

MESA Exam 7/MESA-MIND Day 1 Components (~6.75 hours)

Study	Component	Core or Ancillary	Time (min)
Core Exam	Clinic Reception and Consent	All	20
	Change Clothes	Core	5
	Blood Pressures	Core, MIND	12
	Pulse Oximetry	Core, Lung	3
	Anthropometry (Height, Weight, Waist circumference, Blood)	Core, MIND	10
	Phlebotomy	Core, 24hAct, Glucose, Lung, MIND	15
	Urine Collection	Core/Lung	5
	Snack	Core	10
	Medications	Core, MIND	10
	Medical History	Core, MIND	10
	Personal History/Demographics	Core	5
MESA Mind	Arterial Stiffness	MESA-MIND	20
Module A Clinic Exam	Clinician's Physical Examination and SPPB	MESA-MIND	30
MESA-MIND Module C Cognitive Testing	CASI, Digit Symbol Coding, UDS v3 cognitive battery, WRAT-5, AVLT, QDRS	MESA-MIND	60
MESA Sleep Clinic Visit	Sleep Questionnaire	MESA Sleep	5
MESA 24h ACT Study	STOP-BANG questionnaire for sleep apnea	24hAct	5
	Provide equipment and instructions for use Instructions for Daily Sleep Log Leave clinic wearing Activity monitor (8 days on the waist during all waking hours) Provide sleep monitor (8 days on the wrist during all sleeping hours)	24hAct	20
MESA Lung IV	Spirometry exclusion/completion (5 min)	Lung IV	5
	Pre and post-bronchodilatory spirometry (20 min)		15
	Nasal brushing (5 min)		5
	Hair collection(10 min)		10
MESA Neighborhood III	Neighborhood Questionnaire	Neighborhood	25
MESA Glucose Homeostasis	Monitor instructions and application (wear 14 days) Instructions for At-home Diary	Glucose	25
MESA Stress Reactivity	ZioPatch application and instructions for daily questionnaire (30 min plus 14 days wear time)	Stress Reactivity	30
	Exit Interview	All	5
		Total	405

MESA E7/MESA-MIND Other Components (With E7 Visits)

Study	Component	Core or Ancillary	Time
MESA Lung IV	Non-contrast Lung CT	Lung IV	30
Module B – Study Informant Provided Information	Study Informant Interview	MESA-MIND	15
Module D – Brain MRI	Brain MRI	MESA-MIND	60
Module E – Amyloid PET	Amyloid PET	MESA-MIND	120
MESA Sleep Home Visit	Neck measurement Overnight sleep study Wrist actigraph for 7 days Overnight BP monitor	MESA Sleep	60 (tech visit at home)
MESA Stress Reactivity	Daily Stress Questionnaire (for 8 days)	Stress Reactivity	15

MESA E7/MESA-MIND Other Components (Later Visits)

Study	Component	Core or Ancillary	Time
MESA Glucose Homeostasis	<i>2 years later</i> Repeated monitor/diary (n=1000) cognitive testing (N=2000)	Glucose	