

Dear Participants, Colleagues and Alliance Chinese Canadian Study Supporters!

We plan to release a periodic e-newsletter as a means to update everyone on the progress with the study.

First, we'd like to extend our sincerest gratitude to all participants that have signed up or completed the study. Thank you for helping us achieve our goal of improving the health of Chinese Canadians.

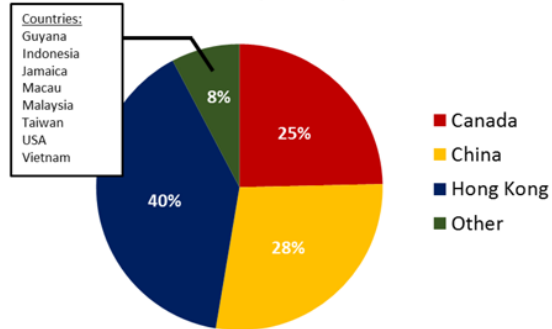
- The Alliance Chinese Canadian Study Research Team

Study Enrollment Update

As of July 19, 2017 there has been a total of 250 Chinese-Canadian participants who have consented to join the study! Amongst these individuals, 200 have completed the online dietary questionnaires, and 94 have completed the full study protocol including the MRI study visit at Sunnybrook Hospital.

The demographic breakdown of the country of birth of the first 207 participants is shown in the figure below. These data show that 40% were born in Hong Kong, 28% were born in China, 25% were born in Canada, and the rest from a variety of other countries.

Country of Birth for the Alliance Chinese-Canadian Study Participants*



Approximately 55% of the participants currently enrolled are female and 45% are males.

We plan to continue recruiting participants to join the study until we reach an overall target of 500 individuals or until we reach December 2017, whichever comes first.

Alliance Study Video

We are pleased to have recently released our first study video, which helps to explain the study to potential participants. You can view the video by clicking [here](#) or by visiting our study web site below. We would like to thank everyone who contributed to this video and, in particular, Shan and Edward, two of the first participants to complete the study. We encourage everyone to share this video with others in their social networks so that we can increase awareness of the study.

We plan to release other videos about the Alliance study on this [YouTube Channel](#) over the next few years and will be working with leading researchers to produce them. Please free to suggest any research topics that you would be interested in learning more about by using our contact information below.


Alliance MRI Participant Videos

We are producing souvenir personal MRI videos to all of the participants who have completed their MRI scans. You can view a sample video [here](#) or by visiting our study website. Your video will include 3 separate clips of your beating heart and 1 clip of your brain. Participants who have completed their MRI visit prior to June 30th, 2017 should receive their videos by the end of August.

Participant Risk Reports

All participants who have completed their MRI study visit should be receiving their CV risk report within 3 months of completing their study visit. This will be sent to your email address. If you have not received one, please contact us.


MRI Scan Incidental Findings

We have begun to report back to those participants who have been identified as having any of the 5 severe structural abnormalities listed in the consent form when their MRI scan is initially read. We have completed initial reading of scans for participants who have completed their MRI visit prior to June 30th, 2017 and have reported to those participants if we detected any of the 5 abnormalities. We aim to report back to all participants if they have any of the 5 abnormalities within a target time frame of 3 months of completing their MRI scan (occasionally it may take longer). Fortunately, we expect that only a small proportion of participants will have one of these findings discovered on their scan.

If you are participating in the study and have questions regarding the on-line consent, questionnaires, videos or risk report, please contact us by email or telephone. We're happy to help!

Please let us know if you have questions that you would like addressed in future editions of this newsletter. If you are aware of other individuals who would like to subscribe to this newsletter, please have them email us. Stay tuned for future updates!

If you would like to unsubscribe to this e-newsletter, e-mail us at alliance@ices.on.ca.