

Detroit Cardiovascular Health Study

“What do I have to agree to as a participant?”

- Be available one day between 7:00am and 10:00am for 35 minutes for a screening visit and not eat breakfast until after the visit. You may drink water and take your medications though.
- Be available for 35 minutes each day between 6:00pm and 9:00pm on days that you wear the air exposure vest
- Answer a few questions about your medical history
- Provide a few drops of blood taken from a finger prick for cholesterol and sugar tests and have your blood pressure taken.
- Allow a technician to visit each day to perform a picture using an ultrasound of an artery in your upper arm while you lie quietly on your sofa. →
- Try not to eat anything 5 hours before the ultrasound. For example, if the ultrasound is at 6:00 pm, you should try not to eat after 1:00 pm until the ultrasound is completed. You may drink water and take your medications though. If you were to eat, the technician will write down what you ate. You may eat after the ultrasound is done.
- The ultrasound will include pumping up a blood pressure cuff for 4 minutes on your upper arm and dissolving a nitroglycerin pill under your tongue.
- Sign a consent form to participate that says you have the right to refuse or withdraw at any time, and that you know who to call in case you have any questions.



Ultrasound probe

“What benefits will I receive?”

- You will be given the results of your cholesterol and sugar tests, and blood pressure immediately. The cholesterol test includes total cholesterol, good and bad cholesterol. These results will include a discussion of your values compared with normal values.
- You will also be given with the results of all ultrasounds after each picture has been analyzed by the technician.

“What benefits will my community receive?”

- Important information regarding the actual health effects that air pollution has on adults living in the Detroit area.
- Participants will indirectly receive the benefit of helping their community and its public health. This study may help future efforts to regulate and reduce the levels of harmful air pollutants.
- It is hoped that this will lead to an improvement in the health of the residents living in the Detroit area (and potentially elsewhere as well).

“What compensation will I receive?”

- You will receive \$25 for each ultrasound. The total amount you will receive is \$250 for completing 10 ultrasounds in two seasons. You will be given cash on each day you complete an ultrasound.

“How much of a burden will this study be?”

On You

- You may feel discomfort or pain in the lower arm while the blood pressure cuff is pumped up for 4 minutes. Once the blood pressure cuff is released, the discomfort will go away quickly.
- You may get a head-ache after the nitroglycerin pill. The head-ache usually goes away with ½ to 1 hour. Over the counter medicine like Tylenol or Motrin may be taken to relieve the head-ache.
- You may also experience low blood pressure after the nitroglycerin pill. You may feel dizzy or lightheaded. You may be asked to lie down for an additional 10-20 minutes or to drink 1-2 glasses of water to help relieve the low blood pressure. Your blood pressure will be taken again before the technician leaves to make sure it is back to normal.

On Your Family

- Others in your residence will need to accommodate the presence of the technician during the ultrasounds.

“Who will have access to my data?”

- Every effort will be taken to protect your identity as a participant. Your name and other information are only known to project staff.
- Your name and address will never be linked to your data in any report.

“Need further information?”

Call **Nicholas Clarke** or **Robert Bard**, University of Michigan, phone **(734) 998-7956**.
Call **Kathy Edgren**, DEARS recruiting coordinator, CAAA, phone **1-877-640-4064**.