

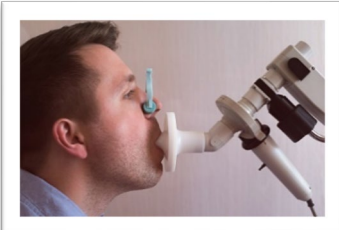




What results will be returned to me after my Exam 7 visit?

We will send you results letters for some of the procedures you complete during the MESA Exam 7 clinic visit and wearable health monitors in your home. The table below describes the types of results that are available for each procedure that you complete, and approximately how long it will take to receive your results. Each set of results is analyzed in different ways, so the timeframe for receiving those results will vary.

<p>What does this procedure allow MESA investigators to study?</p> <p>How much time will it take?</p>	<p>What results will I receive if I participate?</p>	
<p>Blood and Urine Collection</p> <p>Sample collection takes about 15 minutes.</p>		<p>Results from your blood and urine will include lipids, fasting glucose, and eGFR (kidney function).</p> <p>Blood and lab results are returned approximately 4-6 weeks after your MESA clinic visit.</p>
<p>Cognitive Function Assessment</p> <p>How does vascular function influence memory & brain health?</p> <p>Assessment takes about 1 hour.</p>		<p>Results from the cognitive function assessment provide information about your memory and other essential cognitive functions.</p> <p>Cognitive function results are returned approximately 6-9 months after the MESA clinic visit.</p>
<p>Spirometry</p> <p>How does lung function change as we age?</p> <p>Spirometry takes about 20 minutes</p>		<p>Results from the spirometry procedure will summarize your lung function.</p> <p>Spirometry results are returned approximately 8 weeks after the MESA clinic exam.</p>

<p>What does this procedure allow MESA investigators to study?</p> <p>How much time will it take?</p>	<p>What results will I receive if I participate?</p>
<p>Brain MRI Imaging</p> <p>How does vascular function influence memory & brain health?</p> <p>Imaging takes about 1 hour.</p>	<div data-bbox="667 289 961 574" data-label="Image"> </div> <p>Results from the brain MRI will include an image of your brain <i>or</i> a report of abnormalities observed from your brain images needing follow-up with your doctor.</p> <p>Brain MRI results are returned approximately 6 weeks after the imaging procedure.</p>
<p>Wearable Devices</p>	
<p>Continuous Glucose Monitor</p> <p>How does blood sugar influence brain health?</p> <p>The monitor is worn on your arm for 7-14 days.</p>	<div data-bbox="680 656 961 971" data-label="Image"> </div> <p>You will receive a report tracking your blood sugar over time.</p> <p>Glucose results are returned approximately 4 weeks after returning the monitor to the MESA clinic.</p>
<p>Hip Activity Monitor</p> <p>How do movement patterns influence brain health?</p> <p>The monitor is worn on your hip and a daily diary is completed for 8 days.</p>	<div data-bbox="672 997 1041 1289" data-label="Image"> </div> <p>Results from the hip activity monitor will summarize your physical activity habits while you are awake during the day.</p> <p>Hip monitor results are returned approximately 4 weeks after returning the monitor to the MESA clinic.</p>

<p>What does this procedure allow MESA investigators to study?</p> <p>How much time will it take?</p>	<p>What results will I receive if I participate?</p>	
<p>Wrist Sleep Monitor</p> <p>How do sleep patterns (as measured by small wrist movements) influence heart and brain health and well-being?</p> <p>The monitor is worn on your wrist and a daily diary is completed for 8 days.</p>		<p>Results from the wrist sleep monitor will include a report describing your sleep patterns, including the number of hours you slept and how much time you spent awake.</p> <p>Wrist sleep monitor results are returned approximately 4-6 weeks after returning the monitor to the MESA clinic.</p>
<p>Heart Patch Monitor</p> <p>How do reactions to stress influence brain health?</p> <p>The monitor is worn on your chest and a daily phone survey is completed for 8 days.</p>		<p>Results from the heart rhythm monitor (Cardea SOLO Patch) will describe abnormalities identified in your heart rhythm.</p> <p>Heart patch monitor results are returned approximately 4-6 weeks after returning the monitor to the MESA clinic.</p>

<p>What does this procedure allow MESA investigators to study?</p> <p>How much time will it take?</p>	<p>What results will I receive if I participate?</p>
<p>Wearable Devices (single day and night)</p>	
<p>Overnight Sleep Study</p> <p>How does sleep quality and breathing during sleep influence your blood pressure and heart and brain health?</p> <p>The sleep monitors are worn for one night in your home.</p>	<div data-bbox="674 342 1104 643" data-label="Image"> </div> <p>Results for the overnight sleep study will include a polysomnography report that describes</p> <ul style="list-style-type: none"> • breathing patterns, • sleep apnea measures • time spent dreaming or in a deep sleep • leg movements while sleeping <p>Overnight sleep study results are returned approximately 4-6 weeks after the in-home sleep study.</p>
<p>24-hour Blood Pressure Monitor</p> <p>How does blood pressure change over a 24-hour period?</p> <p>The monitor is worn on your arm for 24 hours.</p>	<div data-bbox="669 691 1052 967" data-label="Image"> </div> <p>Results for the 24-hour blood pressure monitor will include your average night, day, and 24-hour systolic and diastolic blood pressures.</p> <p>Blood pressure monitor results are returned approximately 4-6 weeks after returning the monitor to the MESA clinic.</p>

We would like to thank you again for your participation in MESA, and for your understanding and patience as these results are collected and reported back to you.

