



Legacy of Dr. Bernadine Healy, Former Director of NIH



Original objectives (1993-2005)

To test three promising approaches to prevent chronic diseases:

- Menopausal hormone therapy

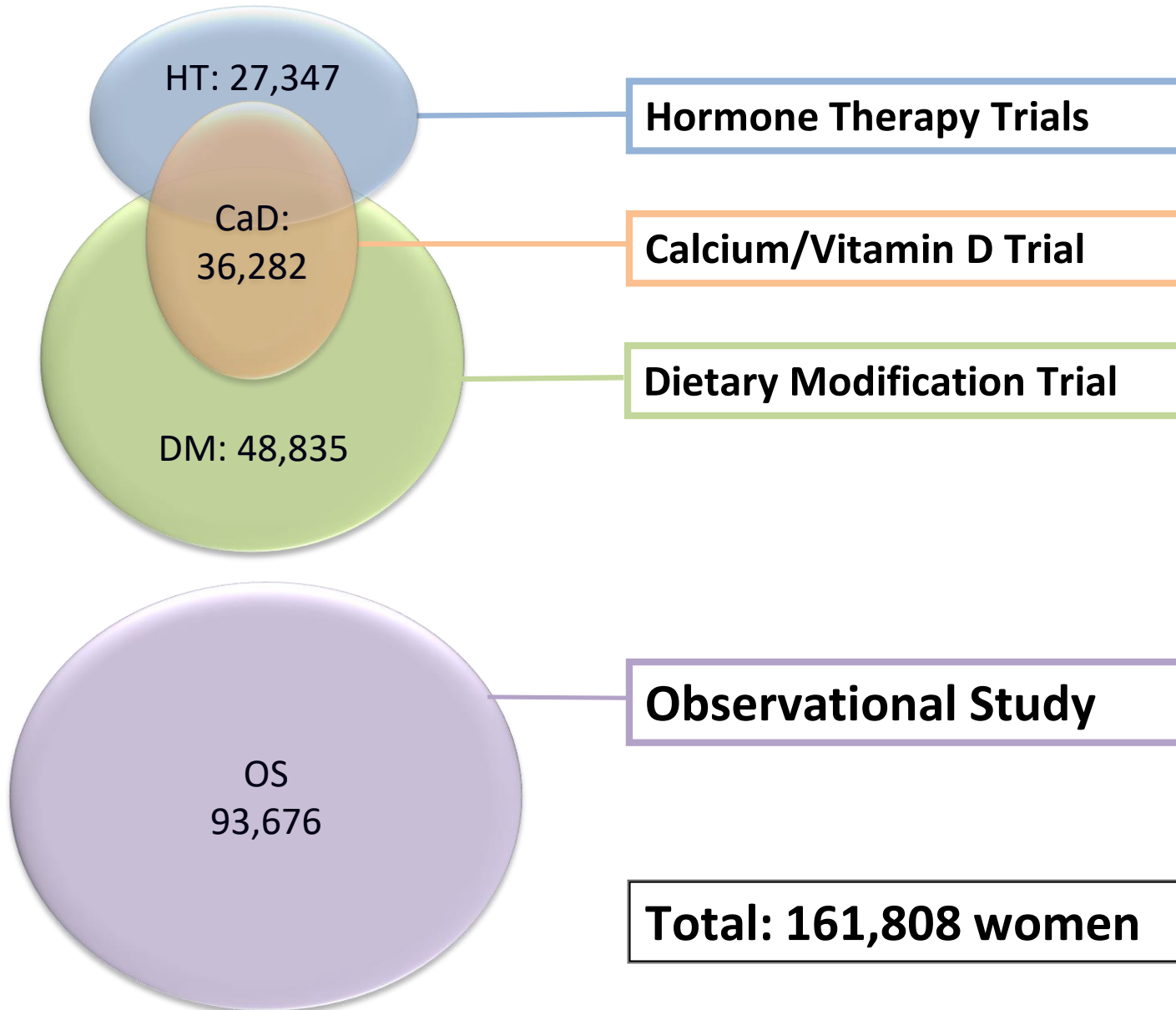
- Low-fat dietary pattern

- Calcium & vitamin D supplements

To identify risk factors for the major causes of morbidity and mortality in post-menopausal women

# Original design of the Women's Health Initiative

Clinical Trial



# WHI Extension Study: 2005 and beyond

- What is involved?
  - Ongoing updates of your health information
  - A home visit in a small subset of participants
- Why is this important?
  - Assess longer term effects of the original interventions
  - Support efficient conduct of new studies. Examples include studies of:
    - Sleep
    - Physical Activity
    - Memory and cognitive function
    - Multivitamins and cocoa flavanol supplements
    - Eye health
    - Rare diseases



## Form 33 - Medical History Update

Ver. 13.2

*Please use a pencil or black pen only to complete this form.*

This form asks about any health problems and health care since:

MM / DD / YYYY

Do not report events that happened before the date above. However, if you are not sure of a date and don't think that you have reported it to us before, please answer the questions.

1. What is today's date? Write date here: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

Mark the month, day and year below. **Mark only one bubble per line.**

Month ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12

Day ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17 ☐18 ☐19 ☐20 ☐21 ☐22 ☐23 ☐24 ☐25 ☐26 ☐27 ☐28 ☐29 ☐30 ☐31

Year ☐20 ☐21 ☐22 ☐23 ☐24 ☐25

2. Who is completing this form?

☐1 Self (WHI Study participant)

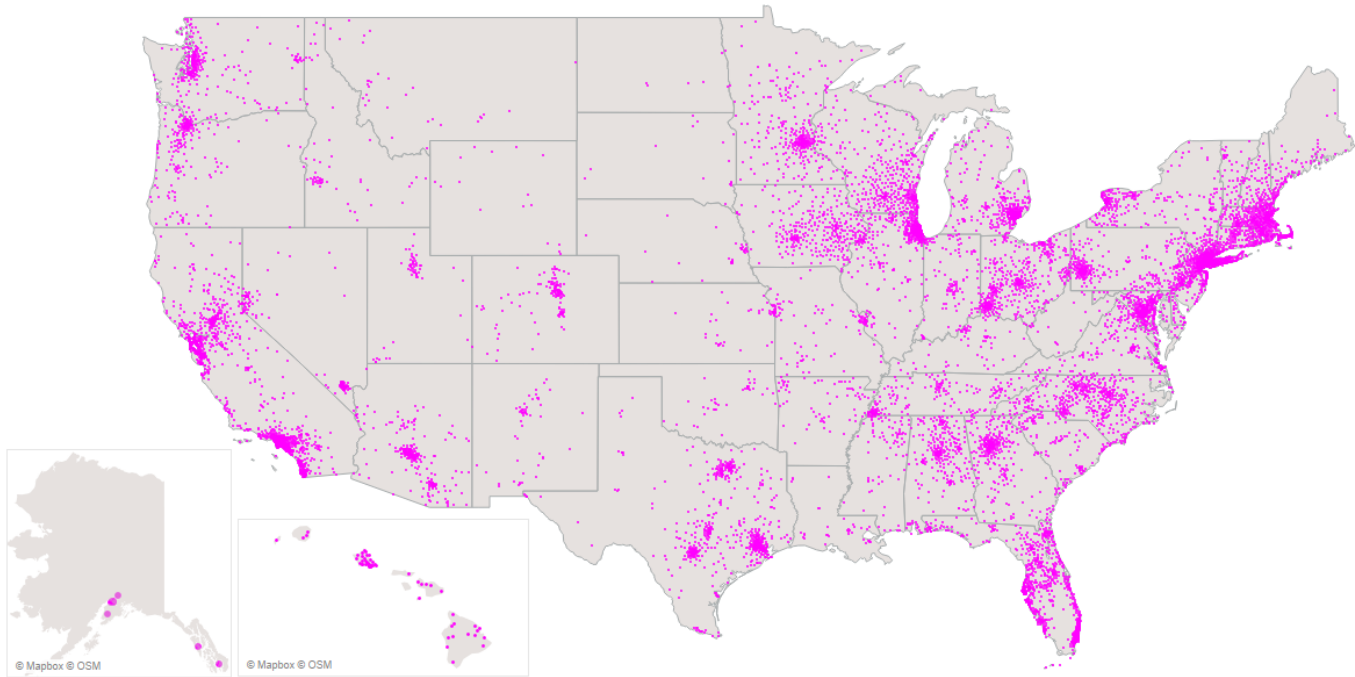
☐2 Other, on behalf of the WHI participant

Name and relationship to participant: \_\_\_\_\_

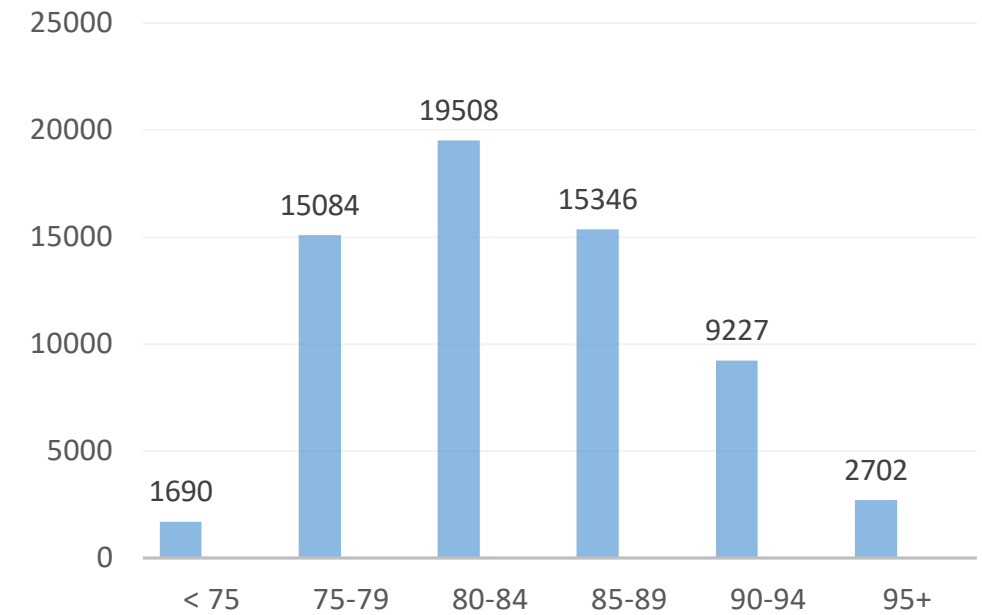
3. Best phone number to reach the person completing this form: (\_\_\_\_) \_\_\_\_\_

# WHI participants in 2020

## Residential addresses



## Age Distribution





Thank you for all you have contributed!