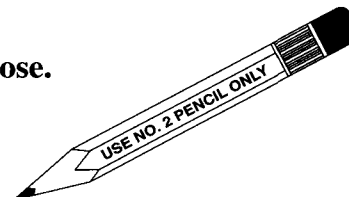




# Form 144 - OS Follow-Up Questionnaire (Year 4)

## 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		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10	20	30	40	50	60	70	80	90
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

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, 6701 Rockledge Drive, MSC 7730, Bethesda, MD 20892-7730, ATTN: PRA (0925-0414). Do not return the completed form to this address.

## OFFICE USE ONLY

S \_\_\_\_\_

### 1. Date Received:

Month	Day	Year
<input type="text"/>	<input type="text"/>	<input type="text"/>

M	1	2	3	4	5	6	7	8	9	10	11	12		
D	10	20	30											
Y	94	95	96	97	98	99	00	01	02	03	04	05	06	07

### 2. Reviewed By:

<input type="text"/>
----------------------

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:

- 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

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PLEASE MAKE NO MARKS IN THIS AREA

This questionnaire asks you about factors that may affect your health. These include weight changes, physical activity and exercise, exposure to sunlight, smoking habits, types of sweeteners in your diet, use of female hormones and recent medical conditions.

The following questions are about your weight.

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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

The following questions are about your usual physical activity and exercise. This includes walking and sports.

4. Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

- ☐ Rarely or never  
☐ 1-3 times each month  
☐ 1 time each week  
☐ 2-3 times each week  
☐ 4-6 times each week  
☐ 7 or more times each week

4.1. When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Less than  
20 min.

☐ ①

20-39  
min.

☐ ②

40-59  
min.

☐ ③

1 hour  
or more

☐ ④

4.2. What is your usual speed?

- ☐ Casual strolling or walking (less than 2 miles an hour)  
☐ Average or normal (2-3 miles an hour)  
☐ Fairly fast (3-4 miles an hour)  
☐ Very fast (more than 4 miles an hour)  
☐ Don't know

Go to the next page.

5. Not including walking outside the home, how often each week (7 days) do you usually do the exercises below?

5.1. STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast). For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

- ① None  
② 1 day per week  
③ 2 days per week  
④ 3 days per week  
⑤ 4 days per week  
⑥ 5 or more days per week

5.2. How long do you usually exercise like this at one time?

- ① Less than 20 min.  
② 20-39 min.  
③ 40-59 min.  
④ 1 hour or more

5.3. MODERATE EXERCISE (Not exhausting.) For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

- ① None  
② 1 day per week  
③ 2 days per week  
④ 3 days per week  
⑤ 4 days per week  
⑥ 5 or more days per week

5.4. How long do you usually exercise like this at one time?

- ① Less than 20 min.  
② 20-39 min.  
③ 40-59 min.  
④ 1 hour or more

5.5. MILD EXERCISE. For example, slow dancing, bowling, golf.

- ① None  
② 1 day per week  
③ 2 days per week  
④ 3 days per week  
⑤ 4 days per week  
⑥ 5 or more days per week

5.6. How long do you usually exercise like this at one time?

- ① Less than 20 min.  
② 20-39 min.  
③ 40-59 min.  
④ 1 hour or more

Go to the next page.



PLEASE MAKE NO MARKS IN THIS AREA

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**The following questions are about your exposure to sunlight.**

6. After you have been out in the sun for 45 - 60 minutes for the first time during the summer, which describes the reaction of your unprotected skin in exposed areas?  
(Mark one.)

- ☐ ④ Burns but does not tan
- ☐ ③ Burns, then tans a minimal amount
- ☐ ② Burns, then tans
- ☐ ① Tans but does not burn
- ☐ ① No change in skin color

7. On the average, how much time per day did you spend outdoors during daylight hours when you were the ages listed below? Give your best guess.

7.1. During summer	Less than 30 minutes	30 minutes to 2 hours	More than 2 hours
7.1.1 During childhood (5-12 years old)	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.1.2 During your teens	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.1.3 During your thirties	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.1.4 This year	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③

7.2. During other seasons	Less than 30 minutes	30 minutes to 2 hours	More than 2 hours
7.2.1 During childhood (5-12 years old)	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.2.2 During your teens	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.2.3 During your thirties	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
7.2.4 This year	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③

8. Did you usually wear dark glasses when you were outdoors in sunlight?

	No	Yes	Don't know
8.1 During childhood (5-12 years old)	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
8.2 During your teens	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
8.3 During your thirties	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③
8.4 This year	<input type="radio"/> ①	<input type="radio"/> ②	<input type="radio"/> ③

9. Did you usually wear a hat with a brim when you were outdoors in sunlight?

	No	Yes	Don't know
9.1 During childhood (5-12 years old)	0	1	9
9.2 During your teens	0	1	9
9.3 During your thirties	0	1	9
9.4 This year	0	1	9

10. During the past year, when you were outside for more than 10 minutes, did you usually use a sunscreen?

0 No

1 Yes

10.1. What was the SPF (Sun Protection Factor) you usually used?

2-9

10-14

15-24

25 or more

Don't know

1

2

3

4

9

The following questions are about smoking.

11. Do you smoke cigarettes now?

0 No

1 Yes

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

1 Less than 5

4 25-34

2 5-14

5 35-44

3 15-24

6 45 or more

Go to the next page.



PLEASE MAKE NO MARKS IN THIS AREA

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The following questions are about your use of different types of sweeteners.

12. During the past year, about how often did you have the following: (Please give your best guess.)

	Less than 1 per week	1-3 per week	4-6 per week	1 per day	2-3 per day	More than 3 per day	Don't know
12.1. Diet soda or fruit drink with Nutrasweet (like Diet Coke®, Diet Pepsi®, Crystal Light®)	①	②	③	④	⑤	⑥	⑨
12.2. Diet soda or fruit drink with saccharine	①	②	③	④	⑤	⑥	⑨
12.3. A drink sweetened with Equal®	①	②	③	④	⑤	⑥	⑨
12.4. A drink sweetened with Sweet N Low®	①	②	③	④	⑤	⑥	⑨
12.5. A dessert made with Equal®	①	②	③	④	⑤	⑥	⑨
12.6. A dessert made with Sweet N Low®	①	②	③	④	⑤	⑥	⑨
12.7. A food with the fat substitute Olestra®	①	②	③	④	⑤	⑥	⑨

13. Ten years ago, about how often did you have:  
(Please give your best guess.)

	1 per week or less	2-6 per week	1 per day or more	Don't know
13.1. Diet soda or fruit drink with Nutrasweet (like Diet Coke®, Diet Pepsi®, Crystal Light®)	①	②	③	⑨
13.2. Diet soda with saccharine	①	②	③	⑨
13.3. A drink sweetened with Equal®	①	②	③	⑨
13.4. A drink sweetened with Sweet N Low®	①	②	③	⑨
13.5. A dessert made with Equal®	①	②	③	⑨
13.6. A dessert made with Sweet N Low®	①	②	③	⑨

14. Twenty years ago, about how often did you have:  
(Please give your best guess.)

	1 per week or less	2-6 per week	1 per day or more	Don't know
14.1. Diet soda with saccharine (like Diet Coke®, Diet Pepsi®)	①	②	③	⑨
14.2. A drink sweetened with Sweet N Low®	①	②	③	⑨
14.3. A dessert made with Sweet N Low®	①	②	③	⑨

The next set of questions are about female hormones (estrogen or progesterone) you might have used during the past year. Women's use of hormones has been changing – these questions help us understand your patterns of use.

Question 15 is about natural hormones you get without a doctor's prescription.

15. In the past year, did you use any "natural" hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, or skin cream.

☐ No  
☐ Don't know

☐ Yes



15.1. In the past year, what types of "natural" hormones have you used? (Do not include hormone preparations that need a doctor's prescription.) (Mark all that apply.)

- |   |   |
|---|---|
| <input type="radio"/> Wild yam or progesterone creams     | <input type="radio"/> Phytoestrogen creams (soy or flax)              |
| <input type="radio"/> Wild yam pills                      | <input type="radio"/> Phytoestrogen containing foods (tofu, soybeans) |
| <input type="radio"/> Progesterone suppositories          | <input type="radio"/> Other   |
| <input type="radio"/> DHEA (dehydroepiandrosterone) pills | <input type="radio"/> Don't know                                      |
| <input type="radio"/> Phytoestrogen pills (soy or flax)   |   |

Go to the next page.

The next questions (16-23) are about female hormones you get with a doctor's prescription.

16. In the past year, did you use female hormones (ESTROGEN or PROGESTERONE) that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shot, or vaginal cream or suppository.)

☐ Yes

☐ No

☐ Don't know

Go to Question 24 on the last page.

17. 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

☐ Yes

☐ Don't know

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

☐ Less than 1 month

☐ 7-10 months

☐ 1-6 months

☐ 11-12 months

18. In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

☐ No

☐ Yes

☐ Don't know

- 18.1. In the past year, how many months did you use COMBINED female hormone pills which contained both ESTROGEN and TESTOSTERONE?

☐ Less than 1 month

☐ 7-10 months

☐ 1-6 months

☐ 11-12 months

- 18.2. In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

☐ Estratest

☐ Estratest HS

☐ Other

Go to the next page.



PLEASE MAKE NO MARKS IN THIS AREA

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19. In the past year, did you use ESTROGEN PILLS which were prescribed by a doctor (for example, Premarin, Estrace, Ogen)? **(Do not include the combined pill of estrogen and progesterin or the combined pill of estrogen and testosterone.)**

☐ No  
☐ Don't know

☐ Yes



19.1. In the past year, how many months did you use ESTROGEN PILLS?

- |   |                                    |
|---|------------------------------------|
| <input type="radio"/> Less than 1 month | <input type="radio"/> 7-10 months  |
| <input type="radio"/> 1-6 months        | <input type="radio"/> 11-12 months |

19.2. In the past year, when you were using ESTROGEN pills, what was the average number of days each month you used the pills?

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <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 |

19.3. In the past year, what type of ESTROGEN pill did you use the longest?

- |  |                                  |
|--|----------------------------------|
| <input type="radio"/> Premarin or conjugated<br>equine estrogens | <input type="radio"/> Ogen       |
| <input type="radio"/> Estrace                                    | <input type="radio"/> Other      |
|  | <input type="radio"/> Don't know |

19.4. 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  |                                  |

20. In the past year, did you take shots containing the hormone ESTROGEN?

☐ No  
☐ Don't know

☐ Yes



20.1. In the past year, how many months did you take the shots? **(Count each shot as one month.)**

- |   |                                    |
|---|------------------------------------|
| <input type="radio"/> Less than 1 month | <input type="radio"/> 7-10 months  |
| <input type="radio"/> 1-6 months        | <input type="radio"/> 11-12 months |

Go to the next page.

21. In the past year, did you use a vaginal cream or suppository containing ESTROGEN which was prescribed by a doctor?

☐ No  
☐ Don't know

☐ Yes

- 21.1. In the past year, how many months did you use the vaginal cream or suppository?

☐ Less than 1 month  
☐ 1-6 months

☐ 7-10 months  
☐ 11-12 months

22. In the past year, did you use a SKIN PATCH containing the hormone ESTROGEN with or without PROGESTERONE (for example, Estraderm, Climara, Vivelle)?

☐ No  
☐ Don't know

☐ Yes

- 22.1. In the past year, how many months did you use the patch?

☐ Less than 1 month  
☐ 1-6 months

☐ 7-10 months  
☐ 11-12 months

- 22.2. In the past year, what type of patch did you use the longest?

☐ ESTROGEN only (for example, Estraderm, Climara, Vivelle)  
☐ ESTROGEN plus PROGESTERONE  
☐ Other  
☐ Don't know

- 22.3. What dose of ESTROGEN was in the skin patch you usually used?

☐ 0.05 mg  
☐ 0.1 mg

☐ Other  
☐ Don't know

- 22.4. What was the average number of times each week that you changed your skin patch?

☐ 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.



PLEASE MAKE NO MARKS IN THIS AREA

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**Question 23 is about products that contain the hormone PROGESTERONE (progestin) and not ESTROGEN.**

23. In the past year, did you use the female hormone PILL called PROGESTERONE or progestin (for example, Provera, Cycrin, Aman, Megace)? **(Do not include the combined pill of estrogen and progestin.)**

☐ Yes

☐ No

☐ Don't know

→ Go to question 24 on the next page.

- 23.1. In the past year, how many months did you use PROGESTERONE or progestin pills?

☐ Less than 1 month

☐ 7-10 months

☐ 1-6 months

☐ 11-12 months

- 23.2. In the past year, when you were using PROGESTERONE or progestin pills, what was the average number of days each month you used the pills?

☐ Less than 1 day

☐ 13-18 days

☐ 1-9 days

☐ 19-27 days

☐ 10-12 days

☐ 28 or more days

- 23.3. In the past year, what type of PROGESTERONE or progestin pill did you use the longest?

☐ Provera, Cycrin or Amen (Medroxy Progesterone)

☐ Megace

☐ Micronized Progesterone

☐ Other

☐ Don't know

- 23.4. 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

☐ 40 mg

☐ 5 mg

☐ More than 40 mg

☐ 7.5 mg

☐ Other

☐ 10 mg

☐ Don't know

☐ 20 mg

24. In the past year, has a doctor told you that you have any of the following conditions? (Please mark one response for each condition.)

	No	Yes
24.1. Cataract(s)	<input type="radio"/>	<input type="radio"/>
24.2. Macular degeneration of the retina	<input type="radio"/>	<input type="radio"/>
24.3. Asthma	<input type="radio"/>	<input type="radio"/>
24.4. Emphysema or chronic bronchitis	<input type="radio"/>	<input type="radio"/>
24.5. Heart failure or congestive heart failure	<input type="radio"/>	<input type="radio"/>
24.6. Angina (chest pains from the heart)	<input type="radio"/>	<input type="radio"/>
24.7. Atrial fibrillation	<input type="radio"/>	<input type="radio"/>
24.8. Kidney or bladder stones (renal or urinary calculi)	<input type="radio"/>	<input type="radio"/>
24.9. Dialysis for kidney or renal failure	<input type="radio"/>	<input type="radio"/>
24.10. Stomach or duodenal ulcer	<input type="radio"/>	<input type="radio"/>
24.11. Diverticulitis	<input type="radio"/>	<input type="radio"/>
24.12. Pancreatitis (inflamed pancreas)	<input type="radio"/>	<input type="radio"/>
24.13. Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)	<input type="radio"/>	<input type="radio"/>
24.14. Overactive thyroid	<input type="radio"/>	<input type="radio"/>
24.15. Underactive thyroid	<input type="radio"/>	<input type="radio"/>
24.16. Alzheimer's disease	<input type="radio"/>	<input type="radio"/>
24.17. Multiple sclerosis	<input type="radio"/>	<input type="radio"/>
24.18. Parkinson's disease	<input type="radio"/>	<input type="radio"/>
24.19. Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)	<input type="radio"/>	<input type="radio"/>

The last question is about your current living situation.

25. What is your current marital status? (Mark the one that best describes you.)

- ☐ ① Never married                      ☐ ④ Presently married  
☐ ② Divorced or separated           ☐ ⑤ Living in a marriage-like relationship  
☐ ③ Widowed

Thank You. Please take a few minutes to review any questions you may have missed.

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