

Why is this research being done?

To understand the early causes and risk factors for cancer, heart disease, stroke and other brain diseases.

To find out how the places where we live and work influence our lifestyles.

To learn how to identify risk factors for poor health early, to help improve health services and preventing disease.

How many people will be in this study?

About 10,000 Canadians across will take part in this study, including 2000 people in First Nation Communities – 200 in Fort McKay.

What are the benefits?

This study will help provide a better understanding of the causes of heart disease, cancer, diabetes, stroke and other chronic diseases. It will also help us understand how the places we live and work impact our health.

Although we cannot promise any personal benefits from participating in this study, you have the option of learning your own **personal Heart Health Risk Score** which may give you a better understanding of your own risk factors for heart disease and how to improve them.

What information will be kept private?

Personal information such as your name, address, and phone number will be **removed** from your data and blood sample, and will be replaced with a participant ID code. An anonymous version of your data will be used for analysis. Your data will be kept for 25 years.

The use of your community's data and blood samples will be overseen by your local **Aboriginal Community Advisory Board** to make sure that your community's values are fully respected.

For more information

If you have any questions or would like to participate, please contact the Research Study Nurse,

Theresa Maffenbeier
(780) 881-8947

The Health Research Ethics Board of Alberta (HREBA) Community Health Committee (CHC) has granted ethics approval of this project. If you have any complaints or concerns about the ethical conduct of this project, please contact:
(780) 423-5727 / Toll-free: 1-877-423-5727
communityhealth@hreba.ca



An Invitation to First Nations Participants in Fort McKay



FORT MCKAY
FIRST NATION



UNIVERSITY OF TORONTO
DALLA LANA SCHOOL OF PUBLIC HEALTH



CIHR IRSC

Funding provided by:



HEART &
STROKE
FOUNDATION



Hamilton Health Sciences



PARTENARIAT CANADIEN
CONTRE LE CANCER

What is involved?

All parts of this study are voluntary. If you volunteer to participate, you will be asked to complete the following:

1. **Questionnaires** about your diet, heart health, physical activities, Health care, community, and culture.
2. **Physical measurements** (for example: height, weight, blood pressure).
3. **Memory test**
4. **Provide a blood sample** to check your cholesterol and blood sugar levels.
5. **Have an MRI scan** of your brain, heart, and abdomen using Magnetic Resonance Imaging.
6. **Have a follow up visit** to go over your results.
7. **Be contacted in 2-3 years** to see if your health has changed.

Additional options include

- **Agreeing to have your blood stored for up to 25 years for future genetic testing.**
- **Agreeing to allow access to your Health Card number to follow your health.**

What are the objectives of the study?

- 1) To understand the role of environmental and contextual factors on heart disease, stroke and other brain disorders, memory and brain function.
- **Environmental factors:** includes the community in which we live and work.



- **Contextual factors:** includes societal structure, activity, nutrition, smoking, access to health care etc.

2) To determine how culture and other factors affect the health of Indigenous Peoples and other people in Canada.

3) To understand the early signs of heart disease, stroke and dementia risk. Using an MRI machine, we will scan inside your body to look for early signs of changes in your brain and heart that might cause problems later in life

If you are **18 years old or older** and have **First Nations ancestry** you may be eligible to join this study.

Upon study completion, you will receive:

- **a personal Heart Health Risk report**
- **MRI images of your Heart and Brain**

