



# STRONG HEART STUDY

Cardiovascular Disease in American Indians

## PARTICIPANT NEWSLETTER

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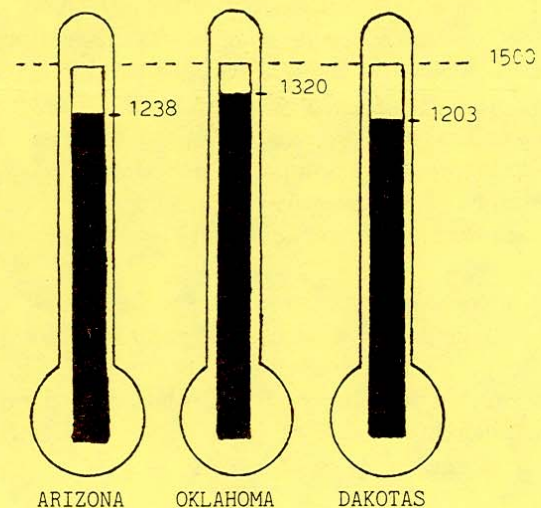
### FIELD CENTERS PICK UP PACE TO ACHIEVE GOAL

The three month period covering May, June and July saw a repeat of seasonal factors affecting the pace of examinations for the three field centers of the Strong Heart Study. In spite of the rising heat and changing recruiting patterns of summer in Arizona and Oklahoma, the pace of exams kept the goal within reach. The examination results are as follows: 115 in Arizona for a total of 1238, 137 in Oklahoma for a total of 1320, and 186 in South Dakota for a total of 1203. This brings the total for the study to 3761. You are making a difference!

Strong Heart Study staff members continue to demonstrate that they share the commitment to meet or exceed the examination goal of 1500 in each of the field centers. With an additional 262 examinations in Arizona, 180 in Oklahoma and 297 in South Dakota, each center will be in a position to exceed the goal. This translates into a pace of 66, 45 and 75 exams per month, respectively, for the remaining four months.

Evidence suggests that the staff can meet the challenge. The Oklahoma center remains comfortably ahead of the other centers because of the steady pace of examinations maintained since the study began. The Sacaton clinic of the Arizona center showed exceptional dedication to the cause by completing a record setting twelve examinations (no, this is not a misprint) in one day. The Dakota center has steadfastly promised to close the gap over the summer and has lived up to the promise with 71 examinations completed in June and 86 examinations completed in July.

We have already exceeded the skeptics' estimates of what could be achieved by this study. The pride of what has been accomplished to date shows among the staff members, communities and Indian people involved in this study. Achieving the lofty goals which we set early in the planning of the Strong Heart Study will set a standard that will swell that pride even more. If we can persist when difficulties arise, if we can provide a hand to our coworkers when our own load is already heavy, then we will share the personal and group satisfaction of a goal met and a job well done. Let's make this last four months count!



### GOOD NEWS – FIVE YEAR EXTENSION OF THE STRONG HEART STUDY

The Strong Heart Study investigators were pleased to learn that they have been approved for funding for a five year extension of the Strong Heart Study. Proposals for this extension were developed by Drs. Tom Welty, Elisa Lee and Barbara Howard for submission on February 1, 1991. A site visit was held in April of 1991, during which a special review committee evaluated the application and investigators. Notice was received recently that funding had been approved and the new phase will begin in August of 1991.

During the first four months of the five-year extension, the examination will continue in order to finish recruiting the necessary 4500 subjects for the initial baseline (Phase I) examinations. Surveillance procedures will also be initiated to be conducted throughout the five year period; all subjects will be contacted twice a year to ascertain the occurrence of any hospitalizations or health problems. All possible morbid or mortal cardiovascular events will be evaluated by chart review using criteria similar to those in Phase I. During the next five year period the mortality review will also continue using procedures similar to those during Phase I so that death rates will be calculated from 1988 to 1994.

From November, 1991 through April, 1993, the results of the baseline study will be analyzed in order to evaluate the original study questions posed for Phase I of the Strong Heart Study. Also, in the interim, further analyses of blood samples from Phase I will be performed. These will include measurements of GM allotypes in order to obtain population estimates of genetic admixture, and also further measurements of lipoprotein composition using frozen lipoprotein fractions.

The Phase II examination will begin in April of 1993 and continue for a 27 month period. During this examination, everyone who was examined during Phase I and is still alive, will be reexamined. This examination will include most of the elements of the initial examination. In addition, it will include two new dimensions. One is an echocardiographic exam in order to more fully explore cardiovascular physiology and its relationship to diabetes and other risk factors. The other new addition will be measurements of pulmonary functions. Also during the Phase II examination, blood samples will be obtained for some newer biochemical measurements, including red cell typing to increase the assessment of genetic admixture and the evaluation of additional hemostatic factors.

All members of the Strong Heart Study staff are happy and excited about Phase II for they believe that it will help derive additional valuable information concerning cardiovascular disease and risk factors among the American Indian communities in which they are working. In addition, they all remain committed to the prompt translation of the data into health care delivery in the communities and to the ultimate design of intervention strategies to prevent the further development of cardiovascular disease among Native American peoples.

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If any of your relatives or friends are eligible and interested in participating in the Strong Heart Study, please let us know. You may call us at the following telephone numbers:

Phoenix  
(602)263-1628  
Call Collect

South & North Dakota  
(605)348-1900 ext 401

Oklahoma  
(405)271-3090  
Call Collect

Please write short story about your Strong Heart Study exam. Contact your Strong Heart Study office.

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