

Detection and Follow-up of Cardiovascular Disease and CVD Risk Factors in the Southern Cone of Latin America: CESCAS

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Measurements

Table 1 Data collection in the CESCAS I study

Type of data	Components	Instrument
General information	Socio-demographic and economic data, and type of health services utilisation	HCHS/SOL*
Claudication	Location, functional class	HCHS/SOL*
History	Cardiovascular, respiratory, hypertension, dyslipidaemia, diabetes, pharmacological and non-pharmacological treatment and cancer	HCHS/SOL*
Alcohol	Level of consumption (daily quantity, frequency, type of alcoholic beverage)	HCHS/SOL*
Physical activity	Type of activity, frequency and intensity, in free time and during work	IPAQ
Spirituality	Importance, religious practice	HCHS/SOL*
Nutrition	Types of foods, quantity and frequency	FFQ
Smoking	Current, former and passive smoker; other types of tobacco use (pipe, cigar)	GATS
Mental health	Depression, traumatic events, anxiety	PHQ-9/HCHS/SOL*
Global health		SF-12
Quality of life		EQ-5D
Physical examination	Blood pressure, weight, height and waist circumference	
Laboratory	Total cholesterol, HDL cholesterol, triglycerides, glucose and creatinine	
ECG	25 mm/s and at 1 mV of amplitude	

*Forms from the Hispanic Community Health Study/Study of Latinos, cross-culturally adapted for use in Argentina, Chile and Uruguay. FFQ, Food Frequency Questionnaire; GATS, Global Adult Tobacco Survey; IPAQ, International Physical Activity Questionnaire; PHQ-9, Patient Health Questionnaire depression scale.

Measurements

- Spirometry (45-64 yrs old)
- Cognitive evaluation (Pfeiffer Test)
- Built environment

Perception

Direct Observation

GIS



CESCAS

Direct Observation

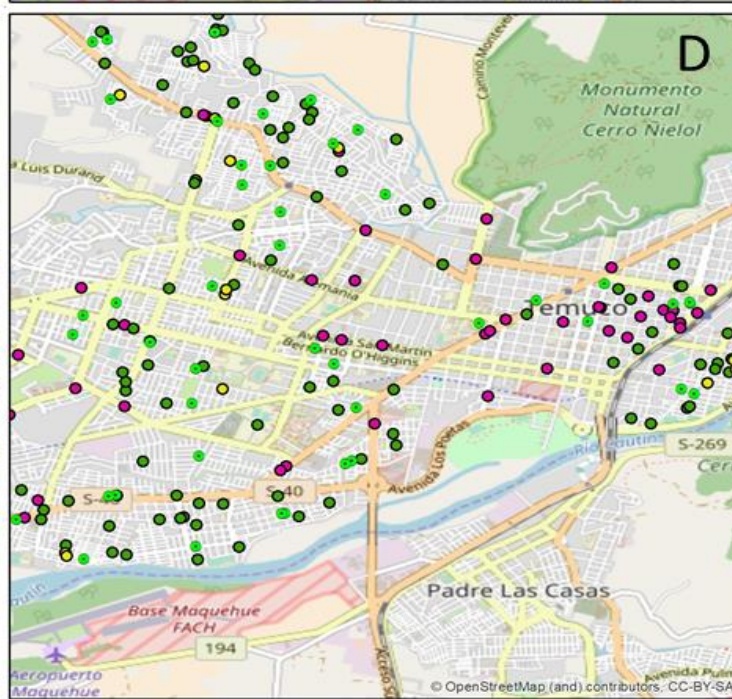
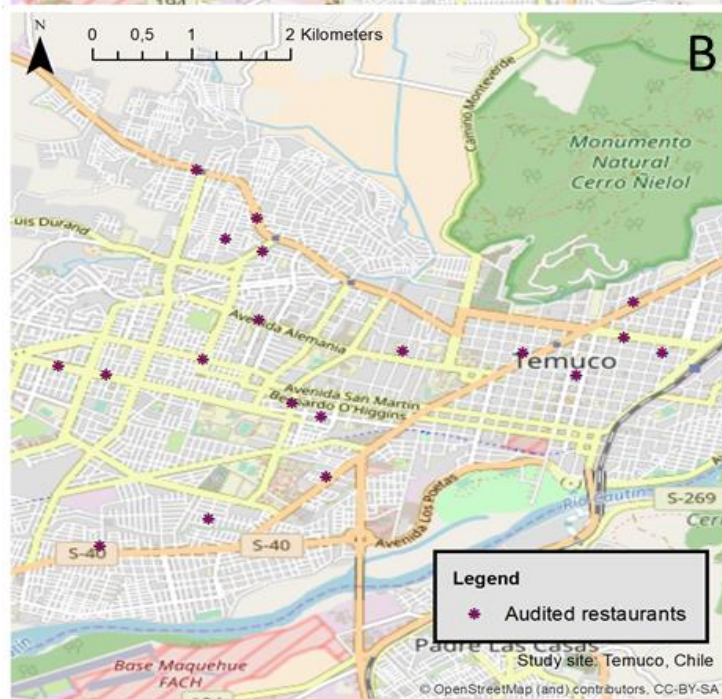
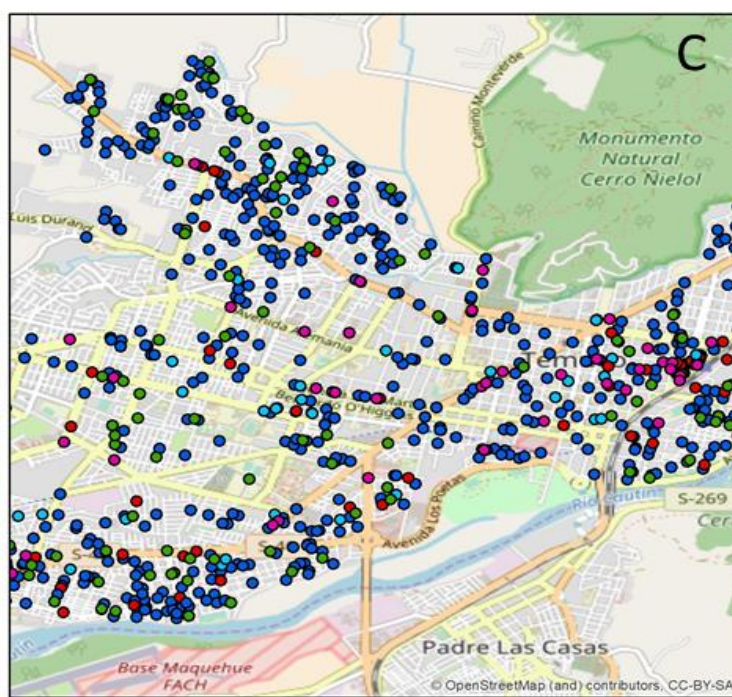
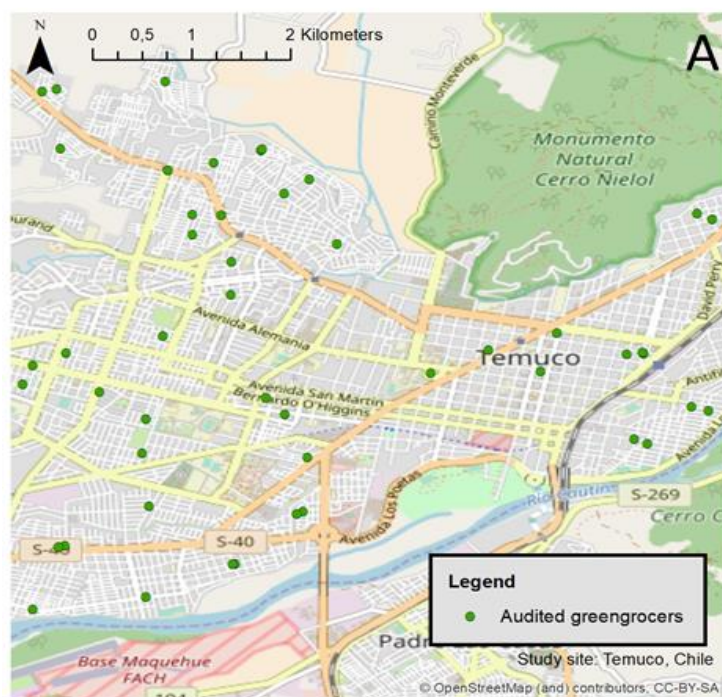
Areas and perimeters

Uruguay



1. Juan Zorilla de San Martín (Entre H. Coronetti y Canelones)
2. Juan Zorilla de San Martín (Entre Canelones y Piedras)
3. Juan Zorilla de San Martín (Entre Piedras y Baltasar Brum)
4. Baltasar Brum (Entre Juan Zorilla de San Martín y Elio Zinola)
5. Elio Zinola (Entre Piedras y Baltasar Brum)
6. Elio Zinola (Entre Canelones y Piedras)
7. Elio Zinola (Entre H. Coronetti y Canelones)
8. H. Coronetti (Entre Juan Zorilla de San Martín y Elio Zinola)





CVD and Cancer Events

- Death
- MI
- Angina
- Heart Failure
- Peripheral Vascular Disease
- Revascularization
- Stroke
- Cancer



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Biobank



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Table: Blood Sample Processing Flow Sheet

	Tube	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Tube 1	10 mL serum (red top)	Allow to clot for 30 minutes	Centrifuge for 20 minutes at 2400 rpm	Affix labels to four 1.25 mL aliquot <u>cryovials</u>	Transfer serum into 1.25 mL aliquots	Store aliquots at -20°C or -80°C	Ship to Central Lab once per month
Tube 2	10 mL SST (tiger top)	Allow to clot for 30 minutes	Centrifuge for 20 minutes at 2400 rpm	Affix labels to four 1.25 mL aliquot <u>cryovials</u>	Transfer serum into 1.25 mL aliquots	Store aliquots at -20°C or -80°C	Ship to Central Lab once per month*
Tube 3	10 mL EDTA (purple top)	Within one hour	Centrifuge for 20 minutes at 2400 rpm	Affix labels to four 1.25 mL aliquot <u>cryovials</u> and one 2 mL <u>cryovial</u>	Transfer plasma to 1.25 mL aliquots; save buffy coat in 2 mL <u>cryovial</u>	Store aliquots at -20°C or -80°C	Ship to Central Lab once per month
Tube 4	10 mL EDTA (purple top)	Within one hour	Centrifuge for 20 minutes at 2400 rpm	Affix labels to four 1.25 mL aliquot <u>cryovials</u> and one 2 mL <u>cryovial</u>	Transfer plasma to 1.25 mL aliquots; save buffy coat in 2 mL <u>cryovial</u>	Store aliquots at -20°C or -80°C	Ship to Central Lab once per month

*One aliquot for Comprehensive Metabolic Panel (total cholesterol, HDL-cholesterol, triglyceride, glucose, and creatinine)

