

# Invitation letter

## SURVEY OF RISK FOR CARDIOVASCULAR DISEASE

Cardiovascular diseases are more common in northern Norway than in other parts of the country. We will now ask for your cooperation in the fight against these diseases.

In order to put in place preventive measures, it will in 1974 be conducted a survey of all men in Tromsø aged 20-49 years.

The survey is conducted by the University of Tromsø and Tromsø Board of Public Health. The survey is voluntary, but the prerequisite for it will have value, is that all show up.

### THE SURVEY IMPLEMENTATION

1. Please fill out the enclosed questionnaire.
2. Take this questionnaire and meet at the survey in the outpatient clinic building, The Central Hospital about 1 week after this letter is received. The outpatient clinic is open Monday, Tuesday, Wednesday, Thursday and Friday, kl. 08:30 to 18:00.

The examination will include:

- a. Measuring of blood pressure.
- b. Going through the completed form, as well as filling an additional form.
- c. Measuring of height and weight.
- d. Blood sample.

The examination will take about 30 minutes. The information is treated confidentially.

Some of those who will be examined, will be invited to examination later based on decided rules.

If the examination suggests that you can benefit from treatment, you will be referred to a doctor for further control.

If it is difficult for you to attend during the 2 weeks after this letter is received, please call 81 1000.

## THE TROMSØ STUDY 1974

We hope for good cooperation and 100% attendance. Thank you in advance.

Regards

Arne Nordøy  
Prof. MD, PhD.

Hans Ånstad  
Chief medical officer