

## 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<sup>(1,2)</sup> (the red pigment in tomatoes), fish<sup>(3)</sup> as well as vigorous physical activity<sup>(4)</sup> 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.<sup>(5)</sup> Although some earlier studies had suggested higher risks of colon cancer with greater coffee consumption, we found no association.<sup>(6)</sup> 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.<sup>(7)</sup> 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,

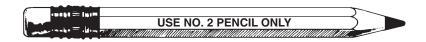
Walter Willett

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).

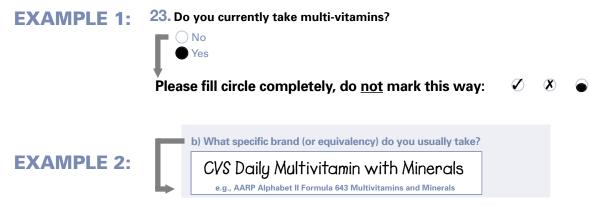
Please reply to: HSPH 677 Huntington Avenue, Boston MA 02115-5804 • (617) 998-1067

3/8" spine perf



#### 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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	- ()	IKIP	17			(18)
3. IS THIS YOUR CORRECT DAT				oirth		(a)
No MONTH	DAY		YEAR		_	(4)
Since January 1, 2004, have	vou bo	ad on	of			(19)
the following clinician	you na	iu ai	iy oi			
diagnosed conditions?	١	YEAR	OF D	IAGN	OSIS	a
		efore	2004	2005	2006	
Leave blank for NO, mark here for YES		2004				
High blood pressure	(Y)	$\bigcirc$				(1)
Diabetes mellitus	Y +	$\bigcirc$	0			2
Elevated cholesterol	(Y)	$\bigcirc$	0	0		3
Elevated triglycerides	Y	$\bigcirc$	0	0		4
Coronary bypass, angioplasty						
or stent	(Y)	$\bigcirc$				5
Myocardial infarction (heart attack)	Y 🔷	$\bigcirc$				6
► Hospitalized for this MI?  No	O Yes	S				a
Angina pectoris	(Y)			0		7
Confirmed by angiogram? No	Yes	S				a
Congestive heart failure	(Y)		0	0		8
Deep vein thrombosis	(Y)				C	9
TIA (Transient Ischemic Attack)	(Y)		Ŏ	0	Ĭ	10
Stroke (CVA)	(Y)			Ö		(11)
Carotid artery surgery	(Y)	$\tilde{\bigcirc}$	Ŏ	Ŏ		(12)
Intermittent claudication	(Y)	$\overline{\bigcirc}$				13
Surgery or angioplasty for arterial						
disease of the leg	(Y)					14)
	Y					(15)
Pulmonary embolus	Y					16
Aortic aneurysm	Y					$\sim$
Gout Discourse de la contraction de la contracti						17
Rheumatoid arthritis	Y					18
Other arthritis (e.g., osteoarthritis)	<u>Y</u>	0	$\bigcirc$	0	Ĭ	19
Chronic renal failure	Y	$\bigcirc$	0	$\bigcirc$	$\perp$	20
Diverticulitis or Diverticulosis	(Y)			0	C	21
Prostatic enlargement,						
surgically treated (e.g., TURP)	Y -	0	Ó	Ó	T Č	22
Prostate cancer	Y	$\bigcirc$				23
Colon or rectal polyp	Y	0	0	0		24
Cancer of colon or rectum	Y	$\bigcirc$			C	25
Solar or actinic keratosis	Y	$\bigcirc$	$\circ$			26
Basal cell skin cancer	(Y)			0		27
Squamous cell skin cancer	Y			0	C	28
Melanoma	(Y)			0	C	29
Lymphoma or Leukemia	(Y)		Ŏ	Ŏ		30
Other cancer	Y	Ó	Ŏ	Ŏ	Ĭ	31
Please specify site	- 1				Ť	a
and year:						
Glaucoma	(Y)					32
Cataract (1st Diagnosis)		0	Ŏ	O		33
Cataract extraction	Y	$\tilde{\bigcirc}$	Ŏ	Ŏ		34
Macular degeneration	Y		Ö			35
	Y					
Osteoporosis						36
Hip replacement	Y			0		37
Periodontal disease with bone loss	~ 1		0	0		38)
Leukoplakia/oral precancer	Y	$\bigcirc$	0			39
Gall bladder removal	Y	$\bigcirc$	0	0	C	40
Kidney stones	(Y)		0	0		41
Parkinson's disease	Y	0	0	0		42
ALS (Amyotrophic Lateral Sclerosis)	Y	$\bigcirc$			C	43
Gastric or duodenal ulcer	Y	$\bigcirc$				44
Barrett's esophagus	(Y)					45
Ulcerative colitis/Crohn's disease	(Y)					46)

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.

specifica <u>during the pas</u>						 			
FRUITS		Never, or le once per r	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 cu	ıp)			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			
Orange Juice (Sinail glass)	Regular (not calcium	fortified)		W		D			
Grapefruit (1/2) or grapefru	uit juice (small glass	3)		W		D			
Other fruit juices (small gla	ass)			W		D			
Other fruit juices (small glass) Strawberries, fresh, frozen or canned (1/2 cup		)		W		D			
Blueberries, fresh, frozen o	or canned (1/2 cup)			W		D			
Peaches or plums (1 fresh o	or 1/2 cup canned)			W		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)		Ō	W		Ō	D	0		Ō
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	0		
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			
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			
Eggplant, zucchini or other summer squash (	1/2 cup)		W			D			
Kale, mustard greens or chard (1/2 cup)			W			D			
Spinach, cooked (1/2 cup)			W			D			
Spinach, raw as in salad (1 cup)			W			D			
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 once per r	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			
Lggs (1)	Regular eggs including yolk				W			D			
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			
Other chicke	en or turkey, without skin (3 oz.)				W			D			
Bacon (2 slic	ces)		0		W			D			

Coffee with caffeine (8 oz. cup)



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HARVARD SCHOOL OF				6						lealth		ssion	als	Folio	ow-	up Stı	ıdy	,
	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	occ than	1 2 por	1 per	2-4 per	5 6 por	1	2–3	4–5	6+	1	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	ck), e.g., Hershey's, M&M's			(W)			(D)					PP	(P)	(P)	(P) (	(P) (P)	(P)	P
	rshey's Dark or Dove Dark		Ŏ	(W)	Ŏ		(D)	Ŏ	$\overline{\bigcirc}$			a)						
Candy bars, e.g., Snicke				(W)			(D)					b A	0	0	0		0	0
Candy without chocolat				(W)			(D)			$\overline{}$			$1 \simeq$	(1)	$\simeq$ 1.	as mus	$\sim$	1
·	Fat free or reduced fat			W			(D)						$1 \leq$	(2)	$\sim$ 1	bu cou	$\sim$	(2
Cookies (1)	Other ready made			W			(D)						$1 \leq$		$\sim$ $\Gamma$	rad hrd	$\sim$	
COORICS (1)	<u> </u>										$\vdash$		$1 \leq$		$\simeq$ 1		$\simeq$	0
D : (4)	Home baked			w			D						4		$\sim$ $^{\circ}$	egg dat	$\sim$	4
Brownies (1)				w			D						5		$\sim$ $\Gamma$	fig man	$\sim$	(5
Doughnuts (1)				w		0	D		0	0			6		$\simeq$	mdf pap	$\simeq$	6
Cake, homemade or rea	•	0	0	W	0	0	D	0	0	0			7	7	$\sim$ $\Gamma$	wg cus	$\sim$	(7
Pie, homemade or read	y made (slice)	0		W			D	0					8	8	8	ven htp	8	8
Jams, jellies, preserves	, syrup, or honey (1 Tbs)			W			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							6	en+ pwb		
i opcom (a cups)	Regular			W			D											
	Fat free or reduced fat		0	w	Ó	Ó	D	Ó	0			В	0	0	0	as mus	0	0
or other pastry (serving)	Other ready made		Ŏ	(W)	Ŏ	Ŏ	(D)	Ŏ	Ŏ				1	(1)	1	bu cou	(1)	(1
	Home baked	Ŏ	0	(W)	Ŏ	Ŏ	(D)	Ŏ	0	Ŏ	Ŏ		$1 \leq$		$\sim$ 1	rad hrd	$\sim$	
Pretzels (1 small bag or				(W)			(D)						$1 \leq$		$\sim$ $^{\circ}$	egg dat		
Peanuts (small packet o				(W)			(D)						4		$\simeq$	fig man	$\simeq$	(4
Walnuts (1 oz.)	02.1			W			(D)						5		$\sim$ 1	mdf pap		E
	st or 1 oz \			(W)			(D)						6	6	$\sim$ $\Gamma$	wg cus	$\sim$	
Other nuts (small packe				W			(D)						$1 \simeq$		$\sim$ 1	~ ~	$\sim$	
Oat bran, added to food													7	7		ven htp		7
Other bran, added to fo				w			D						$1 \leq$	8	$\sim$ 1	pic olv	$\sim$	
Chowder or cream soup	•			w		0	D		0	0			9	9)	$\sim$	slm en	$\sim$	9
Ketchup or red chili sau	ice (1 lbs)			w			D		0	0					[`	en+ pwb		
Splenda (1 packet)		0		W	0	0	D	0	0	0		C	$1 \simeq$	0	$\sim$		$\sim$	0
Other artificial sweeten		0	0	w	0	0	D	0	0	0				1		as mus	(1)	1
Olive oil added to food	or bread (1 Tbs)	0		W	0		D		0	0			2	2	2	bu cou	2	2
Low-fat or fat-free may	onnaise (1 Tbs)			W			D						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			0	w	0	0	D		0				5	5	5	fig man	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		( ) L	ess tha	n 1/mo	0 1	/mo		2–3/mo		/week o	or mor	e A	7	7	7	wg cus	7	7
Liver: chicken or t		Ōι	ess tha	n 1/mo	<u> </u>	/mo	O 2	2–3/mo	<u> </u>	/week o	or mor	еВ	8	(8)	8	ven htp	8	8
	visible fat on your bee	f. porl	c or la	mb de	o vou	remo						_	_	9	_	pic olv		
	ole fat Remove most (	_			-					on't ea	at mea				$\sim$	slm en		
	u eat fried or sautéed fo											30	)			en+pwb	2	2
Less than once					1–6 tim			- Spia	y / Dail	V								<b>2</b>
	is usually used for frying							"Pam		,	w)	31				OLV	1	
Real butter	Margarine Veg	_		_	/egetal				Lard		IY) N/A						2	
					regetal	716 211C	n terriri	9	Laro		J IN/A	32	9				$\simeq$	
	is usually used for bakin	_			las:=' '	ا- ماه	and the second		<b>\</b> 1.		NI/A		1				3	
Real butter	0 10 0 10	etable		<u> </u>	/egetal	Jie sno	rtenin	y (	) Lard	1	) N/A					\$OY	$\simeq$	4
	oking oil is usually used			-	<b></b>							(33	7			VEG	5	
(e.g., Mazola Coi																	$\simeq$	6
	u eat deep fried chicken							s awa			ne?	34	)				$\simeq$	7
Less than once		-			1–6 tim				) Dail	,							$\simeq$	8
	u eat <u>toasted</u> breads, ba	agel o	r Engl	ish m	uffin (	e.g., s	slice o	r 1 ha	lf bag	el)?		35					9	9
Less than once	a week 1–3 times per	week	<u> </u>	–6 tim	es per	week		Daily	<u></u>	+ time	s/day							
6. Are there any oth	ner important foods tha	t			ds that				rvings	6			_					
	t least once per week?		е	at at le	ast onc	e per w	eek	N	per veek									
	e, mushrooms, bulgur, couscous, r		(a)															
	figs, mango, mixed dried fruit, pa	aµaya,	(a)															
neat germ, custard, venison, nsure (regular, plus or light), Po	hot peppers, pickles, olives, Sli wer/Sports bars.	mrast, (	(b)															
	and do not list something tha	t has																
een listed in the previous section		(	(c)															
																	_	_