

SCREENING AND VISIT INFORMATION

1. Exclusion Criteria

A participant is ineligible if any of the following conditions is true as of the day of the scheduled clinic visit:

- Age < 65 years
- Bilateral hip replacement
- Not ambulatory / unable to walk without assistance of another person or device (walking with a cane or occasional use of a walker is OK)
- Expecting to move out of area within 5 years
- Interviewer deems unable to participate

2. Preparing for the Clinic Visit

Once a potential participant has been deemed eligible to participate in the study, a clinic visit should be scheduled. Approximately two weeks prior to the scheduled visit, a packet is mailed to the participant including the following items:

- Instructions for the clinic visit and completion of take-home forms (see sample instructions, appendix 1)
- Self-administered questionnaire
- Block Dietary questionnaire
- Medications form
- Bag for bringing medications to clinic visit
- Labeled bags for finger and toenail samples
- Nail clippers
- Number 2 pencil

When the participant arrives on the day of their scheduled visit, exclusion criteria should be reviewed once more. If the individual is eligible and still planning to attend the visit, the MrOS ID# is then assigned and the Scheduled Visit Form should be completed and faxed to the Coordinating Center (for entry into the data system). No other study forms will be accepted into the data system until the Scheduled Visit Form has been sent in. Therefore, it is important to complete this form immediately and fax to the Coordinating Center as soon as possible, to arrive several hours ahead of the remainder of the data collection forms.

Birmingham: BI0001-BI1500
Minneapolis: MN1501-MN3000
Palo Alto: PA3001-PA4500
Pittsburgh: PI4501-PI6500
Portland: PO6501-PO8000
San Diego: SD8001-SD9500

The ID number and the Acrostic (first letter of participant's first name, and first 3 letters of participant's last name) are recorded in question 4 on the Scheduled Visit Form. The acrostic should contain only letters, no special characters such as apostrophes, periods or embedded spaces. If a participant's last name has only two letters, the last character of the acrostic should be left blank.

3. Measurements required for inclusion in the study:

All measurements are required on all subjects. However, occasionally a participant will have difficulty completing the entire visit. The following measurements are absolutely required for participant to be included in the study:

- Attend clinic visit and attempt all measures
- Sign informed consent form
- Complete SAQ and in-clinic interview
- Height and weight
- Hip DXA
- Vertebral X-ray

If a participant has missed any of the above measurements, he will be excluded from further participation in the study unless missing items can be completed within the allowable lag period. Although certain conditions may influence the ability to obtain good quality images of the spine or hip DXA, we will not exclude participants from the study for this reason, as long as these measurements are attempted.

A prioritized listing of measurements required for the baseline visit is attached (Appendix 2).

4. Maximum lag for completing measurements for baseline visit.

In some cases, it may be necessary to have the participant complete one or more of the required measurements sometime after the baseline clinic visit. In this case, **ALL MEASUREMENTS MUST BE COMPLETED WITHIN 30 DAYS OF THE FIRST SCHEDULED CLINIC VISIT.**

Appendix 1
Sample Instructions to Participants of the Mr.OS Study

To be added.

Appendix 2

Mr.OS Baseline Visit
Priority List for Required Measurements

Measurement	Comment
1. Informed consent; Medical release	Required for inclusion in study
2. Take-home questionnaire	Required for inclusion in study
3. Spine X-ray	Required for inclusion in study
4. DXA	Hip required for inclusion in study
5. Height & weight	Required for inclusion in study
6. Clinic interview (medications, alcohol, phys act, fxal status)	Required for inclusion in study
7. Specimen collection	
8. Neuromuscular Function	
9. QCT	
10. Block questionnaire	
11. Functional vision	
12. Ankle-arm blood pressure, pulse	
13. Cognitive function	
14. Sahara calcaneal ultrasound	