

## Exam 7 Ancillary Study Details

Short Title	PI	Sites	Participants	Components	Time	Blood draw/ volume	Radiation
Core	McClelland, Robyn	All FC, CC, Lab	All	Consent/Check-in (20m) Seated Blood Pressure (12m) Anthropometry (10m) Phlebotomy/Urine (15m) Medical History (10m) Personal History/ Demographics (5m) Medications Inventory (10m)	90 min	40 ml estimate	none
MESA 24-H ACT Study	Palta, Pryia	All FC	All	Consent (Core) Phlebotomy (Core) Questionnaire (10 min) Activity monitor (8 days during all waking hours) Sleep monitor (8 days during all sleeping hours) Daily wear, sleep, and nap logs (20 min of instruction time).	30 minutes in clinic 30 minutes at home (includes ~3-4 minutes/day to put on/take off activity monitor and fill out wear/sleep and nap logs)	7 ml	none
MESA Neighborhood III	Hirsch, Jana	All FC	All	Consent (Core) Questionnaire (25 min)	25 minutes	none	none
MESA Glucose Homeostasis	Mongraw-Chaffin, Morgana	All FC	All with repeated cognitive assessments from Visits 5 and 6 who return for an in-clinic or home visit for Visit 7 (n=2000)	Consent (Core) Monitor instructions and application (25 min, wear 14 days) At home diary 2 years later (n=1000): Repeated monitor/diary/cognitive testing	25 minutes in clinic 210 minutes at home 2 years later: 210 minutes at home 30 minutes at home For abbreviated remote cognitive testing only if MESA-MIND is not renewed.	3ml Only if needed.	none

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MESA MIND	Hughes, Timothy	All FC, CC, Lab, RC	All remaining participants 1200 amyloid PET at 7b	Consent (Core) Informant info (2 min) Anthro, blood pressure (Core) Blood draw (Core) Arterial stiffness (20min) Meds, MedHx (25) UDS physical exam and SPPB (30 min) Cognitive testing (60 min) Brain MRI (60 min) Brain PET (120min) Informant interview (no ppt burden)	250 min for all 340 with amyloid PET	25 ml	3.46 mSv in 1200 participants (JHU/COL/W FU)
MESA Mind Sleep	Redline, Susan	All FC, CC, RC	All returning for Mind Visit B	Consent (Core) Home visit consisting of overnight sleep study Wrist actigraph for 7 days Questionnaire (10 min) Neck measurement Overnight BP monitor.	10 minutes in clinic 24 hour home sleep study plus wearing actigraph for 7 days	none	none
MESA Lung IV	Barr, Graham	All FC, CC, RC	All	Consent (Core) Blood and urine (Core) Spirometry exclusion/completion (5 min) Pre-bronchodilatory spirometry (15 min) Post-bronchodilator spirometry (5 min) Pulse oximetry (1 min) Non-contrast Lung CT (30 min) Nasal brushing (5 min, N=1000, select all) Hair collection(10 min, N=1350, select all) PAXgene tube (n=300)	71 min	30 ml	3 mSv

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MESA Stress Reactivity	Kershaw, Kiarri	All FC, CC, RC	2000+, all with MIND visit B	Consent (Core) Ziopatch Application/Instructions (30 minutes, 14 days wear time) Daily Check-in phone call (15 minutes for 8 days)	30 min in clinic plus 15 min daily for 8 days	30 min in clinic plus 15 min daily for 8 days	n/a