



**1 How long have you lived at your current address?**

- Less than 1 year     
  3-5 years     
  10-14 years     
  20-24 years  
 1-2 years     
  6-9 years     
  15-19 years     
  25 or more years

**2 What is your marital status?**

- Never married     
  Widowed     
  Separated  
 Married     
  Divorced

**3 How many grades of school, including college, have you completed?**

**GRADES**

--	--

- 0     0  
 1     1  
 2     2  
            3  
            4  
            5  
            6  
            7  
            8  
            9

**Note:** It is important that you write in the grades of school completed in addition to completing the corresponding circles. This allows us to confirm that the correct circles have been filled in.

**4 How much do you weigh? (Write in number and darken circles)**

**POUNDS**

--	--	--

- 0     0     0  
 1     1     1  
 2     2     2  
 3     3     3  
 4     4     4  
 5     5     5  
            6     6  
            7     7  
            8     8  
            9     9

**Note:** It is important that you write in your weight in addition to completing the corresponding circles. This allows us to confirm that the correct circles have been filled in.

**5 How many hours per week do you spend either sitting or lying down while watching TV, playing video/computer games or on the internet?**

**Number of hours per week**

0	Less than 1 hour	1	2-3	4-6	7-10	11-20	21-30	31-40	40+
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# HEALTH HISTORY

**6** Have you been told that you have cancer?

		YEAR OF DIAGNOSIS		
No	Yes	1989 or before	1990-1994	1995 or after
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

➔ If "No", go to question 9.

**7** If you had cancer, what type(s) of cancer did you have? (Please mark below)

➔ Age at diagnosis of FIRST cancer (excluding skin cancer):

**TYPES OF CANCER**

- |  |  |
|--|--|
| <input type="radio"/> Bladder              | <input type="radio"/> Esophageal                   |
| <input type="radio"/> Breast               | <input type="radio"/> Ovary                        |
| <input type="radio"/> Cervix               | <input type="radio"/> Pancreas                     |
| <input type="radio"/> Cervix in situ       | <input type="radio"/> Prostate                     |
| <input type="radio"/> Colon or rectum      | <input type="radio"/> Skin (basal or squamous)     |
| <input type="radio"/> Leukemia             | <input type="radio"/> Uterus or endometrium        |
| <input type="radio"/> Lung                 | <input type="radio"/> Thyroid                      |
| <input type="radio"/> Lymphoma or Hodgkins | <input type="radio"/> Stomach                      |
| <input type="radio"/> Melanoma             | <input type="radio"/> Kidney                       |
| <input type="radio"/> Oral cavity          | <input type="radio"/> Other (Please specify) _____ |

- Under 20
- 20-39
- 40-49
- 50-59
- 60-69
- 70 or over

**8** Where was the cancer diagnosed?

- Washington County Hospital
- Other (Please specify hospital or office and city, state) \_\_\_\_\_

**9** Please mark below if your mother, father, sisters, or brothers have had the following:

	Colorectal cancer	Prostate cancer	Breast cancer	Other Cancer	Heart attacks	Diabetes
Biological Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biological Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood-related Sisters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood-related Brothers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**3**

PLEASE DO NOT WRITE IN THIS AREA



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**10** Have you ever been told by a doctor or other health professional that you have any of the conditions listed below? (If you don't recognize the term below, you probably haven't been diagnosed with it.) Mark either no or yes for each item. If yes, mark year of diagnosis.

			YEAR OF DIAGNOSIS		
	No	Yes	1989 or before	1990-1994	1995 or after
<b><u>Heart or Blood Pressure</u></b>					
a. Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. High blood pressure (excluding during pregnancy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. High cholesterol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. High triglycerides	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Heart attack	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Angina pectoris	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Stroke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. TIA (transient ischemic attack)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Peripheral artery disease or claudication of legs (pain with walking or exercise) (not varicose veins)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Arrhythmias	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Blood clots (deep vein thrombosis)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b><u>Bones</u></b>					
l. Osteoporosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Hip fracture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Herniated lumbar disk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Wrist or Colles' fracture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Vertebral body fracture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b><u>Thyroid</u></b>					
q. Hyperthyroid/Graves disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. Hypothyroid disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s. Thyroid nodule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



	YEAR OF DIAGNOSIS				
	No	Yes	1989 or before	1990-1994	1995 or after
<b>Teeth</b>					
mm. Periodontal disease (gum disease)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nn. Tooth loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Eyes</b>					
oo. Macular degeneration of the retina	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
pp. Cataract	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Breast/gynecologic conditions</b>					
qq. Fibrocystic disease of the breast or other benign breast disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
rr. Endometriosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ss. Uterine fibroids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tt. Infertility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Prostate</b>					
uu. Enlarged prostate (Benign prostatic hyperplasia)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Other major medical condition</b>					
vv. Other (Specify condition) _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**11 In the past two years, have you had any of the following tests of your colon (large intestine)? (Please mark all that apply.)**

- None **IF "None", go to question 13.**
 Fecal occult blood test
  Sigmoidoscopy
  Colonoscopy

**12 Why did you have the colonoscopy or sigmoidoscopy? (Mark all that apply.)**

- |  |  |   |
|--|--|---|
| <input type="radio"/> Saw blood in stool                       | <input type="radio"/> Diarrhea or constipation                     | <input type="radio"/> Abnormal barium enema           |
| <input type="radio"/> Abdominal pain                           | <input type="radio"/> Positive test for blood in stool             | <input type="radio"/> Previous polyp                  |
| <input type="radio"/> Family history of colon or rectal cancer | <input type="radio"/> Routine or follow-up screening (no symptoms) | <input type="radio"/> Previous colon or rectal cancer |

**13 Have you had your cholesterol level checked within the past 2 years?**

- No
  Yes (What was your level? \_\_\_\_\_) **Was it high?**
 No
  Yes

**14** During the past two years on average, how often have you taken the following medications? How many tablets have you taken on average? (Please answer each item below.)

Medications	Never or less than one a month	1-3 per month	1-3 per week	4-6 per week	1 per day	2 per day	3 per day	4 or more per day
<b>Aspirin</b> —Baby or low-dose (162 mg or less)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Aspirin—Regular or extra-strength aspirin</b> —For example: Bufferin, Anacin, Bayer, Excedrin, Ecotrin, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Acetaminophen</b> —For example: Tylenol, Phenaphen, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Anti-inflammatory analgesics (Cox-2 Inhibitors)</b> —Celebrex (celecoxib), Vioxx (rofecoxib)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Other Anti-inflammatory analgesics (other than aspirin)</b> —For example: Ibuprofen, Motrin, Advil, Naprosyn, Anaprox, Aleve, Voltaren, Feldene, Toradol, Indocin, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**15** Have you ever taken any of the following medications: Mark either no or yes for each item. If yes, write year.

FOR HEART OR BLOOD PRESSURE: Medications	No	Yes <i>If "Yes"</i> →	Year started	No. of years taken
<b>Calcium Channel Blocker</b> —For example: Procardia, Cardizem, Norvase, Calan, Adalat, Sudar, Yerapamil, Amlodipine, etc.	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Beta Blocker</b> —For example: Lopressor, Tenormin, Inderal, Atenolol, Metoprolol, etc.	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>ACE Inhibitor</b> —For example: Vasotec, Zestril, Capoten, Prinivil, Lotensin, Accupril, Monopril, Captopril, etc.	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Diuretic</b> —For example: Lasix, Lozol, Triamterene, HCTZ, Turosemide, Thiazides, etc.	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Other</b> (Specify name) _____	<input type="radio"/>	<input type="radio"/>	_____	_____
TO REDUCE CHOLESTEROL: Medications	No	Yes <i>If "Yes"</i> →	Year started	No. of years taken
<b>Pravachol</b> (Pravastatin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Lipitor</b> (Atorvastatin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Mevacor</b> (Lovastatin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Lescol</b> (Fluvastatin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Zocor</b> (Simvastatin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Other</b> (Specify name) _____	<input type="radio"/>	<input type="radio"/>	_____	_____



**FOR OSTEOPOROSIS: Mark either no or yes for each item. If yes, write year.**

**Medications**

	No	Yes IF "Yes" →	Year started	No. of years taken
<b>Evista</b> (Raloxifene)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Miacalcin</b> (Calcitonin)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Fosamax</b> (Alendronate)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Didronel</b>	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Tamoxifen</b>	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Calcium</b>	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Vitamin D</b>	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Other</b> (Specify name) _____	<input type="radio"/>	<input type="radio"/>	_____	_____

**HORMONES**

**Medications**

	No	Yes IF "Yes" →	Year started	No. of years taken
<b>Testosterone</b> (Androderm, Android)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Estrogen alone</b> (e.g., Premarin, Estrace, Estradiol)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Estrogen and progesterone</b> (e.g., Premarin and Provera, Prempro)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Tamoxifen</b> (Nolvadex)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Raloxifene</b> (Evista)	<input type="radio"/>	<input type="radio"/>	_____	_____
<b>Other</b> (Specify name of hormone) _____	<input type="radio"/>	<input type="radio"/>	_____	_____

**16 Have you ever had any of the following procedures?**

**Procedure**

**What year did you have this procedure?**

**Where was it done?**

**Coronary bypass or angioplasty**

No  Yes

\_\_\_\_\_ Year

\_\_\_\_\_

**Carotid surgery (endarterectomy)**

No  Yes

\_\_\_\_\_ Year

\_\_\_\_\_

**Cardiac catheterization (angiogram)**

No  Yes

\_\_\_\_\_ Year

\_\_\_\_\_

**Cerebral or carotid angiogram**

No  Yes

\_\_\_\_\_ Year

\_\_\_\_\_

**Dialysis (for kidney disease)**

No  Yes

\_\_\_\_\_ Year

\_\_\_\_\_



**17 In general, would you say your health is:**

- Excellent
- Very good
- Good
- Fair
- Poor

**18 Does pain usually interfere with your normal work (including both work outside the home and housework)?**

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

**19 During the past year, how much of the time has your physical health interfered with your social activities (like visiting with friends, relatives, etc.)?**

- None of the time
- A little of the time
- Some of the time
- Most of the time
- All of the time

**20 What types of health care coverage or insurance do you currently use to pay for most of your medical care? (Mark only the most important)**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="radio"/> Medicare plus other insurance</li> <li><input type="radio"/> Medicare plus Medicaid</li> <li><input type="radio"/> Medicare only</li> <li><input type="radio"/> A plan provided by your employer</li> <li><input type="radio"/> A plan provided by someone else's employer</li> <li><input type="radio"/> A plan that you or someone else buys on your own</li> </ul> | <ul style="list-style-type: none"> <li><input type="radio"/> Medicaid, Medical Assistance, Health Choice, or Maryland Children's Health Program</li> <li><input type="radio"/> The military, CHAMPUS, or the VA, Tricare</li> <li><input type="radio"/> Some other source (Specify) _____</li> <li><input type="radio"/> Don't have health care coverage or health insurance</li> </ul> <p><b>Is any of your coverage/insurance through an HMO, MCO, POS?</b></p> <p style="text-align: right;"><input type="radio"/> No <input type="radio"/> Yes</p> |
|--|--|

**21 Are there particular clinics, health centers, doctor's offices or other places that you usually go to if you are sick or need advice about your health?**

- No **IF "No", Go to Question 23.**
- Yes
- Don't know/Not sure

**22 Is this place a clinic, a hospital, a doctor's office, or some other place? (Mark all that apply.)**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="radio"/> Physician's office</li> <li><input type="radio"/> Community Free Clinic</li> <li><input type="radio"/> Potomac Street Clinic or Walnut Street Community Health Clinic</li> <li><input type="radio"/> Health Department</li> <li><input type="radio"/> Hospital Express Care</li> </ul> | <ul style="list-style-type: none"> <li><input type="radio"/> Hospital Emergency Room</li> <li><input type="radio"/> Martinsburg VA Center</li> <li><input type="radio"/> Hagerstown VA Center (Western Maryland Hospital)</li> <li><input type="radio"/> Other (specify) _____</li> <li><input type="radio"/> Don't know/Not sure</li> </ul> |
|---|--|



# TOBACCO USE

**23A** Have you ever used any tobacco products?

- No  (If no, go to Question 26.)  Yes


**23B** Indicate your use of these tobacco products. Mark all that apply.

	Cigarettes	Cigars	Pipe	Snuff	Chewing Tobacco
Previous use, but quit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Current use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**24** If you have ever smoked cigarettes, how many do you or did you smoke each day?

- Never smoked cigarettes  (Go to Question 26.)  1-4  15-24  35 or more  
 Less than 1  5-14  25-34

**25** Have you ever tried to quit smoking using any of the following methods? Mark either no or yes for each item. If yes, mark how long you used it.

Method	No	Yes <i>IF "Yes"</i> 	<1 month	1-6 months	7-12 months	>12 months
Individual/group counseling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nicotine gum (Nicorette)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nicotine patch (Habitrol, Nicoderm CQ, Nicotrol, ProStep)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nicotine nasal spray (Nicotrol NS)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nicotine inhaler (Nicotrol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-nicotine medication (e.g., Zyban, Wellbutrin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypnosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acupuncture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quitting on your own – "Cold turkey"	<input type="radio"/>	<input type="radio"/>				

If you marked "Yes" to TWO OR MORE choices listed above, which was the MOST successful in helping you to quit smoking?

- Individual/group counseling by itself  Nicotine inhaler  
 Individual/group counseling along with a nicotine product  Non-nicotine medication  
 Individual/group counseling along with a non-nicotine medication  Hypnosis  
 Nicotine gum  Acupuncture  
 Nicotine patch  Quitting on your own – "Cold turkey"  
 Nicotine nasal spray

# VITAMINS

**26 Do you currently take a multi-vitamin? (Please report other individual vitamins in Question 27.)**

- No     Yes → a. How many do you take per week?
   
 2 or less     3-5     6-9     10 or more
   
 b. What specific brand do you usually use? \_\_\_\_\_

**27 Do you take the following separate supplements? DO NOT REPORT CONTENTS OF MULTI-VITAMINS MENTIONED ABOVE. Mark either no or yes for each item. If yes, mark dose.**

A. Vitamin A	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 8,000 IU	<input type="radio"/> 8,000 to 12,000 IU	<input type="radio"/> 13,000 to 22,000 IU	<input type="radio"/> 23,000 IU or more	<input type="radio"/> Don't know
B. Beta-carotene	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 8,000 IU	<input type="radio"/> 8,000 to 12,000 IU	<input type="radio"/> 13,000 to 22,000 IU	<input type="radio"/> 23,000 IU or more	<input type="radio"/> Don't know
C. Vitamin C	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 400 mg	<input type="radio"/> 400 to 700 mg	<input type="radio"/> 750 to 1250 mg	<input type="radio"/> 1300 mg or more	<input type="radio"/> Don't know
D. B-Complex	<input type="radio"/> No	<input type="radio"/> Yes							
E. Vitamin B <sub>6</sub>	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 10 mg	<input type="radio"/> 10 to 39 mg	<input type="radio"/> 40 to 79 mg	<input type="radio"/> 80 mg or more	<input type="radio"/> Don't know
F. Folic Acid	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 400 mcg	<input type="radio"/> 400 to 799 mcg	<input type="radio"/> 800 to 1199 mcg	<input type="radio"/> 1200 mcg or more	<input type="radio"/> Don't know
G. Vitamin B <sub>12</sub>	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 100 mcg	<input type="radio"/> 100 to 249 mcg	<input type="radio"/> 250 to 499 mcg	<input type="radio"/> 500 mcg or more	<input type="radio"/> Don't know
H. Vitamin E	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 100 IU	<input type="radio"/> 100 to 250 IU	<input type="radio"/> 300 to 500 IU	<input type="radio"/> 600 IU or more	<input type="radio"/> Don't know
I. Calcium <small>(Include calcium in Tums, etc.) (1 Tums = 200 mg elemental calcium)</small>	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day (elemental calcium)	<input type="radio"/> less than 400 mg	<input type="radio"/> 400 to 900 mg	<input type="radio"/> 901 to 1300 mg	<input type="radio"/> 1301 mg or more	<input type="radio"/> Don't know
J. Selenium	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 80 mcg	<input type="radio"/> 80 to 130 mcg	<input type="radio"/> 140 to 250 mcg	<input type="radio"/> 260 mcg or more	<input type="radio"/> Don't know
K. Niacin	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 50 mg	<input type="radio"/> 50 to 300 mg	<input type="radio"/> 400 to 800 mg	<input type="radio"/> 900 mg or more	<input type="radio"/> Don't know
L. Zinc	<input type="radio"/> No	<input checked="" type="radio"/> Yes	→	Dose per day	<input type="radio"/> less than 25 mg	<input type="radio"/> 25 to 74 mg	<input type="radio"/> 75 to 100 mg	<input type="radio"/> 101 mg or more	<input type="radio"/> Don't know



**29** During the past year, how often did you drink a glass or a cup of . . .

	Never or less than once a month	1-3 times a month	1 time a week	2-3 times a week	4-6 times a week	2-3 times a day	4-5 times a day	6+ times a day
Red wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beer (1 glass, can, or bottle)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor (1 ounce shot)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green tea (hot or iced)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Black tea (hot or iced)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soft drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (Specify)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**30** When you drink coffee, tea, or soda, about how often do you drink them without caffeine?

- Never
  Half the time
  Always  
 Rarely
  Usually

## MEN'S HEALTH

The following questions are important for our learning about the causes of prostate cancer, and other prostate diseases.

**31** In the past two years, has a physician checked your prostate by rectal examination?

- No
  Yes
  Don't know

**32** During the past two years, have you had a blood test (PSA) to see if you had prostate cancer?

- No (If no, go to Question 35)
  Yes (Continue with Question 33)

**33 Was the PSA blood test abnormal?**

- No (If no, go to Question 35)  Yes (Continue with Question 34)

**34 Abnormal PSA followed up by: (Mark all that apply.)**

- Not followed up  Biopsy  Hormone treatment  
 Repeat test  Surgical operation  
 Ultrasound  Radiation

**35 On average, how many times per night do you usually get up to urinate?**

- 0  1  2  3  4  5+

**36 During the past month, please indicate how frequently you had these urinary symptoms:**

**% of time experienced symptoms**

	Never	10%	25%	50%	75%	100%
Sensation of incomplete bladder emptying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having to urinate again after less than 2 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stopping and starting several times during urination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Found it difficult to postpone urinating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weak urinary stream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had to push or strain to begin urination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**37 In the past two years, have you regularly taken medication to treat an enlarged prostate or to treat the urinary symptoms of benign prostatic hyperplasia (BPH)? Mark either no or yes for each item.**

	No	Yes
Finasteride (e.g., Proscar)	<input type="radio"/>	<input type="radio"/>
Doxazosin (Cardura)	<input type="radio"/>	<input type="radio"/>
Terazosin (Hytrin)	<input type="radio"/>	<input type="radio"/>
Tamsulosin (Flomax)	<input type="radio"/>	<input type="radio"/>
Saw Palmetto	<input type="radio"/>	<input type="radio"/>
Other (Specify name) _____	<input type="radio"/>	<input type="radio"/>



**38** Have you ever been diagnosed with prostatitis or a prostate infection?

No

Yes, once

Yes, more than once

**39** Please mark your hair pattern at age 45 or your hair pattern now if you are under age 45.



None or minimal



**40** Have you ever had a vasectomy (Male Sterilization)?

No

Yes

**What year did you have the surgery?**

\_\_\_\_\_ Year

**Where was the surgery done?**

Washington County Hospital

Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_

\_\_\_\_\_

**41** Have you ever had PROSTATE SURGERY?

No

Yes

**If yes, what type of surgery?**

**Transurethral Resection (TURP)**

No

Yes

**What year did you have the surgery?**

\_\_\_\_\_ Year

**Where was the surgery done?**

Washington County Hospital

Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_

\_\_\_\_\_

**Blopsy**

No

Yes

\_\_\_\_\_ Year

Washington County Hospital

Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_

\_\_\_\_\_

**Prostatectomy (removal of the prostate gland)**

No

Yes

\_\_\_\_\_ Year

Washington County Hospital

Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_

\_\_\_\_\_





**46 Have you ever had any of the following procedures?**

**Procedure**

**BREAST BIOPSY WITH A NEEDLE OR SURGERY** (Do not count removing fluid with a needle.)

No  Yes

**IF YES,** number of biopsies

One  Two  Three or more

Did any biopsy show breast cancer?

No  Yes

**What year(s) did you have this procedure?**

\_\_\_\_\_ Year  
\_\_\_\_\_  
\_\_\_\_\_

**Where was the procedure done?**

Washington County Hospital  
 Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HYSTERECTOMY** (removal of uterus)

No  Yes

\_\_\_\_\_ Year

Washington County Hospital  
 Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OOPHORECTOMY** (removal of ovaries)

No  Yes

\_\_\_\_\_ Year

One ovary  Both ovaries

Washington County Hospital  
 Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TUBAL LIGATION** (tubes tied)

No  Yes

\_\_\_\_\_ Year

Washington County Hospital  
 Other, specify doctor's office or hospital, city, state:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMMENTS**

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