

<WHI Letterhead>
WHI Nutritional Biomarkers Study
Letter of Invitation to Participants-Version 4

<Date>
<Name>
<Address>

Dear <Name>,

Thank you for your participation in the Women's Health Initiative Dietary Study. We are now inviting you to participate in a new research study from the WHI called the WHI Nutritional Biomarkers Study. This study will look at better ways to measure dietary intake of calories, protein, vitamins and minerals. It will also help the WHI scientists better understand the final results from the WHI Dietary Study.

The tests for measuring the nutritional biomarkers are simple. We will ask you to attend two visits at the WHI clinic. You may start the study any time, but if you are due for an Annual Visit, it may be convenient to begin on the same day as your next Annual Visit. The second visit will be two weeks later.

At the first visit, you will be given a special kind of water to drink that will allow us to measure how many calories your body uses during the next two weeks. The special water is tasteless and harmless and contains a type of oxygen and hydrogen that we can measure in your urine.

You will need to come into the clinic after fasting (no food but you may drink liquids) for four hours, then stay at the clinic for five hours and give four urine samples. We will also measure your height and weight, ask you to complete a food frequency questionnaire, questions about any dietary supplements you may use and questions about your usual physical activity. If you are age 60 years or older, we will take a blood sample from a vein in your arm

We will ask you to return to the clinic two weeks later. The day before your return we will ask you to collect all of your urine for 24 hours in a container that we provide for you. You will need to fast for six hours before the second visit and it will last two hours.

During the second visit we will take a blood sample, ask you to give two more urine samples, and measure your weight.

We will go over these procedures with you again before the study starts.

You should follow your usual eating and activity habits during the two weeks of the study. You will receive a complementary meal at the end of each clinic visit. You will receive \$100.00 when you complete the study procedures. You may be invited to repeat the procedures in six months.

You were selected from women who are participating in the WHI Dietary Study. Your name has been used only for the purpose of contacting you and will not be released to anyone. All the information you provide will be kept confidential in accordance with Federal laws.

As usual only your Clinical Center and security-cleared staff at the Clinical Coordinating Center in Seattle, WA will have access to your personal information. Your personal identity will not be

revealed in any publications or results. Your participation is voluntary and will not affect your participation in the Women's Health Initiative.

Our clinic staff will telephone you within one week to discuss your interest in participating. We hope you will contribute your time to this important study.

Sincerely,

<CC PI>