVER	AGE 1ST	AGE LAST					
X-RAY exams performed ON YOU	HAD	EXAM	EXAM	<1965	1965-1979	1980-1989	1990-1999	2000-2009
Dental				$\parallel \parallel \parallel$				
Bite-wing								
Panoramic x-ray	П							
r anoraniic x-ray								\Box
Skull								ш
Sinus	⊔							
Neck and soft tissue	П							
Spine								
Full								
Cervical	П							
00111001								$\overline{}$
Cervical-thoracic								
Thoracic	ப							
Thoracic-lumbar	П							
moracio-iumbai								$\overline{}$
Lumbar								
	_							
Lumbosacral								\square
Ribs	П							
RIDS				\vdash				
Abdomen								
				$\overline{}$		一		$\overline{}$
Pelvis								
0								
Sacrum								
Mammogram								
					'		'	
FLUOROSCOPY exams performed	NEVED	AGE 1ST	ACELAST	N	UMBER OF I	EXAMS BY T	IME PERIO)
ON YOU with or without X-Rays	NEVER HAD	EXAM	AGE LAST EXAM	<1965	1965-1979	1980-1989	1990-1999	2000-2009
Cerebral arteriogram								
Carotid arteriogram								
Cardiac angiogram or catheterization								
Tarada angregiani or oddiotorization								
Cardiac angioplasty or stent placement								
Pulmonary arteriogram	u							
Upper GI series								

						V4110 DV T		
FLUOROSCOPY exams performed ON YOU	NEVER	AGE 1ST	AGE LAST		JMBER OF E			
with or without X-Rays, continued	HAD	EXAM	EXAM	<1965	1965-1979	1980-1989	1990-1999	2000-2009
Frank and the fact of the state								
Esophagram (barium swallow)								
Liver, gallbladder, or bile ducts								
Small bowel series								
Offidit bower series								
Lower GI series (barium enema)					·			
				•				
TOMOGRAPHY or CT scans performed ON	NEVER	AGE 1ST	AGE LAST	NU	JMBER OF S	CANS BY T	IME PERIOD	
YOU with or without radionuclides	HAD	SCAN	SCAN	<1965	1965-1979	1980-1989	1990-1999	2000-2009
								$\overline{}$
	_							
Head								
Neck								
NOOK								
Chest								
Spine								
'								
Abdomen								
Abdomen								=
CT angiography	⊔							
RADIONUCLIDE tests performed ON YOU				l N	JMBER OF 1	FSTS BY T	ME PERIOD	
with or without CT or PET scans	NEVER HAD	AGE 1ST TEST	AGE LAST	<1965		1980-1989	1990-1999	2000-2009
With of Without CT of FET scales	ПАИ	IESI	IESI	1905	1905-1979	1900-1909	1990-1999	2000-2009
Brain scan								
Dialii Scaii				$\overline{}$				
Thyroid scan	⊔							
Thyroid uptake or function								
,								
Cardian								
Cardiac scan								\vdash
	_							
Lung scan								
Liver scan								
2.701 00011	·······							
D								
Renogram								
Rone scan			11 1 1	II []	11			

PERSONAL THERAPEUTIC RADIATION PROCEDURES

20. Please indicate how many times you had the following radionuclide therapy procedures during each time period and provide your age(s) at first and last treatment.

RADIONUCLIDE THERAPY procedures performed ON YOU for the following medical conditions:	NEVER HAD	AGE 1ST TREATED	AGE LAST	NUME <1965	BER OF TRE	ATMENTS B 1980-1989	Y TIME PER 1990-1999	
Hyperthyroidism								
Thyroid cancer or ablation					H			
Leukemia								
Non-Hodgkin's lymphoma								
Liver tumor								
Bone metastases								
Polycythemia vera				Щ	Щ		Щ	
Cardiac dysfunction		Щ		Щ	Щ		Щ	
Colloid (Phosphorus-32)								
Colloid (Gold-198)								

21. Please indicate how many times you had X-Ray therapy to any of the following body areas during each time period for cancer or non-cancer conditions and your age(s) at first and last treatment. If you had a treatment series for a single cancer occurrence, count as one treatment. For non-cancer conditions, count the number of individual treatment sessions that you had.

X-RAY THERAPY						NUMBER C	OF TREATME	NTS BY T	ME PERIOD		
procedures performed ON YOU				<19	080	1980-	-1989	1990	-1999	2000	-2009
to the following body areas:	NEVER HAD	AGE 1ST TREATED	AGE LAST TREATED	Cancer (series)	Non- cancer (sessions)	Cancer (series)	Non- cancer (sessions)	Cancer (series)	Non- cancer (sessions)	Cancer (series)	Non- cancer (sessions)
Head	□					ш		Ш		ш	
Neck	□										
Chest (including breast)											
(
Spine	□							Щ		Щ	
Abdomen	□										

FEMALE REPRODUCTIVE, GYNECOLOGICAL HISTORY

22. Have	you ever given	birth? I No I Ye	S	1	24.	Have your me		riods stopped riod for at least	
		e complete the follow				Yes		iou ioi al leasi	SIX IIIOIIIIIS)
	ed children).	ii bii tii 3. Excidde step)- OI			☐ No, still havi			AGE STOPPED
Birth Order	Year of birth	Did you breast feed this baby?	How many months?	?		No, menstru hormones	0.	re irregular or u	sing
]				☐ Never mens	truated		
First Second		□ No □ Yes→ □ No □ Yes→			25.	Did you have sovaries? (Mark		oly)	terus or
Third		□ No □ Yes→				□ No			
						Yes, uterus i	removed ⁻		
Fourth Fifth		□ No □ Yes→				Yes, one or ovaries rem		FIRST	SECOND
Please lis	st any additional d return with this	births on a separate p	piece of		26.	Did you ever		ription hormo r symptoms o	
		ll you that you had	postpart	um		□ No □ Yes			7
mast □ No	Yes					v Age	started ta	king?	AGE STARTED
	\	rst diagnosed?	AGE				al number rs taken?	of	YEARS
	Age when la	st diagnosed?	AGE			Cur	rently taki	ng? 🔲 No	☐ Yes
	Number of t	imes?	NO. TIN	MES					
			BR	EAST E	BIOP	SY			
_	Yes	of first biopsy/asp	·	n)?	Nu	mber of biopsi	es/aspirati	ons?	
						Reason for bio	psy or aspi	ration? (Mark a	Il that apply)
	Did any bio to a diagno	psy or aspiration le sis of	ead	AGE FIR		Abnormal Self-exam (e.g. lump, pain, discharge)	Abnormal physician exam	Abnormal screening mammogram	Abnormal diagnostic mammogran
	Breast cance carcinoma in		☐ Yes →		->				
	Atypia or aty	pical hyperplasia [☐ Yes →		~				
	Hyperplasia	without atypia [☐ Yes →		~				
	Fibroadenon	na[☐ Yes →		→				

WOMEN and **MEN** complete remainder of Questionnaire.

The following questions will help us understand whether these factors may be related to health for people working in the field of medical radiation.

BIRTH A	ND IN	IFANCY	,								
28. How much did you weigh when you were born? 29. Were you breastfed as a baby? □ No □ Yes 30. Were you born premature? □ No □ Yes 31. During the year before you were born, were your pare FATHER □ No □ Yes → What was his job title (the year before you were MOTHER □ No □ Yes → What was her job title (the year before you were	ents w	vorking o	OUN		ome?						
FAMILY ME	DICA	L HISTO	RY								
32. Have any of your BLOOD-RELATED parents, siblings, or children had any of the following primary cancers? YOUNGEST age any of these relatives were first diagnosed											
(Mark all that apply)		Under age 40	40-49	50-59	60-69	Age 70 or older	Age Unknown				
Brain cancer 🔲 Ye	s →										
Breast cancer Ye	s →										
Thyroid cancer Ye	s →										
Leukemia, lymphoma, or multiple myeloma 🔲 Ye	s →										
Lung cancer Ye	es →										
PREVENTIV	E HE/	ALTH C	ARE								
33. How many TIMES did you visit a medical facility or					OF EXAMS (·				
clinic for a ROUTINE PREVENTIVE CARE (exam)?		Age 30-39	Aç 40-		Age 50-59	Age 60-69	Age 70 or older				
Physical exam Sigmoidoscopy or colonoscopy											
Gynecologic exam (women only)			$\exists \vdash$								
Breast exam other than during a gynecologic exam (women only)		🖳									

PHYSICAL ACTIVITY

The following questions will allow us to evaluate physical activity and health in the USRT Study.

		NUMBER OF HOURS PER WEEK						11 h	ours		
34. During the PAST YEAR, how many HOURS did yo	u	NON	E ½	∕₂ hr	1 hr	1-1/2	2-3	3 4-6	7-10		nore
Walk for exercise								ı 🗆		[
Walk for daily activities other than for exercise (e.g work, shopping)								ı 🗆		[
Strenuous aerobic exercise such as jogging, running bicycling (including stationary), swimming, playing treadmill, stairmaster, dance	tennis,							ם נ		[
Yoga or Pilates								ı 🗆		[
Weight training or resistance exercises (e.g. weigh								. –		ı	_
machines, free weights)					ш		_		ш	l	
				1	NUMBE	R OF H	OUR	S PER I	DAY	13 h	oure
35. During the PAST YEAR, how many HOURS did yo	u	NON	IE 1	I -2	3-4	5-6	7-8	9-10	11-12	or m	
Sit at work, at home (e.g. watching TV, at compute while travelling (e.g. by car, bus)			(l
SLEEP PATTER	RNS, BED	ROC	OM L	.IGH	TING						
The following questions will allow us to evaluate slee	p patterns	and	healt	h in	the US	RT St	udy.				
					HOL	JRS OF	SLEE	P PER	DAY		
	TIME		1-4		5	6	7	8	9	10 ho	
36. During the PAST YEAR, how many HOURS did you sleep in a typical 24-hour period on:	WEEKDA	YS								J. I.I.	
you sleep in a typical 24 flour period off.	WEEKENI									_	
37. During the PAST YEAR, how many TIMES in a typ	ical					TIMES	PER	WEEK		8 o	r
week were your daily activities adversely affected			None	е	1	2-3	4-	5	6-7	moi	
because you got too little sleep?]			
						A MOLIA	IT OF	LIGHT			
38. During the PAST YEAR, how much light was visib	ole		Bright e.g. to			Soi	ne lig ht ligh	ht	Cor dar	nplete	ly
in your bedroom while you slept?				1							
		W	hat w	as vo	our			About	how ma	ny Tu	MES
39. During the PAST YEAR, did you go to bed after	USUA				r midni	ight?		PER N	ONTH	did you	u go
midnight at least once a week for at least three months?	12:00 to 1:00 am	1:00 2:00) to) am	2:00 3:00		After 3:00 an	1 1		d after r 5-8	nidnig 9-15	ht? 16+
□ No □ Yes —————									,-o .	,-13	
								_	_	_	
40. What type of person do you generally consider yo	ourselt?										
☐ Morning person☐ Evening person											
☐ Neither											
☐ Both											

VITAMIN SUPPLEMENT USE											
41. During the PAST YEAR take any of the following plements?		NO YES	How many PER WEE you take?	K did							
Multivitamins		.□ □→			What was the Centrum® Centrum Silver® Theragran-M®	One-A	۸-Day [®] Esse ۸-Day [®] Won				
Calcium (separately or Tums but not in multivi	in tamins)	.□ □→		->	What was the Less than 500 r	_	299	of calcium per day?			
Vitamin D (separately of in calcium but not in multivitamins)		.□ □→		->	What was the Less than 400 I		399	f Vitamin D per day? ☐2000-3999 ☐4000 or more			
To help us understand ski exposure.	n cancer ris	sk in the USF	RT study,	we ha	ve included q	uestions ab	out ultra	a-violet (UV) radiation			
		SUNLAMP	AND TA	NNIN	IG BOOTH L	JSE					
42. Have you EVER used a	SUNLAMP	for tanning	or to trea	t a ski	n condition?						
□ No □ Yes →	How old w	ere you the FI	RST	How	old were you the			any times did you			
	_	sed a sunlam	p?		ou used a sunl	-		unlamp in your life?			
	☐ Under 1☐ 13-9☐ 20-39☐ 40-64☐ Age 65☐	13 years old		☐ 13 ☐ 20 ☐ 40	☐ Under 13 years old ☐ 1-2 times ☐ 13-9 ☐ 3-4 ☐ 20-39 ☐ 5-9 ☐ 40-64 ☐ 10-19 ☐ Age 65 or older ☐ 20 times or more						
42 Have very EVED very de	Ü		A NINIINIO T		e oo or older		- 20 ti	illes of filore			
43. Have you EVER used a ☐ No ☐ Yes——	How old we	ere you the Fli sed a tanning	RST	How o	old were you the ou used a tann ning bed?		use a ta	any times did you anning booth or bed in your life?			
	☐ Under 1☐ 13-9☐ 20-39☐ 40-64☐ Age 65☐	13 years old or older		☐ 13 ☐ 20 ☐ 40	-39	old	☐ 1-2 t☐ 3-4☐ 5-9☐ 10-1☐ 20 ti				
			SUN EX	(DOS)	IDE						
44. How many MONTHS PI	ER YEAR d	id you usual				POSURE at	t each aç	ge listed below?			
Under 13 years old	13	3-19	2	0-39		40-64		Age 65 or older			
 □ Never had □ 1-3 months □ 4-6 □ 7-9 □ 10-12 months 		l 1-3 m l 4-6 l 7-9	nonths	□ Never ha□ 1-3 mont□ 4-6□ 7-9□ 10-12 mont	ths	□ Never had a tan□ 1-3 months□ 4-6□ 7-9□ 10-12 months					

45.	15. HOW OFTEN did you protect yourself from the sun by wearing a long-sleeve shirt or long pants, when you were in the sun on a typical day in the summer at each age listed below?															
	Under 13 years old	13-	19		20-3	9		40-64			Age 65 or older					
	□ Never □ Rarely □ Sometimes □ Usually □ Always	R S US	lever arely cometimes Isually Iways	6	□ Ne □ Ra □ So □ Us □ Alw	rely metime	es	□ Neve □ Rare □ Som □ Usua □ Alwa	ely etimes ally		Never Rarely Someti Usually Always	/				
	NIGHT SHIFT WORK															
	When answering the next two questions about "night shift" work, please include ANY jobs held during your lifetime. By "Night shift" we mean working 3 or more hours during 12:00-5:00 AM for 6 months or more.															
46	Did you ever night shifts a			IT		PERM			S did you shifts a			T SHIF	TS did		ERMANI ork PER	MONTH
	AGE	NO	YES		1	2-3	4-5	6-7	8 or more		3	4-5	6-9	10-14	15-19	20 or more
	Under age 30 30-39 40-49 ge 50 or older	☐ No ☐ No	☐ Yes — ☐ Yes — ☐ Yes — ☐ Yes —	>					_ _ _				0			_ _ _
47	. Did you ever OR ON-CALI this age?			i	you w	ork Roshifts	ot this		did ON-CAL 8 or	L	ON-C	ALL n		ifts did	OTATINO you wo	
	AGE		YES		1	2-3	4-5	6-7	more		3	4-5	6-9	10-14	15-19	more
	Under age 30 30-39 40-49 ge 50 or older	☐ No☐ No	☐ Yes - ☐ Yes - ☐ Yes - ☐ Yes -	>												_ _ _
			WORK	HIS					SCOPIC OCEDU			JIDED	OR			
	Did you performedic month for a year	cal radiate ar or mo	tion proce ore?	edu	res at l	east <u>oı</u>		☐ No	☐ Yes	→	► Com	plete	Section	n B - blu	ıe	
49.	 Did you perform or assist with DIAGNOSTIC OR THERAPUTIC RADIOISOTOPE procedures at least once a month for a year or more? □ No □ Yes → Complete Section C - green 															