

What is the purpose of the SABRE study?

You may remember that about 17 years ago, you helped in a study of blood pressure and diabetes. The study involved people of South Asian, African Caribbean and European origins. You completed a questionnaire and attended for a health check.

Now we would like to see whether your health is the same or whether it has changed. We want to find out whether you are in good health now or whether you have diabetes or disorders of the heart or circulation or the early signs or any risk factors for these disorders.

The study will help us to understand causes of diabetes and disorders of the heart and circulation. The study will also help us to understand what sorts of treatments and preventive measures are best for people of different ethnicities.



Some of the study team

SABRE is funded by two registered charities, the Wellcome Trust and British Heart Foundation. The study is conducted by doctors, nurses and researchers from Imperial College London.

Why are you writing to me?

You kindly took part in the first study. We are writing to you now to invite you to help in the new follow-up study. We want to be able to compare the measurements which we made before with your health now.

What will happen?

We will ask you to help in four different ways. You may choose to help in any or all of these ways (or not at all).

1. Questionnaire: we will ask you to complete a questionnaire about your health and lifestyle now.

The questionnaire takes between 20 minutes and 1 hour to complete.

2. Your medical records: we will ask your permission for one of our research nurses or your own GP to record some information for us. The information concerns circulatory disorders and diabetes and treatments which you may be receiving for these disorders.

3. Health Check: we will ask you to come to our clinic at St Mary's to undergo some

special tests to examine the health of your heart, brain and blood vessels, as well as any risk factors such as diabetes, pre-diabetes and high blood pressure.



The tests include:

- CT scan of the heart and stomach area (like a medical X-ray).
- Magnetic resonance imaging (MRI) scan of the brain.
- Ultrasound examination of the heart and large blood vessels.
- Blood pressure, ECG, blood and urine tests and photographs of the lens and the back of the eyes (retina).
- Some tests of your memory and problem solving.

These tests last for a morning and apart from blood tests, they are painless and do not involve needles.

We will also ask you to wear a small monitor at home to measure your blood pressure during the 24 hours after your health check.

If you do not have diabetes, we will ask you if you are willing to have one more test. This test takes about 2 hours and can be done on the same day or you may choose to come in on a different day.



We will arrange the tests at times which are convenient to you. We will arrange transport or reimburse you for travel expenses and we will provide refreshments.

4. Future research studies: we will ask you if we may contact you in the future about other research studies which are connected with the SABRE study or for follow-up of your health.

Will I receive my test results?

We will send the results of the routine tests to you and to your GP with your permission. If we find anything which needs further investigation, one of our doctors will advise and help you to receive appropriate specialist advice in consultation with your GP, if that is what you would like.

Do I have to take part?

It is up to you to decide if you want to take part. You may choose to help in some parts of the study but not in others. Whether or not you decide to take part in the study will not affect your usual healthcare. If you choose to take part, you are free to withdraw at any time without giving a reason.

If you would like some independent advice about the study, then you could discuss it with your GP.

It is very important that as many people take part as possible to ensure that the study results are reliable and useful.

If you are interested in helping with any part of the study, we will give you more detailed information to help you make your decision.

What do you want me to do now?

Please fill in the enclosed pink form. This will tell us whether you would like us to contact you again with more information, and whether and how much you would like to be involved in this follow-up study. Please post the pink form back to us in the reply-paid envelope.

Will my information be kept confidential?

Yes, we will follow ethical and legal practice and all information about you will be handled in strict confidence.

Where can I get more information about the study?

You can contact Claire Tuson (research nurse) by telephone (020 7594 5947). She will be pleased to tell you more and to answer any questions. You can also visit our website: www.sabrestudy.org.uk

or email us: sabre@imperial.ac.uk

Imperial College London



Participant information 1

*International Centre for Circulatory Health
59-61 North Wharf Road
London W2 1LA*