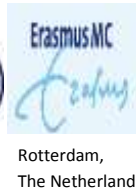




# AIIMS COHORT STUDY

## Brochure



**INSTEAD OF PEOPLE COMING TO AIIMS - AIIMS IS COMING TO PEOPLE  
TO ENCOURAGE HEALTHY AGING AND HEALTHY LIFESTYLE**

### Background

In 1948, a total of 5209 persons living in a suburb of Boston, Framingham agreed to participate in a project funded by US government in which their weight, blood pressure, blood sugar, cholesterol etc. were measured in the beginning and then repeated every three years. This arrangement between project staff and people developed into such a successful relationship that most of the first time participants continued to participate for their entire life and persuaded their children also to enroll into phase 2 of the project. The relationship was so satisfying to the people that now, third generation of the participants are taking part in the project. The outcome of the project has been so good that it is cited all over the world and often referred to as the 'gold standard' health project in a population.

Motivated by similar mission and trained by Framingham project, a similar project was started in Rotterdam, The Netherlands, which is going on for the last 25 years and was able to demonstrate that control of blood pressure, weight, blood sugar, cholesterol etc. leads to decrease in risk of heart attack and stroke (paralysis). Again this is a landmark project with great popularity and is cited as an example of successful collaboration between people and healthcare institution.

More than 97 such projects have been carried out in several countries including Australia, Brazil, Canada, China, Croatia, Denmark, Finland, Germany, Greece, Iran, Italy, Japan, Lithuania, The Netherlands, New Zealand, Norway, Serbia, Singapore, South Korea, Spain, Sweden, Taiwan, Thailand, Turkey, UK, USA and several others. In India, Govt. of India, Department of Biotechnology and AIIMS, New Delhi in collaboration with experts from the Rotterdam project have initiated a project similar to Framingham and Rotterdam in Delhi and Ballabgarh. Rotterdam experts have visited AIIMS three times and AIIMS staffs have visited Rotterdam twice to share the experience and learn from the Rotterdam project.

You are invited to participate in this project and we hope our relationship will be as successful as has been in the Framingham and Rotterdam projects.

### **What is the purpose of the study?**

To find out known as well as some new factors which increase the risk of occurrence of stroke (half body paralysis, lakwa), heart diseases, memory problem and other brain related problems. To identify such factors in the participants and inform those at risk.

### **What is Stroke?**

Stroke is a “BRAIN ATTACK” caused by blockage or leakage of a blood vessel in brain.

### **What are Heart Diseases?**

Heart diseases are diseases of the heart and of the blood vessel within the heart.

### **What is Memory Loss?**

Memory loss or forgetfulness usually involves a decreased ability to remember things. Memory loss due to aging does not impact everyday functions.

### **Who are conducting the study?**

AIIMS doctors from twelve Departments including Neurosciences Centre & Department of Community Medicine.

### **Who can join the study?**

Residents aged 50 years and above.

### **How can I join?**

**Step I**–Meet Research Staff who will visit your home and explain about the study. Further, with your consent for the study, next visit will be scheduled.

**Step II** –Complete a more detailed survey at your home.

**Step III** – Health check-up at hospital.

**Step IV** – MRI of brain.

### **Why should I join?**

- Get your blood, heart and brain Check-up done at AIIMS free of cost.
- Steps to Healthy Aging.
- Play an active part in your own healthcare, which will not only help you but also pave way for helping society at large.

**What is the expected duration of the subject participation?**

-**At hospital site:** Health Checkup- Approx. 4 hours (including waiting time)  
MRI – 2 hours (including waiting time)

-**Follow up:** 6 monthly over telephone.

-**Repeat Health Checkup:** After 3 years.

**Will hospitalization be required?**

No.

**Does it cost anything to join this study?**

No. [Supported by Govt. of India, Department of Biotechnology]

**How will my confidentiality &/or safety be protected?**

Your identity will be kept anonymous and confidential, only authorized research staff will have access to all the information.

**What if I change my mind and no longer want to continue in the study?**

- You may withdraw your consent at any point of time; without any obligation or charge.
- Inform research staff about your decision.

**When does this study take place?**

October 2015 onwards.

**What else can I do?**

Spread this information among your friends and community, and encourage them to participate in the study.

**For more information, please contact:-**

Program Manager & AIIMS Cohort Study Medical Staff

AIIMS Cohort Study

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