

# INSTRUCTIONS

PLEASE DO NOT MARK ON THIS SIDE



Please use an ordinary pencil to answer all questions by completely filling in the appropriate response circle, or by writing the requested information if a space is provided. Because this form is meant to be read by optical-scanning equipment, it is important for you to make no stray marks and to keep any write-in responses within the provided spaces. Should you need to change a response, erase the incorrect mark completely. If you have comments, please write them on a separate piece of paper.

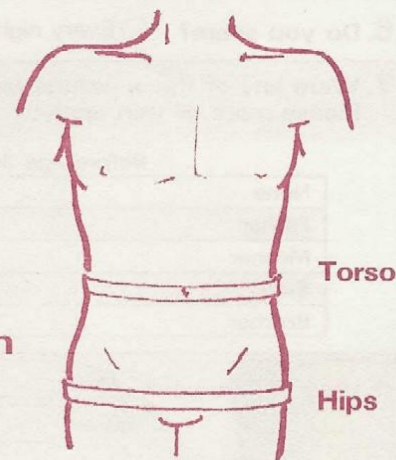
## SPECIAL INSTRUCTIONS FOR QUESTION 10

The last item on this questionnaire asks about body measurements. We have enclosed a simple tape measure to help you. This information will be more accurate if you follow these suggestions:

- Make measurements while standing.
- Avoid measuring over bulky clothing.
- Try to record answers to the nearest quarter inch.

**Torso:** measure at the level of your navel.

**Hips:** measure around the largest circumference between your waist and your thighs.



Thank you for completing the 1987 Health Professionals Follow-up Study Questionnaire.

Please tear off the cover letter (to preserve confidentiality) and return the questionnaire and your nail samples in the postpaid envelope.

