

What is involved?

If you volunteer to participate, you will be asked to complete the following:

1. Questionnaires about your diet, heart health, physical activities, health care, community, and culture



2. Physical measurements (for example: height, weight, blood pressure)

3. Blood tests (for example: cholesterol, glucose)

4. Memory test to test your ability to remember

5. Have an MRI scan of your brain, heart and abdomen at Sunnybrook Health Sciences Centre



What information will be kept private?

Your privacy will be protected throughout this study. Personal information such as your name, address, and phone number will be **removed** from your data and will be replaced with an anonymous participant ID number (anonymous code). An anonymous version of your data will be used for analysis.

For more information: If you have any questions or would like more information, please e-mail the local Alliance-Chinese Canadian study coordinating centre in Toronto at alliance@ices.on.ca. Alternatively, you may also call 647-962-8651.

To join the study: If you would like to enroll in the study, please e-mail the national Alliance coordinating centre at alliance@phri.ca and provide your name, telephone number and e-mail address. Alternatively, you may call toll free 1-866-414-7474 and ask for the Alliance study.

Website: www.allianceheartsandminds.ca

Facebook:

<https://www.facebook.com/The-Alliance-Chinese-Canadian-Study-284326275337127/>



How can **YOU** help improve the health of Chinese

Canadians?

您如何能改善您的健康?

Cancer, heart disease, stroke and other brain diseases impact the quality of life of Canadians, and increase the cost of healthcare.

Why is this research being done?

This study is being conducted to better understand the early causes and risk factors for cancer, heart disease, stroke and other brain diseases.

We will also investigate how the places in which we live and work influence our lifestyle:

- Physical activity, nutrition, tobacco use, social networks, culture, etc.

Our ultimate goal is to be able to identify risk factors for diseases, and learn how to identify poor health early. This will allow optimization of health services and improve treatment for at risk people.



How many people will be in this study?

We are currently recruiting 1,000 Chinese Canadians into the study. In total, about 9,700 Canadians will take part in the study.



What are the benefits?

This study will help provide a better understanding of the causes of heart disease, cancer and stroke, as well as the factors influencing overall health and disease among Canadians. Although we cannot promise any personal benefits from participating in this study, you have the option of learning your own **personal heart health risk score** (based on your blood tests, questionnaires, and physical measurements), which may give you a better understanding of your own risk factors for heart disease and how to improve them.

If you are **Chinese Canadian** and **35 to 69 years old**, you may be eligible to participate in this important study.

***Transportation for this study will be provided/reimbursed.**

Upon study completion, you will receive:

- a **personal heart risk report**
- **MRI 3D images** of your heart and brain (souvenir shot)



Canadian MRI Centres

