

HARVARD SCHOOL OF PUBLIC HEALTH

Health Professionals Follow-up Study

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Olga Veysman Carol Willey, R.D. Al Wing Mitzi Wolff Dear Colleagues,

This questionnaire marks the 20-year point in the Health Professionals Follow-Up Study, which began in 1986. During this time we have learned much about ways that diet and lifestyle factors can help reduce our risks of heart disease, stroke, and cancer, and promote healthy aging. This has only been possible because of your remarkable dedication, and that of other participants, to this research. The response to our 2004 questionnaire remained well above 90%, ensuring the validity of information from this investigation.

During the past several years, new insights on risk factors for prostate and colon cancer have emerged from this study. Among men 65 years or older, higher consumption of lycopene^(1,2) (the red pigment in tomatoes), fish⁽³⁾ as well as vigorous physical activity⁽⁴⁾ were each associated with a lower risk of prostate cancer. Conversely, high doses of zinc supplements (100 mg per day or more) were related to increased risk of prostate cancer.⁽⁵⁾ Although some earlier studies had suggested higher risks of colon cancer with greater coffee consumption, we found no association.⁽⁶⁾ Aspirin use was associated with lower risk of colon adenomas, precursors for colon cancer, particularly among men who have a slow-acting form of a gene responsible for metabolizing aspirin.⁽⁷⁾ This finding needs replication, but suggests that it may be possible to identify individuals who would most benefit by the use of aspirin for cancer prevention. Further details on our findings will be included in our newsletter next year and are available on our website (www.hsph.harvard.edu/hpfs).

The attached 2006 questionnaire continues the critical follow-up of this study. Most importantly, we request information about the diagnosis of specific diseases since January 1, 2004. As always, all information provided on this questionnaire is strictly confidential and is used only for statistical purposes.

Again, I thank you for your participation in this research, which continues to provide new information on ways to reduce major illness in men.

Sincerely,

Walter Willett

Walter Willett, MD Principal Investigator

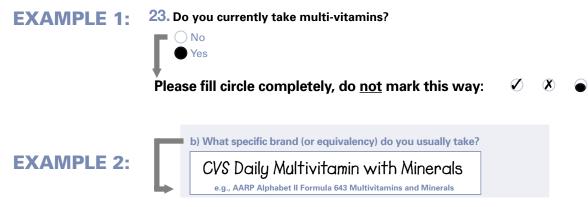
- 1. JNCI, 2002, Vol. 94, p. 391 (A prospective study of tomato products, lycopene, and prostate cancer risk).
- 2. Cancer Epidemiol Biomarkers Prev, 2004, Vol. 13, p. 260 (Plasma and dietary carotenoids, and the risk of prostate cancer: A nested case-control study).
- 3. Cancer Epidemiol Biomarkers Prev, 2003, Vol. 12, p. 64 (A prospective study of intake of fish and marine fatty acids and prostate cancer).
- 4. Arch Intern Med, 2005, Vol. 165, p. 1005 (A prospective study of physical activity and incident and fatal prostate cancer).
- 5. JNCI, 2003, Vol. 95, p. 1004 (Zinc supplement use and risk of prostate cancer).
- 6. **JNCI**, 2005, Vol. 97, p. 282 (Coffee, tea, and caffeine consumption and incidence of colon and rectal cancer).
- 7. JNCI, 2005, Vol. 97, p. 457 (Genetic variants in the UGT1A6 enzyme, aspirin use, and the risk of colorectal adenoma).

Please reply to: HSPH 677 Huntington Avenue, Boston MA 02115-5804 • (617) 998-1067



PLEASE USE AN ORDINARY NO. 2 PENCIL TO ANSWER ALL QUESTIONS.

Fill in the appropriate response circles completely, or write the requested information in the boxes provided. The form is designed to be read by optical-scanning equipment, so it is important that you make <u>NO STRAY MARKS</u> and keep any write-in responses <u>within</u> the spaces provided. 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.



Keep handwriting within borders of the response box.

Federal research regulations require us to include the following information:

There are no direct benefits to you from participating in this study.

The risk of breach of confidentiality associated with participation in this study is very small.

Your choice to participate in this study is completely voluntary and you may decline or withdraw at any time without penalty.

You may skip any question you do not wish to answer.

You will not receive monetary compensation for participating.

If you have any questions regarding your rights as a research participant, you are encouraged to call a representative of the Human Subjects Committee at the Harvard School of Public Health (866-606-0573).

If you have any questions regarding your status in our study or a question pertaining to the questionnaire, please call the study Project Coordinator, Betsy Frost-Hawes, at 617-384-8657.

Thank you for completing the 2006 Health Professionals Follow-up Study questionnaire.

Please tear off the cover letter (to preserve confidentiality) and return the questionnaire in the enclosed prepaid envelope.

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IS THIS YOUR CORRECT DAT	E ()E BIB.	TH?			18	19. (continued)
Yes IF NO, please indi			birth	-	a	Leave blank for NO, mark here for YES Before 2004 2005 20
No MONTH	DAY	YEAR				Shingles Y
						Seizure (1 or more)/epilepsy
Since January 1, 2004, have	vou bad	any of			(19)	Alcohol dependence problem
the following clinician	you nau	ally OI				Pneumonia (X-ray confirmed)
diagnosed conditions?	YE	AR OF D	IAGN	OSIS	a	Asthma (X-ray commed)
•	Befo		2005	2006		
Leave blank for NO, mark here for YES	· ·	4				9 9 9 9
High blood pressure	(Y) (Y)				(1)	
Diabetes mellitus	(Y) → ()				2	Other major illness or surgery since
Elevated cholesterol	(Y)				3	January 2004 Please specify: 0 1 2 3 4 5 6 7 8
Elevated triglycerides	Y + C				4	0 1 2 3 4 5 6 7 8
Coronary bypass, angioplasty						0 1 2 3 4 5 6 7 8
or stent	Y -				5	20. Have you ever been diagnosed as having atrial fibrillation
Myocardial infarction (heart attack)	(Y)				6	(more than 1 hour)? No Yes
► Hospitalized for this MI? No	Yes				a	If Yes:
Angina pectoris	(Y)				7	2005 2006
Confirmed by angiogram? No	Yes				a 2	21. Since January 1, 2004, have you had any of these fractures
Congestive heart failure	(Y)				8	None Hip (exclude pelvis) Wrist (Colles or distal foreal
Deep vein thrombosis	(Y)				9	If hip or wrist, please specify date and circumstances.
TIA (Transient Ischemic Attack)	(Y)				10	If a fall, include site, surface and height of fall.
Stroke (CVA)	(Y)				(11)	•
Carotid artery surgery	(Y)				(12)	
Intermittent claudication	Y					22 Current Medication (mark if wood mark)
	UTU				13	22. Current Medication (mark if used regularly)
Surgery or angioplasty for arterial						Acetaminophen (e.g., Tylenol)
disease of the leg	Y + C			+	14	Days/week : () 1 () 2–3 () 4–5 () 6+ days
Pulmonary embolus	Y + C			1 Q	(15)	Tablets/wk : 0 1–2 0 3–5 0 6–14 0 15+ tablets
Aortic aneurysm	Y - C		0	ĪŌ	16	Aspirin or aspirin-containing products (e.g., Alka-Seltzer with aspirin
Gout	Y -				17	Days/week : 0 1 0 2–3 0 4–5 0 6+ days
Rheumatoid arthritis	(Y)				18	Tablets/wk : 0 1–2 0 3–5 0 6–14 0 15+ tablets
Other arthritis (e.g., osteoarthritis)	Y -				19	Usual dose/tab: 50–99 mg 100–249 250–349 350
Chronic renal failure	Y - C	Ŏ			20	Ibuprofen (e.g., Advil, Motrin, Nuprin)
Diverticulitis or Diverticulosis	(Y)			Ŏ	21	Days/week : 1 2–3 4–5 6+ days
Prostatic enlargement,						Tablets/wk : 0 1–2 0 3–5 0 6–14 0 15+ tablets
surgically treated (e.g., TURP)	(Y)				22	Celebrex (COX-2 inhibitors)
Prostate cancer	Y				23	Days/week : 1 2–3 4–5 6+ days
Colon or rectal polyp	Y	Ŏ	Ĭŏ		24	Other anti-inflammatory analgesics, 2+ times/week
Cancer of colon or rectum	Y				25	(e.g., Aleve, Naprosyn, Anaprox, Relafen, Ketoprofen)
Solar or actinic keratosis	Y				26	Steroid taken orally (e.g., Prednisone, Medrol)
Basal cell skin cancer	Y	_			27	"Statin" cholesterol-lowering drug:
Squamous cell skin cancer	Y			IÕ	28	Mevacor (Iovastatin) Zocor (simvastatin) Crestor
Melanoma	Y	_			29	Pravachol (pravastatin) Lipitor (atorvastin) Other
Lymphoma or Leukemia	Y			10	30	Other cholesterol-lowering drug [e.g., niacin, Lopid (gemfibrozil), Trico
Other cancer	Y + C				31	(fenofibrate), Questran (cholestyramine), Colestid, Zetia]
Please specify site					а	H2 blocker (e.g., Pepcid, Tagamet, Zantac, Axid)
and year:						Prilosec, Nexium, Prevacid, Protonix, Aciphex
Glaucoma	Y -				32	Finasteride (e.g., Proscar, Propecia, Avodart)
Cataract (1st Diagnosis)	Y		O		33	Alpha-blocker for BPH [e.g., Hytrin (terazosin), Flomax, Cardura]
Cataract extraction	Y	Ŏ	Ĭŏ		34)	Beta-blocker (e.g., Inderal, Metoprolol, Atenolol, Carvedilol)
Macular degeneration	(Y)				35	ACE inhibitor or ARB (e.g., Prinivil, Vasotec, Diovan Avapro)
Osteoporosis	Y				36	Furosemide-like diuretic (e.g., Lasix, Bumex)
Hip replacement	Y	_			37	Thiazide diuretic (e.g., HCTZ, Maxzide, Dyazide)
Periodontal disease with bone loss	_ 1 _				38)	Calcium blocker (e.g., Calan, Procardia, Cardizem, Norvasc)
Leukoplakia/oral precancer	Y + 0	_		Ĭ	39	Other antihypertensive (e.g., Clonidine, Aldactone)
Gall bladder removal	Y		0	ĪŌ	40	Prozac, Zoloft, Paxil, Celexa, Effexor
Kidney stones	Y -				41)	Tricyclic antidepressant (e.g., Elavil, Sinequan)
Parkinson's disease	Y -	_			42	Other antidepressant (e.g., Trazodone, Nardil)
ALS (Amyotrophic Lateral Sclerosis)	Y -				43	Tranquilizer (e.g., Valium, Xanax, Klonopin)
Gastric or duodenal ulcer	Y		Ō		44	Coumadin (e.g., Warfarin)
Barrett's esophagus	Y		O		45	Digoxin (e.g., Lanoxin) 8 8 8 8 8
	(Y)				46	Other regular medication (no need to specify)

What type of cheese do you usually eat?

) Regular

) Low fat or Lite

Nonfat

) None

(P)(P)(P)(P)(P)(P)

Health Professionals Follow-up Study

HARVARD SCHOOL OF PUBLIC HEALTH

27. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

Please try to average your seasonal use of foods over the entire year. For example, if a food such as cantaloupe is eaten 4 times a week during the approximate 3 months that it is in season, then the average use would be once per week.

specified during the pas	<u>. ycar</u> .									
FRUITS		Never, or les		1–3 per month		2–4 per week		2–3 per day	4–5 per day	6+ per day
Raisins (1 oz. or small pack	c) or grapes (1/2 cup)			W		D			
Prunes or dried plums (6 p	runes or 1/4 cup)				W		D			
Prune juice (small glass)					W		D			
Bananas (1)					W		D			
Cantaloupe (1/4 melon)					W		D			
Avocado (1/2 fruit or 1/2 cup)					W		D			
Fresh apples or pears (1)					W		D			
Apple juice or cider (small	glass)				W		D			
Oranges (1)					W		D			
Orange juice (small glass)	Calcium fortified				W		D			
Grange Jaios (eman glace)	Regular (not calcium	fortified)			W		D			
Grapefruit (1/2) or grapefru	iit juice (small glass))			W		D			
Other fruit juices (small gla	iss)				W		D			
Strawberries, fresh, frozen	or canned (1/2 cup)				W		D			
Blueberries, fresh, frozen or canned (1/2 cup)					W		D			
Peaches or plums (1 fresh o	r 1/2 cup canned)				W	0	D			
Apricots, 1 fresh, 1/2 cup ca	nned or 5 dried				W		D			

VEGETABLES	Never, or le	1–3 per month		2–4 per week	5–6 per week	1 per day	2–3 per day	4–5 per day	6+ per day
Tomatoes (2 slices)			W			D			
Tomato or V-8 juice (small glass)			W			D			
Tomato sauce (1/2 cup) e.g., spaghetti sauce			W			D			
Salsa, picante or taco sauce (1/4 cup)			W			D			
String beans (1/2 cup)			W			D			
Beans or lentils, baked or dried (1/2 cup)			W			D			
Tofu, soy burger, soybeans, miso or other soy	protein		W			D			
Peas or lima beans (1/2 cup fresh), frozen, car	nned)		W			D	0		
Broccoli (1/2 cup)			W			D			
Cauliflower (1/2 cup)			W			D	0		
Cabbage or coleslaw (1/2 cup)			W			D			
Brussels sprouts (1/2 cup)			W			D	0		
Carrots, raw (1/2 carrot or 2–4 sticks)			W			D			
Carrots, cooked (1/2 cup) or carrot juice (2–3 c	oz.)		W			D	0		
Corn (1 ear or 1/2 cup frozen or canned)			W			D			
Mixed or stir-fry vegetables (1/2 cup), veg. so	up (1 cup)		W			D	0		
Yams or sweet potatoes (1/2 cup)			W			D			
Dark orange (winter) squash (1/2 cup)			W			D	0		
Eggplant, zucchini or other summer squash (1/2 cup)		W			D			
Kale, mustard greens or chard (1/2 cup)			W		0	D	0		
Spinach, cooked (1/2 cup)			W			D			
Spinach, raw as in salad (1 cup)			W		0	D	0		
Iceberg or head lettuce (1 cup)			W			D			
Romaine or leaf lettuce (1 cup)			W			D			
Celery (2–3 sticks)			W			D			
Peppers: green, yellow or red (3 slices)			W			D			
Onions as a garnish or in salad (1 slice)			W			D			
Onions as a cooked vegetable, rings or soup ((1/2 cup)		W			D			

	EGGS, MEAT, ETC.	Never, or le	ss than nonth	1–3 per month	1 per week	2–4 per week	5–6 per week	1 per day	2–3 per day	4–5 per day	6+ per day
Eggs (1)	Omega-3 fortified including yolk				W			D			
Eggs (1)	Regular eggs including yolk				W			D		0	
Beef or pork	hot dogs (1)				W			D			
Chicken or t	urkey hot dogs (1)				W			D			
Chicken/turk	key sandwich or frozen dinner				W			D			
Other chicke	en or turkey, with skin (3 oz.)				W			D		0	
Other chicke	en or turkey, without skin (3 oz.)				W			D			
Bacon (2 slid	ces)				W			D			

Coffee with caffeine (8 oz. cup)



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HARVARD SCHOOL OF	PUBLIC HEALTH			6					Н	lealth	Profe	ssion	als [Foli	ow-	up St	udy	,
	each food listed, fill in th			icatin	g how	/ ofte	n <u>on a</u>	verag	<u>e</u> you	have		1	1	1	1	1 1	1	1
used the amoun	t specified <u>during the pa</u>	ast ye	<u>ar</u> .									2	2	2	2	2 2	2	2
	Never, or le	ee than	1_3 ner	1 per	2_4 ner	5–6 per	1	2–3	4–5	6+		4	4	4	4	4 4	4	4
SWEETS, BAKED GOODS	, MISCELLANEOUS once per		month	week	week				per day			8	8	8	8	8 8	8	8
Milk chocolate (bar or pa	ick), e.g., Hershey's, M&M's			W			D					PP	P	P	P	PP	(P)	P
Dark chocolate, e.g., He	rshey's Dark or Dove Dark			W			D					a						
Candy bars, e.g., Snicke	ers, Milky Way, Reeses			W			D					bA	0	0	0		0	0
Candy without chocolat	te (1 oz.)			W			D						1	1	1	as mus	1	1
	Fat free or reduced fat			W			D						2	2	2	bu cou	2	2
Cookies (1)	Other ready made			W			D						3	3	3	rad hrd	3	3
	Home baked			W			D						4	4	4	egg dat	4	4
Brownies (1)				W			D						5	5	5	fig mar	5	5
Doughnuts (1)				W			D						6	6	6	mdf pap	6	6
Cake, homemade or rea	ady made (slice)			W			D						7	7	7	wg cus	7	7
Pie, homemade or read	y made (slice)			W			D						8	8	8	ven htp	8	8
Jams, jellies, preserves	, syrup, or honey (1 Tbs)	0		w		0	D						9	9	9	pic olv	9	9
Peanut butter (1 Tbs)				W			D									slm en		
Popcorn (3 cups)	Fat free or light			w	0	0	D	0	0							en+ pwb		
i opcom (a cups)	Regular			W		0	D											
Sweet roll, coffee cake		Ó		w	0	0	D		0	0		В	0	0	0	as mus	0	0
or other pastry	Other ready made	0		w	Ō	0	D						1	1	1	bu cou	1	1
(serving)	Home baked	0	0	w	0	0	D	0	0				2	2	2	rad hrd	2	2
Pretzels (1 small bag or	serving)			W			D						3	3	3	egg dat	3	3
Peanuts (small packet of	or 1 oz.)	0	0	w	0	0	D	0	0				4	4	4	fig man	4	4
Walnuts (1 oz.)				W			D						5	5	5	mdf pap	5	5
Other nuts (small packe	et or 1 oz.)			W			D						6	6	6	wg cus	6	6
Oat bran, added to food	d (1 Tbs)			W			D						7	7	7	ven htp	7	7
Other bran, added to fo	od (1 Tbs)		0	W			D						8	8	8	pic olv	8	8
Chowder or cream soup	o (1 cup)			W			D						9	9	9	slm en	9	9
Ketchup or red chili sau	ice (1 Tbs)		0	W			D									en+ pwb	,	
Splenda (1 packet)				W			D					C	0	0	0		0	0
Other artificial sweeten	er (1 packet)			W			D						1	1	1	as mus	1	1
Olive oil added to food	or bread (1 Tbs)			W			D						2	2	2	bu cou	2	2
Low-fat or fat-free may	onnaise (1 Tbs)		0	W	0	0	D	0	0	0			3	3	3	rad hrd	3	3
Regular mayonnaise (1	Tbs)			W			D						4	4	4	egg dat	4	4
Salad dressing (1-2 Tbs				w		0	D	0					5	5	5	fig mar	5	5
Type of salad dres	sing: Nonfat L	ow-fa	t (Oliv	e oil		Othe	er vege	etable (oil		28	6	6	6	mdf pap	6	6
28. Liver: beef, calf or	pork (4 oz.) Never	l	ess tha	n 1/mo	0 1	/mo	<u> </u>	2–3/mo	<u> </u>	/week c	r mor	e A	7	7	7	wg cus	7	7
Liver: chicken or t	curkey (1 oz.) Never	\bigcirc L	ess tha	n 1/mo	0 1	/mo	O 2	2–3/mo	O 1	/week c	r mor	еВ	8	8	8	ven htp	8	8
29. How much of the	e visible fat on your bee	f, porl	k or la	mb do	o you	remo	ve bef	ore ea	ating?			29	9	9	9	pic olv	9	9
	le fat Remove most (on't ea	t mea	it				slm en		
	u eat fried or sautéed fo			? (Ex	clude	"Pam	″-type	e spra	y)			30				en+ pwb	1	2
Less than once					l–6 tim				Daily	,							0	0
	is usually used for frying	_		_					"-typ	e spra	y)	31				OLV		1
Real butter	Margarine Veg				/egetal	ole sho	rtenin	g (<u></u> Lard	(N/A					CAN	2	2
	is usually used for bakir	-										32				COP	3	3
Real butter	Margarine Veg			<u></u> ○ \	/egetal	ole sho	rtenin	g (Lard	() N/A					SOY	4	4
	king oil is usually used			_								33				VEG	5	5
(e.g., Mazola Co																	6	6
	u eat deep fried chicken			-			_	s awa	_		ie?	34					7	7
Less than once					l–6 tim) Daily	,							10	8
	u eat <u>toasted</u> breads, ba	_				_	_					35					9	9
Less than once					es per		$\overline{}$	Daily		+ time	s/day							
	ner important foods tha	t			ds that ast once				rvings per	6								
	t least once per week?		е	at at 18	ust UHC	⊳ he⊨ w	CCK	v	veek									
	e, mushrooms, bulgur, couscous, r figs, mango, mixed dried fruit, pa		a)															
wheat germ, custard, venison,	hot peppers, pickles, olives, Slin	mFast.	'I- \															
Ensure (regular, plus or light), Po	wer/Sports bars.	((b)															
Do not include dry spices been listed in the previous section	and do not list something tha	t has (c)															
reen nateu in the previous section	1110.]																	