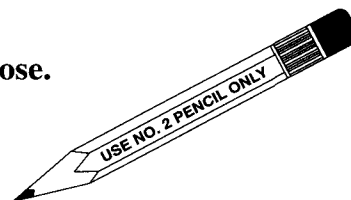




# Form 48 - OS Follow-Up Questionnaire

## MARKING INSTRUCTIONS

- Use a No. 2 pencil only.
- Darken the oval completely next to the answer you choose.
- Erase cleanly any marks you wish to change.
- Do not make any stray marks on this form.



### CORRECT MARK



### INCORRECT MARKS



- For questions where you write in a number, write the number in the box provided. Then mark the corresponding oval to the right.

Example: If your weight is 159:

1 5 9

100 200 300 400 500 600 700



10 20 30 40 50 60 70 80 90



1 2 3 4 5 6 7 8 9



Public reporting burden for this collection of information is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Office, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0414). Do not return the completed form to this address.

## OFFICE USE ONLY

S \_\_\_\_\_

### 1. Date Received:

Month Day Year

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

D 10 20 30

D 1 2 3 4 5 6 7 8 9

Y 94 95 96 97 98 99 00 01 02 03 04 05 06 07

### 2. Reviewed By:

\_\_\_\_\_

100 200 300

10 20 30 40 50 60 70 80 90

1 2 3 4 5 6 7 8 9

### 3. Contact Type:

- ① Phone
- ② Mail
- ③ Visit
- ④ Other

### 4. Visit Type:

- ① Screening 0 1 2 3
- ② Semi-Annual 1 2 3 4 5 6 7 8 9
- ③ Annual 1 2 3 4 5 6 7 8 9
- ④ Non Routine

### 5. Form Administration:

- ① Self
- ② Group
- ③ Interview
- ④ Assistance

### 6. Language:

- E
- S

AFFIX LABEL BETWEEN LINES  
BAR CODE HERE



PLEASE MAKE NO MARKS IN THIS AREA

305403

This questionnaire asks you to provide information on factors that may affect your health. These include weight changes, eating patterns, types of fat in your diet, wine drinking, smoking habits, use of female hormones, contact with insecticides, and your use of computers and hair dryers.

1. What is your current weight?

pounds

100 200 300 400 500 600 700

10 20 30 40 50 60 70 80 90

1 2 3 4 5 6 7 8 9

2. In the past year, what was your highest weight?

pounds

100 200 300 400 500 600 700

10 20 30 40 50 60 70 80 90

1 2 3 4 5 6 7 8 9

3. In the past year, what was your lowest weight?

pounds

100 200 300 400 500 600 700

10 20 30 40 50 60 70 80 90

1 2 3 4 5 6 7 8 9

4. In the past year, did you lose five or more pounds on purpose at any time?

☐ No

☐ Yes

☐ Don't know

4.1. What method(s) did you use to lose weight? (Mark all that apply.)

☐ Low calorie diet

☐ Diet pills

☐ Low fat diet

☐ Commercial weight loss program

☐ Other type of diet

☐ Stomach surgery/intestinal bypass

☐ Skipped meals/fasted

☐ Started or increased smoking

☐ Decreased alcohol intake

☐ Other

☐ Increased exercise

5. In the past year, did you lose five or more pounds not on purpose at any time?

☐ No

☐ Yes

☐ Don't know

5.1. What was the cause of this weight loss? (Mark all that apply.)

☐ Illness

☐ Life events (e.g., change in job or marital status)

☐ Depression

☐ Other

☐ Stressful time

☐ Don't know

Go to the next page.

6. How many times per week do you usually eat the following meals or snacks? (**Answer each question. If you usually do not eat the meal or snack, answer "Never or less than once."**)

Eat	Times per week				
	Never or less than once	1-2 times	3-4 times	5-6 times	7 or more times
6.1. Before breakfast meal .....	0	1	2	3	4
6.2. Breakfast .....	0	1	2	3	4
6.3. Between breakfast and lunch.....	0	1	2	3	4
6.4. Lunch .....	0	1	2	3	4
6.5. Between lunch and dinner .....	0	1	2	3	4
6.6. Dinner .....	0	1	2	3	4
6.7. After dinner .....	0	1	2	3	4

7. In the past three months, what kinds of fat or oil did you usually use to deep fry, pan fry, or sauté foods? (**Mark the one or two used most often. If you did not use fat, mark "Did not use fat."**)

- |  |   |
|--|---|
| ① Butter   | ⑧ Canola oil  |
| ② Low calorie margarine  | ⑨ Peanut oil  |
| ③ Stick margarine  | ⑩ Other vegetable oils (corn, safflower, sunflower) |
| ④ Tub margarine  | ⑪ Non-stick spray (e.g., Pam®)                      |
| ⑤ Solid vegetable fat (e.g., Crisco®)                            | ⑬ Other fat(s)                                      |
| ⑥ Shortening (lard, bacon fat, drippings, salt pork or ham hock) | ⑯ Did not use fat                                   |
| ⑦ Olive oil  |   |

8. In the past three months, what kinds of fat or oil did you usually use when cooking vegetables, potatoes, beans, or rice? (**Mark the one or two used most often. If you did not use fat, mark "Did not use fat."**)

- |  |   |
|--|---|
| ① Butter   | ⑧ Canola oil  |
| ② Low calorie margarine  | ⑨ Peanut oil  |
| ③ Stick margarine  | ⑩ Other vegetable oils (corn, safflower, sunflower) |
| ④ Tub margarine  | ⑪ Non-stick spray (e.g., Pam®)                      |
| ⑤ Solid vegetable fat (e.g., Crisco®)                            | ⑬ Other fat(s)                                      |
| ⑥ Shortening (lard, bacon fat, drippings, salt pork or ham hock) | ⑯ Did not use fat                                   |
| ⑦ Olive oil  |   |

Go to the next page.



PLEASE MAKE NO MARKS IN THIS AREA

305403

9. In the past three months, what kinds of fat or oil did you usually add after cooking vegetables, potatoes, beans, or rice? (Mark the one or two used most often. If you did not use fat, mark "Did not use fat.")

- |   |  |
|---|--|
| <input type="radio"/> 1 Butter                | <input type="radio"/> 9 Peanut oil   |
| <input type="radio"/> 2 Low calorie margarine | <input type="radio"/> 10 Other vegetable oils (corn, safflower, sunflower) |
| <input type="radio"/> 3 Stick margarine       | <input type="radio"/> 11 Non-fat or low-fat sour cream                     |
| <input type="radio"/> 4 Tub margarine         | <input type="radio"/> 12 Regular sour cream                                |
| <input type="radio"/> 7 Olive oil             | <input type="radio"/> 13 Other fat(s)                                      |
| <input type="radio"/> 8 Canola oil            | <input type="radio"/> 0 Did not use fat                                    |

10. In the past three months, what kinds of fat or oil did you usually use on breads, bagels, muffins, tortillas, and rolls? (Mark the one or two used most often. If you did not use fat, mark "Did not use fat.")

- |   |   |
|---|---|
| <input type="radio"/> 1 Butter                | <input type="radio"/> 5 Olive oil       |
| <input type="radio"/> 2 Low calorie margarine | <input type="radio"/> 13 Other fat(s)   |
| <input type="radio"/> 3 Stick margarine       | <input type="radio"/> 0 Did not use fat |
| <input type="radio"/> 4 Tub margarine         |   |

11. In the past three months, how many glasses of RED wine did you drink? (Consider one glass as 6 ounces. Mark one.)

- |  |  |
|--|--|
| <input type="radio"/> 0 None or less than 1 each month | <input type="radio"/> 4 5-6 each week      |
| <input type="radio"/> 1 1-3 each month                 | <input type="radio"/> 5 1 each day         |
| <input type="radio"/> 2 1 each week                    | <input type="radio"/> 6 2-3 each day       |
| <input type="radio"/> 3 2-4 each week                  | <input type="radio"/> 7 4 or more each day |

12. In the past three months, how many glasses of WHITE or ROSÉ wine did you drink? (Consider one glass as 6 ounces. Mark one.)

- |  |  |
|--|--|
| <input type="radio"/> 0 None or less than 1 each month | <input type="radio"/> 4 5-6 each week      |
| <input type="radio"/> 1 1-3 each month                 | <input type="radio"/> 5 1 each day         |
| <input type="radio"/> 2 1 each week                    | <input type="radio"/> 6 2-3 each day       |
| <input type="radio"/> 3 2-4 each week                  | <input type="radio"/> 7 4 or more each day |

Go to the next page.

13. Do you smoke cigarettes now?

① Yes

② No → **Go to the next page.**

13.1. How many cigarettes do you usually smoke each day? (**Mark one.**)

① Less than 5

② 5-14

③ 15-24

④ 25-34

⑤ 35-44

⑥ 45 or more

13.2. Do you usually smoke filter tip or non-filter tip cigarettes? (**Mark one.**)

① Filter tip

② Non-filter tip

13.3. Do you usually smoke regular or low tar and nicotine cigarettes (lites)? (**Mark one.**)

① Regular

② Low tar and nicotine (lite)

13.4. What size cigarettes do you usually smoke? (**Mark one.**)

① Slim

② Regular size

③ King size

**Go to the next page.**



PLEASE MAKE NO MARKS IN THIS AREA

305403

The next questions are about female hormones you get with a doctor's prescription.

14. In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill or package (for example Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

☐ No

☐ Don't know

☐ Yes

14.1. In the past year, how many months did you use the COMBINED female hormone PILL which contained both ESTROGEN and PROGESTIN?

- ☐ Less than 1 month  
☐ 1-6 months  
☐ 7-10 months  
☐ 11-12 months

15. In the past year, did you use the female hormone medication called ESTROGEN (for example, Premarin, Estrace, Ogen)? (This may have been in the form of a pill, skin patch, shot, vaginal cream or suppository, or skin cream or gel.) (Do not include the combined pill of estrogen and progestin.)

☐ No

☐ Don't know

☐ Yes

15.1. In the past year, how many months did you use any type of ESTROGEN? (Mark one. If you had shots, count each shot as one month.)

- ☐ Less than 1 month  
☐ 1-6 months  
☐ 7-10 months  
☐ 11-12 months

15.2. In the past year, what type of ESTROGEN did you use the longest? (Mark one.)

- ☐ Pills (or capsules)  
☐ Shots  
☐ Skin Patches  
☐ Vaginal cream or suppositories  
☐ Other creams or gels

Go to Question 15.3 on the next page.

Skip the next page and go to Question 16 on page 8.

15.3. In the past year, did you take ESTROGEN pills (e.g., Premarin, Estrace, Ogen) by mouth?

- ☐ No  
☐ Don't know

☐ Yes

15.4. What was the average number of days each month that you used ESTROGEN pills? (Mark one.)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="radio"/> Less than 1 day | <input type="radio"/> 15-21 days      |
| <input type="radio"/> 1-7 days        | <input type="radio"/> 22-27 days      |
| <input type="radio"/> 8-14 days       | <input type="radio"/> 28 or more days |

15.5. In the past year, what type of ESTROGEN pill did you use the longest? (Mark one.)

- ☐ Premarin or conjugated equine estrogens  
☐ Estrace  
☐ Ogen  
☐ Other  
☐ Don't know

15.6. What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

- |                                |                                  |
|--------------------------------|----------------------------------|
| <input type="radio"/> 0.3 mg   | <input type="radio"/> 2 mg       |
| <input type="radio"/> 0.625 mg | <input type="radio"/> 2.5 mg     |
| <input type="radio"/> 0.9 mg   | <input type="radio"/> Other      |
| <input type="radio"/> 1 mg     | <input type="radio"/> Don't know |
| <input type="radio"/> 1.25 mg  |                                  |

15.7. In the past year, did you use ESTROGEN skin patches (for example, Estraderm, Climera)?

- ☐ No  
☐ Don't know

☐ Yes

15.8. What dose skin patch did you usually use? (Mark one.)

- |                               |                                  |
|-------------------------------|----------------------------------|
| <input type="radio"/> 0.05 mg | <input type="radio"/> Other      |
| <input type="radio"/> 0.1 mg  | <input type="radio"/> Don't know |

15.9. What was the average number of times each week that you changed your ESTROGEN skin patch? (Mark one.)

- ☐ Less than once each week  
☐ 1-2 times each week  
☐ 3-4 times each week  
☐ 5 or more times each week

Go to the next page.

16. In the past year, did you use the female hormone medication called PROGESTERONE or PROGESTIN (for example, Provera, Cycrin, Amen, Megace or micronized progesterone)? (This may have been in the form of a pill, skin patch, shot, vaginal cream or suppository, or skin cream or gel.) (Do not include the combined pill of estrogen and progestin.)

☐ Yes

☐ No

☐ Don't know

→ Go to the next page.

- 16.1. In the past year, how many months did you use PROGESTERONE or PROGESTIN? (Mark one. If you had shots, count each shot as one month.)

☐ Less than 1 month

☐ 7-10 months

☐ 1-6 months

☐ 11-12 months

- 16.2. In the past year, what type of PROGESTERONE or PROGESTIN did you use the longest? (Mark one.)

☐ Pills or capsules

☐ Vaginal creams or suppositories

☐ Shots

☐ Other creams or gels

☐ Skin patches

- 16.3. In the past year, did you take PROGESTERONE or PROGESTIN pills by mouth?

☐ No

☐ Yes

☐ Don't know

16.4. In the past year, what was the average number of days each month that you used PROGESTERONE or PROGESTIN pills? (Mark one.)

☐ Not used or less than 1 day

☐ 13-18 days

☐ 1-9 days

☐ 19-27 days

☐ 10-12 days

☐ 28 or more days

- 16.5. In the past year, did you take Provera, Cycrin or Amen (MEDROXYPROGESTERONE-MPA) pills?

☐ No

☐ Yes

☐ Don't know

16.6. What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

☐ 2.5 mg

☐ 10 mg

☐ 5 mg

☐ More than 10 mg

☐ 7.5 mg

☐ Don't know

- 16.7. In the past year, did you take MICRONIZED PROGESTERONE pills?

☐ Yes

☐ No

☐ Don't know



PLEASE MAKE NO MARKS IN THIS AREA

305403



17. Since age 21, have you or someone else ever poured, mixed, sprayed or applied insecticides (such as bug or flea spray, garden/lawn/crop insecticides) in your immediate surroundings at home, leisure, or work? (Do not include insect repellents, weed killers, fungus/mildew killers, or flea tick or mite treatments applied directly to pets.) **(Mark one.)**

☐ 1 Yes, at work only

☐ 2 Yes, at home or leisure only

☐ 3 Yes, both at work and at home or leisure

☐ 0 No

☐ 9 Don't know

→ **Go to the next page.**

- 17.1. What types of exposure have you had to insecticides? **(Mark all that apply.)**

☐ 1 I mixed them

☐ 2 I sprayed or applied them

☐ 3 Lawn service applied them at my home

☐ 4 Applied in home by commercial service

☐ 8 Other

- 17.2. How many years in total did you personally mix or apply insecticides at home or at work? **(Mark one.)**

☐ 1 Never or less than 1 year

☐ 2 1-4 years

☐ 3 5-9 years

☐ 4 10-14 years

☐ 5 15-19 years

☐ 6 20 or more years

- 17.3. In those years, what was the average number of times each year that you personally mixed or applied insecticides at home or at work? **(Mark one.)**

☐ 0 Never or less than once each year

☐ 1 1-5 times each year

☐ 2 6-12 times each year

☐ 3 13-24 times each year

☐ 4 25-49 times each year

☐ 5 50 or more times each year

- 17.4. How many years in total did someone other than yourself (for example, a lawn service or a commercial applicator) apply insecticides to your home, lawn, or garden? **(Mark one.)**

☐ 0 Never or less than 1 year

☐ 1 1-4 years

☐ 2 5-9 years

☐ 3 10-14 years

☐ 4 15-19 years

☐ 5 20 or more years

- 17.5. In those years, what was the average number of times each year that someone other than yourself applied insecticides to your home, lawn, or garden? **(Mark one.)**

☐ 0 Never or less than once each year

☐ 1 1-5 times each year

☐ 2 6-12 times each year

☐ 3 13-24 times each year

☐ 4 25 or more times each year

**Go to the next page.**

18. Have you ever sat in front of a computer screen within three feet with the power turned "on" (for example, when writing letters)?

☐ 1 Yes

☐ 0 No → Go to the next page.

- 18.1. How many years in total did you sit in front of a computer screen regularly (at least once each week) with the power turned "on"? (Mark one.)

☐ 1 Less than 1 year

☐ 2 1-4 years

☐ 3 5-9 years

☐ 4 10-14 years

☐ 5 15-19 years

☐ 6 20 or more years

- 18.2. In the past five years, what was the average number of days each week that you sat in front of a computer screen with the power turned "on"? (Mark one.)

☐ 0 Less than 1 day each week → Go to the next page.

☐ 1 1 day each week

☐ 2 2 days each week

☐ 3 3 days each week

☐ 4 4 days each week

☐ 5 5 or more days each week

- 18.3. On the days that you used a computer, what was the average number of hours that you sat in front of a computer screen with the power turned "on"? (Mark one.)

☐ 1 Less than 1 hour each day

☐ 2 1-3 hours each day

☐ 3 4-6 hours each day

☐ 4 7 or more hours each day

Go to the next page.



PLEASE MAKE NO MARKS IN THIS AREA

305403

19. Since age 21, have you ever lived with a pet in your home?

☐ 1 Yes

☐ 0 No → **Go to the next page.**

19.1. What methods have you used to treat your pets for fleas, mites or ticks? (Do not include spraying the house for fleas or insects. **(Mark all that apply.)**)

☐ 0 None → **Go to the next page.**

☐ 1 Flea and tick collars

☐ 2 Powder or spray

☐ 3 Dips

☐ 8 Other

19.2. How many years in total have you treated a pet in your home for fleas, mites or ticks? **(Mark one.)**

☐ 1 Less than 1 year

☐ 2 1-4 years

☐ 3 5-9 years

☐ 4 10-19 years

☐ 5 20-29 years

☐ 6 30 or more years

**Go to the next page.**

20. Have you ever used a hand-held hair dryer regularly (at least once a week)?

☐ No

☐ Yes



20.1. How many years in total have you used a hand-held hair dryer? (**Mark one.**)

☐ Less than 1 year

☐ 1-4 years

☐ 5-9 years

☐ 10-14 years

☐ 15-19 years

☐ 20 or more years

20.2. In those years, what was the average number of times per week that you used a hand-held hair dryer? (**Mark one.**)

☐ Once each week or less

☐ 2-3 times each week

☐ 4-5 times each week

☐ 6 or more times each week

Thank you. Please take a moment to review any questions you may have missed. Feel free to write any comments here:

---

---

---

---

---

---

---

---

---

---

\* U.S. GOVERNMENT PRINTING OFFICE:1999-789-310/80006



PLEASE MAKE NO MARKS IN THIS AREA

305403