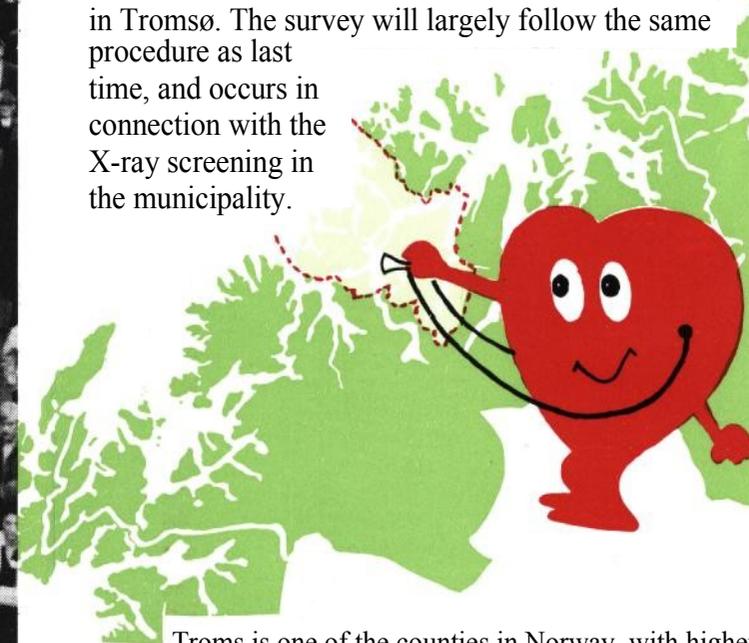


# New examination

In 1979-80 there will be a new cardiovascular survey in Tromsø. The survey will largely follow the same procedure as last time, and occurs in connection with the X-ray screening in the municipality.



Troms is one of the counties in Norway, with higher prevalence of cardiovascular disease. The purpose of the cardiovascular survey is to reverse the unfortunate trend that has taken place.

## Who will be invited?

Unfortunately, we do not have the enough capacity to offer this examination to everyone, and therefore we must concentrate on decided age groups. All those between 20 and 50 years will be invited, and in addition, those groups over 50 years who were invited before.

## The examination includes

- measurement of height and weight.
- measurement of blood pressure.
- blood sample, that will be examined for the content of lipids and glucose.
- X-ray examination
- questionnaire



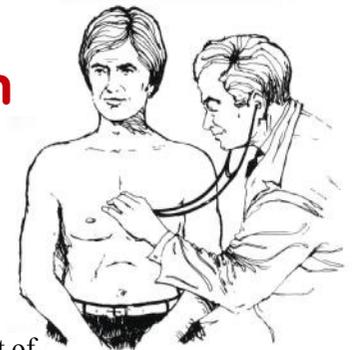
## THE QUESTIONNAIRE

you will find on the reverse side of the letter you got.

Please fill out the form in advance and take it with you to the survey. Should you be in any doubt about the completion of certain sections, you can just leave these open. The staff of the survey will help to fill them. If you should have checked the wrong box, please tell this to the staff, who will correct it. All information you provide on the form will be treated strictly confidential.

## Follow-up examination

Some of those who will be examined, will be invited for follow-up examination according to decided rules. If this follow-up examination suggested that you may have benefit of treatment, you will be offered it.

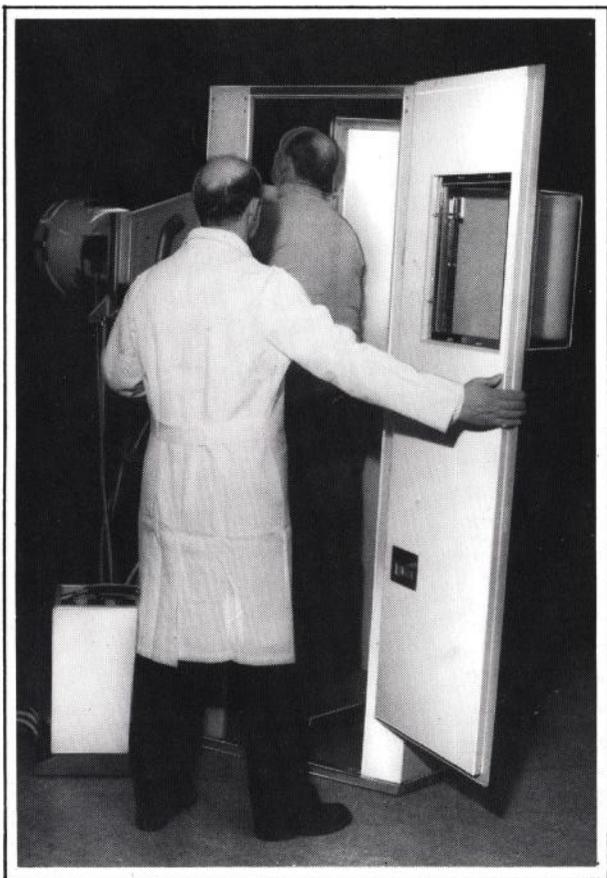
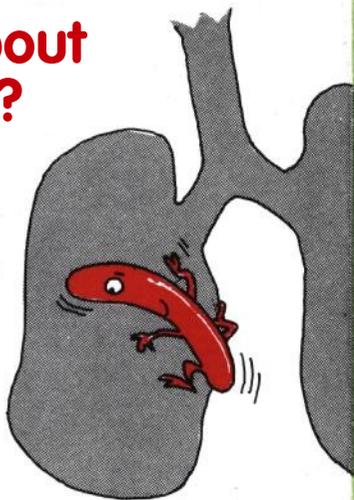


The cardiovascular survey in Tromsø 1974, was embraced great interest, and was carried out with unusually good attendance. In the survey it was found a number of cases of cardiovascular disease, which are now taken under medical treatment. Others have been given advice about diet and other lifestyle habits, with respect to preventing the development of these diseases.

# But what about tuberculosis?

## Is it gone?

No, that is wrong. By X-ray examination can tuberculosis and other lung diseases revealed, so that treatment can be started as early as possible. You will also be x-rayed at the survey. There will not be tuberculin test or BCG vaccination this time.



## Clothes — ?



At the examination, one must not wear clothes on the upper body that makes artificial shadows on X-ray image. In other words: no buttons, hooks or wire! And let necklaces, medals and similar things stay home that day. The easiest is that your closest body has a thin jumper or shirt. Because of blood pressure measurement, should this garment be without sleeves, or sleeves must be short and not tight around your arm. The jumper or jacket can be kept on at the examination. You can hang jackets and outer clothes in the cloakroom.

AND FINALLY -

*Welcome to the survey!*



Sincerely,  
TROMSØ HEALTH ADVICE  
COUNTY DOCTOR IN TROMS  
FACULTY OF MEDICINE, UNIVERSITY OF TROMSØ  
THE NATIONAL X-RAY SCREENING



# The X-ray screening comes back ...

now also of the heart

