

The Sister Study Health, Medical History and Lifestyle **Version DFU5**

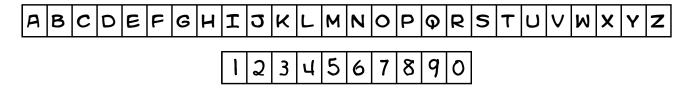
Instructions:

- Please use DARK BLUE OR BLACK BALLPOINT PEN.
- Mark only one answer for each question unless otherwise indicated.
- Follow the arrow from your response to find the next question.
- Only write comments in the spaces provided.
- Please keep this questionnaire clean, flat, and dry.
- Do not fold or tear any of the pages.

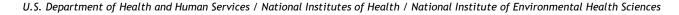
Fill in the bubbles COMPLETELY for each of the questions in this form.

Like this:

Please write responses in all capital letters and numbers without touching the sides of the boxes.



Your continued participation in the Sister Study is completely voluntary and greatly appreciated. If you are not comfortable answering a question, just skip it and go to the next one. All information you share will be kept confidential.





	Today's Date:	MONTH		DAY	/	2	O YE	AR								
We ask t	hat the Sister Study part	icipant fill	l out	the for	m. So	ome	time	s th	is is ı	not p	oossi	ble				
	O Mark here if you are tl	he particip	oant 1	filling t	his o	ut fo	or yo	urse	elf	→ (GO T	o Qu	ESTIO	N 1,	, BEL	.OW
	O Mark here if someone by either reading the bubbles for you.		•			•		nair	e		MA	RKED	R OF	ASE .	ALSO)
	O Mark here if the partic herself and you are co	•			-				alf.		INC	LUDE	TE PA ED "CC ATION	ATAC	ACT	THE E FORM'
	What is the relationship completing the question							•	ng wi	th th	ne qu	iestio	nnaire	or		
	○ Spouse/partner															
	O Sister															
	O Brother															
	O Daughter															
	O Son															
	O Friend															
	O Other, specify:															
	If participant cannot and her behalf, what are the		•					-		•		_	•			
	The Benati, what are the															·
GENER	AL HEALTH															
1. Ir	the past 24 months, w	ould you s	ay yo	our hea	lth ha	as ge	ener	ally	beer	١						
	O excellent,															
	O very good,															
	O good,															
	O fair, or															
	O poor?															

2. In the past 24 months, have you...

	NO	YES
a. had a routine physical exam?	0	0
b. had a bone density scan or osteoporosis screening?	0	0
c. had a screening colonoscopy or sigmoidoscopy exam?	0	0
d. had a vaccination for shingles (herpes zoster)?	0	0

3. What is your current weight (in pounds)?

4. What is your current height? Please round to the nearest inch.

HFS

FAMILY MEDICAL HISTORY

- 5. Since January 1, 2017, were any of your sisters diagnosed with breast cancer for the first time?
 - No → **GO TO QUESTION 7 ON NEXT PAGE**

○ Yes	

6. Please record breast cancer diagnosis date for each sister diagnosed for the first time since January 1, 2017. Use additional paper if more than two sisters were diagnosed with breast cancer for the first time since January 1, 2017.

	a. Month and year of breast cancer diagnosis?	b. Sister's age at diagnosis?
1) Sister	MONTH / 2 0 YEAR	AGE
2) Sister	MONTH / 2 0 YEAR	AGE

7. In all, how many of your full or half sisters, living or deceased, have ever been diagnosed with breast cancer?

FULL SISTERS ONLY	HALF-SISTERS ONLY
○ None	○ None
○1	01
○ 2	○ 2
○ 3	○ 3
O 4	O 4
○ 5 or more	○ 5 or more

- 8. Since January 1, 2017, have any other close blood relatives of yours been diagnosed with breast cancer for the first time?
 - \bigcirc No \rightarrow GO TO QUESTION 10



- 9. What is/are the relative(s)' relationship to you? (Please mark all that apply.)
- Mother Father
- Brother Daughter
- Son
- Other relative related to you by blood
- 10. Since January 1, 2017, have any close blood relatives of yours been diagnosed with ovarian cancer for the first time?
 - No → GO TO QUESTION 12 ON NEXT PAGE



- What is/are the relative(s)' 11. relationship to you? (Please mark all that apply.)
- Sister
- Mother
- Daughter
- Other relative related to you by blood

PERSONAL MEDICAL HISTORY

We are interested in changes to your health in the past few years. Please think about your medical history since January 1, 2017.

pro	a doctor or other health fessional ever told you t you had	NEVER DIAGNOSED	DIAGNOSED BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
12.	breast cancer? Do not include in situ cancer.	○ Never	○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR
13.	ductal (breast) carcinoma in situ (DCIS)?	○ Never	O <u>Before</u> January 1, 2017	O January 1, 2017 or later	MONTH / 2 0 YEAR
14.	lobular (breast) carcinoma in situ (LCIS)?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR
15.	lung cancer?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR
16.	ovarian cancer?	O Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR
17.	cancer of the uterus or endometrium? Do not include non-cancerous conditions such as fibroids, endometriosis, or pre-cancer.	○ Never	○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR
18.	cancer of the colon or rectum?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR
19.	Hodgkin's disease or Hodgkin's lymphoma?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR
20.	non-Hodgkin's lymphoma?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR
21.	leukemia?	○ Never	O <u>Before</u> January 1, 2017	O January 1, 2017 or later	MONTH / 2 0 YEAR
22.	thyroid cancer?	○ Never	O <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR

Has a doctor or other health professional ever told you that you had	NEVER DIAGNOSED	DIAGNOSED BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
23. melanoma? Do not include non-melanoma skin cancers, such as basal cell carcinoma and squamous cell carcinoma.	○ Never	○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH 2 0 YEAR
24. skin cancer (not melanoma)?	○ Never	O Before January 1, 2017 If diagnosed before January 1, 2017, was it (Please mark all that apply.) O basal cell? O squamous cell? O other?	 January 1, 2017 or later Was it (Please mark all that apply.) ○ basal cell? ○ squamous cell? ○ other? 	MONTH 2 0 YEAR
25. any other type of cancer not already listed?	○ Never	O Before January 1, 2017 If diagnosed before January 1, 2017, please specify what type(s) of cancer: 1)	O January 1, 2017 or later If you were diagnosed with any other type(s) of cancer January 1, 2017 or later, please specify what type(s) of cancer: 1)	MONTH 2 0 YEAR MONTH 2 0 YEAR

The Sister Study enrollment started in 2003 and ended in 2009. Since your enrollment in the Sister Study, have you received any of the following treatments for breast cancer, another cancer, or any other reason? 26. chemotherapy By chemotherapy we mean drugs used to kill cancer cells. Examples of chemotherapy include: Adriamycin, Taxol, and Carboplatin. There are many other chemotherapy drugs.	NO O No	YES (Please mark all that apply.) O Yes, for breast cancer O Yes, for a cancer other than breast cancer O Yes, for another reason	a. When was the first treatment? MONTH 2 0 YEAR OR AGE	b. When was the most recent treatment? MONTH 2 0 YEAR OR AGE
27. radiation treatments This may involve treatment with high dose x-rays, radioactive implants or seeds, or other ways of delivering radiation to a cancer and nearby tissues.	○ No	 Yes, for breast cancer Yes, for a cancer other than breast cancer Yes, for another reason 	MONTH 2 0 YEAR OR AGE	MONTH 2 0 YEAR OR AGE
28. immunotherapy treatments By immunotherapy, we mean treatments that use your body's immune system to better find and destroy cancer cells. Examples of immunotherapy include: Herceptin, nivolumab (Opdivo), atezolizumab (Tecentriq), Keytruda, monoclonal antibodies, immune checkpoint inhibitors, cytokines, cancer vaccines, and adoptive cell transfer.	○ No	 Yes, for breast cancer Yes, for a cancer other than breast cancer Yes, for another reason 	MONTH 2 0 YEAR OR AGE	MONTH 2 0 YEAR OR AGE
29. bone marrow or stem cell transplant	○ No	Yes, for breast cancerYes, for a cancer other than breast cancerYes, for another reason	MONTH OR	

Has a doctor or other health professional ever told you that you had	NO	YES	b. Have you ever used any prescription medications for this condition?	c. If yes, are you currently taking prescription medications?
30. high cholesterol (not borderline)?	○ No	O Yes, first diagnosed before January 1, 2017 O Yes, first diagnosed January 1, 2017 or later a. What month and year were you diagnosed? / 2 0 MONTH YEAR	○ No ○ Yes	○ No ○ Yes
31. congestive heart failure?	O No	O Yes, first diagnosed before January 1, 2017 O Yes, first diagnosed January 1, 2017 or later a. What month and year were you diagnosed? / 2 0 MONTH YEAR	○ No ○ Yes	○ No ○ Yes
32. hypertension or high blood pressure?	○ No	 Yes, first diagnosed before January 1, 2017 Yes, first diagnosed January 1, 2017 or later ↓ a. What month and year were you diagnosed? / 2 0 MONTH YEAR 	○ No ○ Yes	○ No ○ Yes

Have you ever taken any of the following medications, either for high blood pressure or for another reason?	NO	YES	a. Are you currently taking this?	b. For what reason(s) are you currently taking this? (Please mark all that apply.)
33. ACE-inhibitors These usually end in "-pril", such as lisinopril, benazepril, enalapril, captopril, ramipril, etc.	O No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
34. Thiazide diuretics Examples include: hydrochlorothiazide (Microzide, etc.), chlorothiazide (Diuril), chlorthalidone (Hygroton)	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
35. Non-thiazide diuretics Examples include: triamterene (Dyrenium), furosemide (Lasix), spironolactone (Aldactone), eplerenone (Inspra)	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
36. Angiotensin receptor blockers These usually end in "-sartan", such as losartan, irbesartan, olmesartan, valsartan, telmisartan, etc.	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
37. Calcium channel blockers Examples include: diltiazem (Cardizem, etc.), amlodipine (Norvasc, Lotrel), verapamil (Calan, Isoptin, etc.), nifedipine (Adalat, Procardia, etc.)	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
38. Beta-blockers These usually end in "-olol", such as metoprolol, carvedilol, atenolol, propranolol, nebivolol, etc.	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
39. Other types of medications that lower blood pressure Examples include: clonidine (Catapres), hydralazine (Apresoline), doxazosin (Cardura), methyldopa (Aldomet), minoxidil (Loniten)	○ No	○ Yes	○ No ○ Yes	High blood pressureReason other than high blood pressure
Please specify other medications:				

Has a doctor or other health professional ever told you that you had	NO	YES	b. Have you had this condition in the past 12 months?	c. Have you ever used any prescription medications for this condition?	d. If yes, are you currently taking prescription medications?
40. cardiac arrhythmia (irregular heartbeat)?	O No	 Yes, first diagnosed before January 1, 2017 Yes, first diagnosed January 1, 2017 or later ↓ a. What month and year were you diagnosed? ✓ 2 0 MONTH YEAR 	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes
41. angina?	○ No	 Yes, first diagnosed before January 1, 2017 Yes, first diagnosed January 1, 2017 or later ↓ a. What month and year were you diagnosed? / 2 0 MONTH YEAR 	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes

Has a doctor or other health professional ever told you that you had	NO	YES	a. If you had this January 1, 2017 or later, what was the month and year?
42. a heart attack or myocardial infarction?	O No	 ○ Yes, my <u>first</u> heart attack was <u>before</u> January 1, 2017 ○ Yes, my <u>first</u> heart attack was January 1, 2017 or later 	MONTH YEAR
43. a stroke (this does not include TIA or "mini-stroke")?	○ No	 Yes, my <u>first</u> stroke was <u>before</u> January 1, 2017 Yes, my <u>first</u> stroke was January 1, 2017 or later → 	MONTH YEAR
44. a mini-stroke or TIA (transient ischemic attack)?	○ No	 Yes, my <u>first</u> mini-stroke was <u>before</u> January 1, 2017 Yes, my <u>first</u> mini-stroke was January 1, 2017 or later → 	MONTH YEAR

Have you ever had	NEVER OR BEFORE 1/1/2017	HAD PROCEDURE 1/1/2017 OR LATER	a. If you had this procedure January 1, 2017 or later, what was the month and year?
45. a balloon angioplasty, stent placement, or other procedure to open or widen a heart artery? These procedures are different from the test used to diagnose a blockage.	 Never had procedure Had procedure <u>before</u> January 1, 2017 	○ Had procedure January 1, 2017 or later	MONTH YEAR
46. a coronary artery bypass graft surgery?	Never had procedureHad procedure before January 1, 2017	O Had procedure January 1, 2017 or later	MONTH YEAR

Has a doctor or other health professional ever told you that you had	NO	YES	b. Do you still have this condition?
47. pre-diabetes, borderline diabetes, or an elevated A1C test without diabetes?	○ No	 ○ Yes, first diagnosed before January 1, 2017 ○ Yes, first diagnosed January 1, 2017 or later ■ A. If first diagnosed 1/1/2017 or later, what month and year were you diagnosed? ■ A. If Month Mo	○ No ○ Yes
48. diabetes? Do NOT include pre-diabetes or borderline diabetes.	○ No	 ○ Yes, first diagnosed before January 1, 2017 ○ Yes, first diagnosed January 1, 2017 or later ■ A. If first diagnosed 1/1/2017 or later, what month and year were you diagnosed? ■ A. If first diagnosed 1/1/2017 or later, what month and year were you diagnosed? ■ A. If first diagnosed 1/1/2017 or later, what month and year were you diagnosed? 	○ No ○ Yes

Did you **ever** take insulin for diabetes? 49.

> → GO TO QUESTION 50 \circ No

○ Yes	49a. When did you use insulin?	u <u>first</u> /
	49b. Do you curre take insulin?	O Voc. by injection
		Please specify:

- 50. Have you ever used any other prescription medications, not including insulin, for diabetes?
 - \circ No \rightarrow GO TO QUESTION 51 ON NEXT PAGE
 - Yes



Hav	re you ever used the following prescription medications for diabetes?	NO	YES	a. If yes, are you currently taking this medication?
a.	Metformin alone (not in combination with other medications) Examples include Metformin (Glucophage), Metformin liquid (Riomet), or Metformin extended release (Glucophage XR, Fortamet, Glumetza)	O No	○ Yes	○ No ○ Yes
b.	Metformin in combination with other medications Examples include Pioglitazone & metformin (Actoplus Met), Glyburide & metformin (Glucovance), Glipizide & metformin (Metaglip), Sitagliptin & metformin (Janumet), Saxagliptin & metformin (Kombiglyze), Repaglinide & metformin (Prandimet), Linagliptin and metformin (Jentadueto), Empagliflozin and metformin (Synjardy), Dapagliflozin and metformin (Xigduo XR)	O No	○ Yes	○ No ○ Yes
C.	Sulfonylureas Examples include Glimepiride (Amaryl), Glyburide (Micronase, DiaBeta), Glipizide (Glucotrol), or Micronized glyburide (Glynase)	○ No	○ Yes	○ No ○ Yes
d.	Any other, please specify:	○ No	○ Yes	○ No ○ Yes

Has a doctor or other health professional ever told you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER
51. Parkinson's disease?	 Never diagnosed Diagnosed <u>before</u> January 1, 2017 	O Diagnosed January 1, 2017 or later a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed? MONTH

52. Have you ever used any prescription medications for Parkinson's disease? Examples include Levodopa, Sinemet, Parcopa, Stalevo, Mirapex, Requip, Neupro patch, or Azilect.

○ No → GO TO QUESTION 53 ON NEXT PAGE

○ Yes

Did your symptoms ever improve after 52a. \circ No taking any of these medications? ○ Yes 52b. Are you currently taking any of these \circ No medications? ○ Yes

Has a doctor or other health professional ever told you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER
53. osteoarthritis (age-related arthritis)?Do not include rheumatoid arthritis or psoriatic arthritis.	 Never diagnosed Diagnosed <u>before</u> January 1, 2017 	 ○ Diagnosed January 1, 2017 or later ↓ a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed? ↓ ↓ ↓ ↓ ↓ YEAR
54. osteoporosis (bone loss, or bone thinning)?	 Never diagnosed Diagnosed <u>before</u> January 1, 2017 	 ○ Diagnosed January 1, 2017 or later ■ a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed? ■ / 2 0 MONTH
55. osteopenia, or low bone density?	 Never diagnosed Diagnosed <u>before</u> January 1, 2017 	 ○ Diagnosed January 1, 2017 or later a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed? / 2 0 /YEAR

- 56. Have you ever used any prescription medications to treat or prevent osteoporosis or osteopenia? Do not count calcium or Vitamin D.
 - No → GO TO QUESTION 57 ON NEXT PAGE
 - Yes



	e you ever taken the following prescription medications to treat or vent osteoporosis or osteopenia?	NO	YES	a. If yes, are you currently taking this type of medication?
a.	Bisphosphonates Examples include Fosamax, Actonel, Boniva, or Reclast	O No	○ Yes	○ No○ Yes, regularly○ Yes, as needed
b.	Other bone-altering prescription medications (not bisphosphonates) Examples include Prolia (denosumab), Forteo, or Tymlos	O No	○ Yes	○ No○ Yes, regularly○ Yes, as needed
c.	Other type of prescription medication, not including bisphosphonates or other bone-altering medications Please specify medication or type of medication: 1)	○ No	○ Yes	○ No○ Yes, regularly○ Yes, as needed
	2)	○ No	○ Yes	NoYes, regularlyYes, as needed

Have	e you ever 	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. What was the month and year that this first happened since January 1, 2017?	b. How many times has this happened since January 1, 2017?
57.	a hip fracture?	○ Never ○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR	# TIMES
58.	a wrist fracture?	○ Never○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR	# TIMES
59.	a spine (vertebral) fracture?	○ Never ○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR	# TIMES
60.	a rib fracture?	○ Never○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH YEAR	# TIMES
61.	any other fracture?	○ Never ○ <u>Before</u> January 1, 2017	○ January 1, 2017 or later	MONTH / 2 0 YEAR	# TIMES
	ease specify typ fore January 1,	pe of other fracture , 2017:	Please specify type you had since Janu		

62. How many times have you fallen in the past 12 months?

> ○ None GO TO QUESTION 63 ON NEXT PAGE

Once

○ Twice

○ Three or more



Did you seek medical care as a result 62a. of any of your falls?

○ No

○ Yes

Has a doctor or other health professional ever told you that you had	NO	YES	b. Have you had this condition in the past 12 months?
63. depression?	○ No	 Yes, first diagnosed before January 1, 2017 Yes, first diagnosed January 1, 2017 or later 	 ○ No ○ Yes c. Have you taken medication for depression in the past 12 months? ○ No ○ Yes

Has a doctor or other health professional ever told you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
64. emphysema?	Never diagnosedDiagnosed beforeJanuary 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
65. chronic obstructive pulmonary disease (COPD)?	 ○ Never diagnosed ○ Diagnosed <u>before</u> January 1, 2017 	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR

Has a doctor or other health professional ever told you that you had	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?		
66. Graves' disease, or hyperthyroidism, or overactive thyroid?	Never diagnosedDiagnosed <u>before</u> 1/1/2017	○ Diagnosed 1/1/2017 or later	MONTH YEAR		
IF DIAGNOSED ↓					

b.	Were you treated with radioactive iodine?	 Never Yes, <u>before</u> 1/1/2017 Yes, 1/1/2017 or later
c.	Did you have surgery to remove your thyroid?	 Never Yes, <u>before</u> 1/1/2017 Yes, 1/1/2017 or later

Has a doctor or other health professional ever told you that you had	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
67. Hashimoto's thyroiditis, or hypothyroidism, or underactive thyroid?	Never diagnosedDiagnosed <u>before</u> 1/1/2017	○ Diagnosed 1/1/2017 or later	MONTH / 2 0 YEAR
68. any other type of thyroid disease or thyroid condition? Do NOT include thyroid cancer.	 Never diagnosed Diagnosed <u>before</u> 1/1/2017 If diagnosed before January 1, 2017, please specify the condition: 	O Diagnosed 1/1/2017 or later If you were diagnosed January 1, 2017 or later, please specify the condition:	MONTH YEAR

69.	Are you currently taking propylthiouracil/PTU (Propycil) or Methimazole/MMI (Tapazole) for thyroic
	disease or a thyroid condition?

- \circ No
- Yes

70. Are you **currently** taking levothyroxine (e.g. Levoxyl, Levo-T, Synthroid, Tirosint, Unithroid) for thyroid disease or a thyroid condition?

- \circ No
- Yes

pro	s a doctor or other health ofessional ever told you that u had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
71.	rheumatoid arthritis? Do not include osteoarthritis or psoriatic arthritis.	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
	psoriatic arthritis? Do not include osteoarthritis or rheumatoid arthritis.	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
73.	multiple sclerosis?	○ Never diagnosed○ Diagnosed <u>before</u>January 1, 2017	O Diagnosed January 1, 2017 or later	MONTH YEAR
74.	scleroderma or systemic sclerosis?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
75.	systemic lupus erythematosus (SLE)? Do not include discoid lupus.	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
76.	Sjögren's syndrome?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR

- 77. Have you ever used any prescription medications for autoimmune diseases such as rheumatoid arthritis, multiple sclerosis, scleroderma or systemic sclerosis, systemic lupus erythematosus (SLE; do not include discoid lupus), psoriatic arthritis (do not include psoriasis without arthritis), or Sjögren's syndrome?
 - \circ No \rightarrow GO TO QUESTION 78 ON NEXT PAGE
 - Yes

	re you ever used any of the following types of medications for an oimmune disease?	NO	YES	a. If yes, are you currently taking this type of medication?
a.	Immune-modifying prescription medications Examples: Hydroxychloroquine or chloroquine (Plaquenil); Methotrexate (Rheumatrex or Trexall); Azathioprine (Imuran), Mycophenolate mofetil (Cellcept), Cyclophosphamide (Cytoxan), and Cyclosporine	O No	○ Yes	NoYes, regularlyYes, as needed
b.	Biologics Examples: Remicade, Humira, Enbrel, Benlysta, and rituximab (Rituxan)	○ No	○ Yes	NoYes, regularlyYes, as needed
c.	Other types of prescription medications, not including immune-modifying prescription medications or biologics Do not include corticosteroids/steroids such as prednisone, cortisone or methylprednisolone (Medrol). Also do not include over-the-counter pain relievers such as acetaminophen (Tylenol), aspirin, or non-steroidal anti-inflammatory medications [e.g. ibuprofen (Motrin), naproxen (Naprosyn)]. Specify first/only other type of prescription medication: 1)	○ No	○ Yes	○ No○ Yes, regularly○ Yes, as needed
	Specify any additional other type of prescription medication: 2)	○ No	○ Yes	NoYes, regularlyYes, as needed

	colon. These pouches can become inflamed or infected. When these pouches (diverticula) are inflamed or infected, the condition is then called <i>diverticulitis</i> (not diverticulosis).							
78.	. Have you ever been told by a doctor that you had <i>diverticul<u>osis</u></i> (intestinal pouches or pockets called diverticula)?							
	○ No → GO TO QUESTION 79							
	78a. When were you firs MONTH YEA	OR AGE						
79.	Have you ever been told by a doctor that you pouches or pockets (i.e. inflamed or infected on the second of the	**	estinal					
di	inking back to your first episode of iverticulitis, when did your first episode ccur?	e. When was your most recent episode or diverticulitis? OR MONTH MONT	attack AGE	of				
b. H	MONTH YEAR AGE ow many total episodes or attacks of	For your most recent episode of diverticulitis	NO	YES				
di	verticulitis have you had?	f. were you seen by a doctor?	0	0				
	# EPISODES	g. did you go to the emergency department?	0	0				
		h. were you hospitalized?	0	0				
	ave you ever been admitted to the tal for an episode of diverticulitis?	i. were you prescribed antibiotics?	0	0				
·	○ No	j. did you have a CT scan?	0	0				
	○ Yes	k. did you have surgery?	0	0				
posit	ave you ever had a CT scan that was ive or confirmed the diagnosis of ticulitis?	k1. IF YES, when did you have the s						
			4464	16				

heal	a doctor or other Ith professional ever I you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
80.	Crohn's disease?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
81.	ulcerative colitis?	Never diagnosedDiagnosed before January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
82.	polyps in the colon or rectum?	 Never diagnosed Diagnosed before January 1, 2017 	○ Diagnosed January 1, 2017 or later	MONTH YEAR
83.	Alzheimer's disease?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
	dementia excluding Alzheimer's disease?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
		Please specify type of dementia you had before January 1, 2017:	Please specify type of dementia you had since January 1, 2017:	
85.	cognitive impairment?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
	pernicious anemia (vitamin B12 anemia)? Do not include iron-deficiency anemia.	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
87.	hemochromatosis?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
88.	shingles?	Never diagnosedDiagnosed before January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
89.	cataracts?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR

h	as a doctor or other ealth professional ever old you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
90.	glaucoma?	○ Never diagnosed○ Diagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
91.	macular degeneration?	 Never diagnosed Diagnosed <u>before</u> January 1, 2017 	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
92.	pulmonary embolism?	Never diagnosedDiagnosed before January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
93.	deep vein thrombosis, DVT, or deep vein blood clots in your legs or somewhere else?	○ Never diagnosed○ Diagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
94.	kidney failure requiring dialysis or transplant?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
95.	kidney stones?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH YEAR
96.	gout?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR
97.	gallstones or gallbladder disease?	Never diagnosedDiagnosed <u>before</u>January 1, 2017	○ Diagnosed January 1, 2017 or later	MONTH / 2 0 YEAR

Have you eve r had	NEVER OR BEFORE 1/1/2017	HAD PROCEDURE 1/1/2017 OR LATER	a. If you had this procedure January 1, 2017 or later, what was the month and year?
98. gallbladder surgery?	Never had procedureHad procedure before January 1, 2017	○ Had procedure January 1, 2017 or later	MONTH YEAR

Since January 1, 2017, has a doctor or other health professional told you that you had	NEVER OR BEFORE 1/1/2017	DIAGNOSED 1/1/2017 OR LATER	a. If diagnosed January 1, 2017 or later, what month and year were you diagnosed?
99. any other major health condition? Do not report any cancer or health condition reported elsewhere in this questionnaire.	 Never diagnosed Diagnosed before January 1, 2017 If diagnosed before January 1, 2017, please specify what type of major health condition(s): 1) 	O Diagnosed January 1, 2017 or later If you were diagnosed with any other major health condition(s) January 1, 2017 or later, please specify what type of major health condition(s): 1)	MONTH YEAR MONTH YEAR MONTH YEAR

100. Do you suffer from a decrease in or loss of your sense of smell?

 \circ No → GO TO QUESTION 101 ON NEXT PAGE

○ Yes



100a. How old were you the first time you noticed this problem?



100b. Are there any reasons (such as head injury) that explain the decrease in your sense of smell?

○ No

○ Yes, specify:



101. Since January 1, 2017, have you experienced any of the following medical symptoms... (Please mark a response for each item below.)

		NO	YES
a.	swelling in your wrist, finger, elbow, or knee joints lasting six or more weeks?	0	0
b.	joint stiffness in the mornings, lasting at least one hour, and for more than six weeks (do not include stiffness related or due to an injury or surgery)?	0	0
c.	a tremor or trembling in either of your hands?	0	0
d.	walking or other movements getting noticeably slower?	0	0
e.	handwriting getting noticeably smaller?	0	0
f.	difficulty getting started when walking or making other movements?	0	0
g.	wheezing or whistling in your chest?	0	0
h.	shortness of breath when hurrying on level ground, or when walking up a slight hill, or when climbing a flight of stairs at your usual pace?	0	0
i.	shortness of breath when at rest?	0	0
j.	shortness of breath when lying down?	0	0
k.	shortness of breath when walking?	0	0
ι.	swelling (or edema) in your legs?	0	0

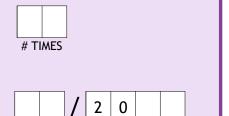
102. Since January 1, 2017, have you had a mammogram, breast ultrasound, or breast MRI?

○ No → GO TO QUESTION 103 ON NEXT PAGE



102a. How many times did you have a mammogram, breast ultrasound, or breast MRI since January 1, 2017?

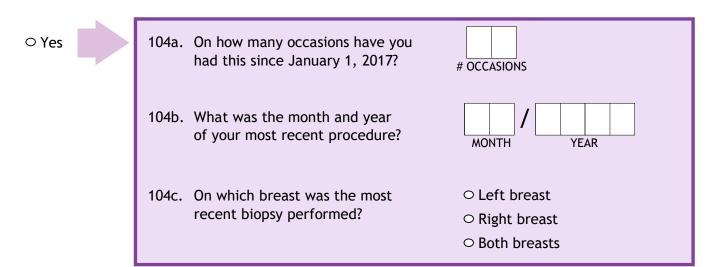
102b. What was the month and year of your most recent mammogram, breast ultrasound, or breast MRI?



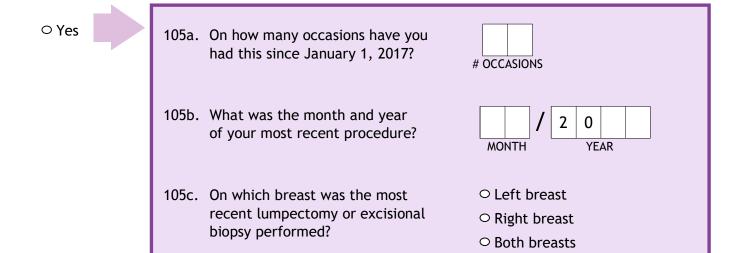
YEAR

MONTH

- 103. Since January 1, 2017, have you had a breast cyst or cysts drained (aspirated) or removed?
 - \circ No
 - Yes
- 104. Since January 1, 2017, have you had a surgical, needle, or other biopsy to diagnose or rule out a breast condition?
 - \circ No → GO TO QUESTION 105



- 105. Since January 1, 2017, have you had a breast lump or lumps removed (lumpectomy or excisional biopsy)?
 - → GO TO QUESTION 106 ON NEXT PAGE \circ No





Since January 1, 2017, were you told you had any of the following benign breast conditions after a cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy?

Have	you ever had	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If you had this January 1, 2017 or later, what was the month and year?
106.	fibrocystic or benign nonproliferative changes within normal range? For example, cysts, mild hyperplasia, benign calcifications, fibrosis, etc.	hin normal range? example, cysts, mild perplasia, benign		MONTH YEAR
107.	fibroadenoma?	 Never Yes, before January 1, 2017 What type? Simple fibroadenoma Complex fibroadenoma Both Don't know 	○ Yes, January 1, 2017 or later	b. What type? Simple fibroadenoma Complex fibroadenoma Both Don't know
108.	benign breast disease?	○ Never ○ Yes, <u>before</u> January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR
109.	proliferation without atypia? For example, sclerosing adenosis, intraductal papilloma, moderate hyperplasia, suspicious calcifications, etc.	○ Never ○ Yes, <u>before</u> January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR
110.	atypical hyperplasia?	 Never Yes, before January 1, 2017 What type? Atypical ductal hyperplasia Atypical lobular hyperplasia Both Don't know 	○ Yes, January 1, 2017 or later	MONTH YEAR b. What type? Atypical ductal hyperplasia Atypical lobular hyperplasia Both Don't know

111.	Regardless of the findings, did you keep a copy of the pathology report(s) from the cyst aspiration, cyst removal
	needle biopsy, surgical biopsy, lumpectomy, or mastectomy that you are willing to share with us?

 \bigcirc No

 \circ Yes \rightarrow PLEASE INCLUDE A COPY WITH YOUR COMPLETED QUESTIONNAIRE.

○ Not applicable



Have you ever had	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If you had this procedure January 1, 2017 or later, what was the month and year?	b. Why was this done?
112. a mastectomy of your left breast?	NeverYes, <u>before</u>January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	To treat breast cancerTo prevent breast cancerBoth
113. a mastectomy of your right breast?	NeverYes, <u>before</u>January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	To treat breast cancerTo prevent breast cancerBoth

Have	you ever had	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If you had this procedure January 1, 2017 or later, what was the month and year?	b. Did you have a silicone gel implant?
114.	breast reconstruction or enlargement surgery on your left breast?	○ Never○ Yes, <u>before</u>January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	○ No ○ Yes
115.	breast reconstruction or enlargement surgery on your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	○ No ○ Yes
116.	a breast implant surgically removed from your left breast?	O Never O Yes, <u>before</u> January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	○ No ○ Yes
117.	a breast implant surgically removed from your right breast?	○ Never ○ Yes, <u>before</u> January 1, 2017	○ Yes, January 1, 2017 or later	MONTH YEAR	○ No ○ Yes

MENSTRUAL HISTORY

- 118. Have you had a menstrual period in the past 10 years?
 - No → GO TO QUESTION 119 ON PAGE 32

○ Yes

118a. Have you had a menstrual period in the past 12 months?

- No → ANSWER BOX A BELOW
- Yes → ANSWER BOX B ON PAGE 30

BOX A

THIS BOX IS FOR WOMEN WHO HAVE <u>NOT</u> HAD A MENSTRUAL PERIOD IN THE PAST 12 MONTHS. ALL OTHERS GO TO QUESTION 118d ON NEXT PAGE.

118b. What month and year did you have your last menstrual period or how old were you when you had your last menstrual period?



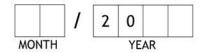
- 118c. Why did your periods stop? Please choose one response that best describes your situation.
 - O My periods stopped on their own (naturally).
 - O My periods stopped on their own but I began taking hormone replacement therapy before my periods fully stopped.
 - O My periods stopped after my uterus or ovaries were removed (be sure to answer questions 130 and 131 on page 35).
 - O My periods stopped due to radiation or chemotherapy.
 - O My periods stopped after having a uterine or endometrial ablation.
 - O My periods stopped after having a uterine embolization, also known as a uterine artery embolization or uterine fibroid embolization.
 - O My periods stopped due to medicine that causes the ovaries to make less hormones or medicine that has this as a side effect.
 - O My periods stopped because I am taking the kind of birth control pills that make me not have periods.
 - O My periods stopped for some other reason. Please describe in the box below:

GO TO QUESTION 118g ON PAGE 31

BOX B

THIS BOX IS FOR WOMEN WHO HAVE HAD A MENSTRUAL PERIOD IN THE PAST 12 MONTHS.

118d. When was your last menstrual period?



118e. What statement best describes you?

- O My periods have not stopped and I am not taking hormones.
- O My periods have not stopped but I am taking hormones.
- O My periods stopped temporarily but restarted when I stopped taking birth control pills.
- O My periods stopped temporarily, but I have had episodes of bleeding since the time when I started taking hormones.
- O My periods stopped temporarily but restarted when I began taking hormone replacement therapy.

GO TO QUESTION 118g ON NEXT PAGE

OR

O My periods stopped sometime in the last 12 months. → GO TO QUESTION 118f

- 118f. Why did your periods stop? Please choose one response that best describes your situation.
 - O My periods stopped on their own (naturally).
 - O My periods stopped on their own but I began taking hormone replacement therapy before my periods fully stopped.
 - O My periods stopped after my uterus or ovaries were removed (be sure to answer questions 130 and 131 on page 35).
 - O My periods stopped due to radiation or chemotherapy.
 - My periods stopped after having a uterine or endometrial ablation.
 - O My periods stopped after having a uterine embolization, also known as a uterine artery embolization or uterine fibroid embolization.
 - O My periods stopped due to medicine that causes the ovaries to make less hormones or medicine that has this as a side effect.
 - O My periods stopped because I am taking the kind of birth control pills that make me not have periods.
 - O My periods stopped for some other reason, please describe in the box below:



118g. Since January 1, 2017, have you used any hormonal birth control?

→ GO TO QUESTION 119 ON NEXT PAGE

○ Yes



Since January 1, 2017, have you used	NO	YES	a. If yes, how many months in all have you used this since January 1, 2017?	b. Do you currently use this?
118h. birth control pills?	○ No	○ Yes	# MONTHS	○ No → GO TO 118i○ Yes
				c. Do you currently take the type of pills that stop your menstrual periods for several months or longer?
				○ No ○ Yes
118i. a hormonal IUD (intrauterine device)?	○ No	○ Yes	# MONTHS	○ No ○ Yes
118j. any other hormonal birth control? Specify:	○ No	○ Yes	# MONTHS	○ No ○ Yes

The next questions are about female hormone products often used for hormone replacement therapy (HRT).

Since	January 1, 2017, have you used	NO	YES	a. If yes, how many months in all have you used this since January 1, 2017?	b. Do you currently use this female hormone product(s)?
119.	estrogen and progesterone at the same time, whether as a combination product (such as Prempro or Combipatch) or as separate medications (for example Premarin plus Provera or a progesterone shot)? Do not include vaginal creams, rings, or suppositories.	O No	○ Yes	# MONTHS	○ No ○ Yes
120.	estrogen alone, whether as a pill (such as Premarin), patch, or other form (such as a spray, gel, or implant), with no additional progesterone in any form?	○ No	○ Yes	# MONTHS	○ No ○ Yes
	Do not include vaginal creams, rings, or suppositories.				
121.	<pre>progesterone alone (not for birth control)?</pre>	○ No	○ Yes	# MONTHS	○ No ○ Yes

Since January 1, 2017, have you used	NO	YES	a. If yes, how many months in all have you used this since January 1, 2017?
122. vaginal estrogen creams, rings, or suppositories?	○ No	○ Yes	# MONTHS b. Do you currently use this female hormone product(s)? O No O Yes c. Does this product also contain progesterone? O No O Yes
			 Don't know d. Did you also take progesterone in another form (e.g., patch, pill) during the time you were using vaginal estrogen creams, rings, or suppositories? No Yes

Since you u	January 1, 2017, have sed	NO	YES	a. If yes, how many months in all have you used this since January 1, 2017?	b. Do you currently use this?	c. Why did you use this? (Please mark all that apply.)
123.	ospemifene or Osphena?	○ No	○ Yes	# MONTHS	○ No ○ Yes	Treat breast cancerPrevent breast cancerAnother reason
124.	tamoxifen or Nolvadex?	○ No	○ Yes	# MONTHS	○ No ○ Yes	Treat breast cancerPrevent breast cancerAnother reason
125.	raloxifene or Evista?	○ No	○ Yes	# MONTHS	○ No ○ Yes	Treat breast cancerPrevent breast cancerAnother reason
126.	any aromatase inhibitors? Examples include: anastrozole (Arimide exemestane (Aromas and letrozole (Femar	in),	○ Yes	# MONTHS	○ No ○ Yes	Treat breast cancerPrevent breast cancerAnother reason
127.	Herceptin?	○ No	○ Yes	# MONTHS	○ No ○ Yes	
128.	Estratest?	O No	○ Yes	# MONTHS	○ No ○ Yes	
129.	testosterone?	O No	○ Yes	# MONTHS	○ No ○ Yes	

Have y	you ever had	NEVER OR BEFORE 1/1/2017	HAD PROCEDURE 1/1/2017 OR LATER	If you had this procedure January 1, 2017 or later, what was the month and year?
130.	a hysterectomy (surgical removal of the uterus)?	 ○ Never had procedure ○ Had procedure before January 1, 2017 	○ Had procedure January 1, 2017 or later	a. MONTH/YEAR HAD PROCEDURE
131.	a separate surgery to remove part or all of one or both ovaries (oophorectomy), but not your uterus?	○ Never had procedure ○ Had procedure <u>before</u> January 1, 2017	○ Had procedure January 1, 2017 or later	 a. MONTH/YEAR HAD PROCEDURE

VITAMINS, SUPPLEMENTS, AND MEDICATIONS

- 132. During the past 12 months, have you taken any vitamins or minerals regularly?
 - \bigcirc No, not regularly \rightarrow GO TO QUESTION 140 ON PAGE 38
 - Yes, fairly regularly



	g the past 12 months , you taken	NO	YES	a. How often?	b. For how many years in all have you taken this?	c. Did you usually take types that
133.	One A Day, Centrum, or Thera type multivitamins?	○ No	○ Yes	 A few days per month 1 - 3 days per week 4 - 6 days per week Every day 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	 contain minerals, iron, zinc, etc.? do not contain minerals? Don't know
134.	Stress-tabs or B-Complex type multivitamins?	○ No	○ Yes	 A few days per month 1 - 3 days per week 4 - 6 days per week Every day 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	
135.	Antioxidant combination-type multivitamins?	○ No	○ Yes	 ○ A few days per month ○ 1 - 3 days per week ○ 4 - 6 days per week ○ Every day 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	

12 m	ng the past nonths, have naken	NO	YES	a. How often?	b. For how many years in all have you taken this?	c. How much did you usually take on the days you took it?
136.	Calcium without vitamin D?	○ No	○ Yes	A few days per month1 - 3 days per week4 - 6 days per weekEvery day	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	Calcium: Calcium: Calcium: Calcium: More than 600 mg More than 600 mg
137.	Calcium plus vitamin D?	○ No	○ Yes	 ○ A few days per month ○ 1 - 3 days per week ○ 4 - 6 days per week ○ Every day 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	Calcium: O Less than 600 mg O 600 mg O More than 600 mg Vitamin D: O Less than 2000 IU O 2000 IU O More than 2000 IU
138.	Vitamin D alone?	○ No	○ Yes	 A few days per month 1 - 3 days per week 4 - 6 days per week Every day 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years 	Vitamin D: O Less than 2000 IU O 2000 IU O More than 2000 IU
139.	an Iron supplement?	○ No	○ Yes	 A few days per month 1 - 3 days per week 4 - 6 days per week Every day 	 ○ Less than 1 year ○ 1 year ○ 2 years ○ 3 - 4 years ○ 5 - 9 years ○ 10+ years 	○ Less than 65 mg○ 65 mg○ More than 65 mg

	the past 12 months , have you taken any of the following t 4 days a week	NO	YES
140.	Vitamin A (not beta-carotene)?	0	0
141.	Beta-carotene?	0	0
142.	Vitamin B12?	0	0
143.	Vitamin C?	0	0
144.	Vitamin E?	0	0
145.	Folic acid, folate?	0	0
146.	Magnesium?	0	0
147.	Manganese?	0	0
148.	Zinc, alone or combined with something else?	0	0
149.	Selenium?	0	0

take a	past 12 months, did you ny of these supplements at once a month?	NO	YES	a. How frequently did you take this?	b. For how many years in all have you taken this?
150.	Fish oil	○ No	○ Yes	 Less than 1 day per week but at least once a month 1 - 2 days per week 3 - 5 days per week 6 - 7 days per week 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years
151.	Omega-3 or omega-3 fatty acids	○ No	○ Yes	 Less than 1 day per week but at least once a month 1 - 2 days per week 3 - 5 days per week 6 - 7 days per week 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years
152.	Flax seed/flax seed oil	○ No	○ Yes	 Less than 1 day per week but at least once a month 1 - 2 days per week 3 - 5 days per week 6 - 7 days per week 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years
153.	Melatonin	○ No	○ Yes	 Less than 1 day per week but at least once a month 1 - 2 days per week 3 - 5 days per week 6 - 7 days per week 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years
154.	Probiotics/acidophilus	○ No	○ Yes	 Less than 1 day per week but at least once a month 1 - 2 days per week 3 - 5 days per week 6 - 7 days per week 	 Less than 1 year 1 year 2 years 3 - 4 years 5 - 9 years 10+ years

regula	January 1, 2017, have you rly (at least once a week for at hree months in a row) taken	NO	YES	a. If yes, for about how long have you taken this regularly (at least once a week for at least three months in a row) since January 1, 2017?		
155.	antibiotics?	○ No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
156.	acetaminophen (Tylenol)?	O No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
157.	"baby aspirin" or low-dose aspirin (100 mg/tablet or less)?	○ No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
158.	aspirin or other aspirin containing products (325 mg/tablet or more)?	O No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
159.	ibuprofen (such as Advil, Motrin, Nuprin, etc.)?	○ No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
160.	Celebrex or other COX-2 inhibitors?	O No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
161.	Aleve or Naprosyn (naproxen)?	○ No	○ Yes	Less than 12 months1 year2 years	3 years4 yearsMore than 4 years	
162.	Relafen, Ketoprofen, Anaprox, or other non-steroidal anti-inflammatories?	○ No	○ Yes	Less than 12 months1 year2 years	○ 3 years○ 4 years○ More than 4 years	

b. On average, how many days per week have you taken this?	c. On days when you take it, how many times do you take it?	d. Are you currently taking this?
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
1 day per week2-3 days per week4-5 days per week6-7 days per week	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes
 1 day per week 2-3 days per week 4-5 days per week 6-7 days per week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 or more times per day 	○ No ○ Yes

163. Do you **currently** take any prescription or other medications **regularly**, **seasonally**, **or as needed?**Please include all medications, including inhalers, nasal sprays, infusions, shots, patches, and other medications, even if you use them only as needed, for example to treat asthma symptoms or migraines. Also include any medications prescribed in once a month or once a year doses, such as some medications for osteoporosis or other conditions.

Do not include:

- · Vitamins, minerals or supplements already reported in previous questions
- · Aspirin or other pain medications already reported in previous questions

\circ No	\rightarrow	GO TO QUESTION 164 ON PAGE 40	5

 \circ Yes

TOTAL #

a. What is/are the name(s) of the prescription or non-prescription medication(s) that you currently take regularly, seasonally, or as needed?	b. For how long have you used this regularly, seasonally, or as needed?
1.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
2.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
3.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
4.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
5.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years

c. How often do you take it?	d. On days when you take it, how many times do you take it?	e. In what form did you take this? (Please mark all that apply.)
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Inhaler Spray Cream Shot Liquid Other

a. What is/are the name(s) of the prescription or non-prescription medication(s) that you currently take regularly, seasonally, or as needed? (If you need more space, answer the same questions for each medication and record it on a separate sheet.)	b. For how long have you used this regularly, seasonally, or as needed?
6.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
7.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
8.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
9.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
10.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
11.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years
12.	 Less than 12 months 1 year 2 years 3 years 4 years More than 4 years

	1	
c. How often do you take it?	d. On days when you take it, how many times do you take it?	e. In what form did you take this? (Please mark all that apply.)
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Patch Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other
 Once a month or less Less than once a week Once a week 2-3 days a week 4-5 days a week 6-7 days a week 	 1 time per day 2 times per day 3 times per day 4 times per day 5 times per day or more 	 Pill Inhaler Spray Cream Shot Liquid Other

164. Which of the following best describes your **current** marital status? Please choose the **one** response that best describes your current situation.

O Never married

O Widowed

○ Divorced

Separated

 Married, civil union or living with someone as though married



GO TO QUESTION 165

164a. How many years have you been married or living as though married with this spouse/partner?

OR O Less than 1 year

165. Thinking about last year, which of the following best describes your total family income from all household members before taxes? Please include income from all sources such as annuities, social security, stocks, alimony, and child support earned in the past year.

○ Less than \$20,000

○ \$20,000 to \$49,999

○ \$50,000 to \$99,999

○ \$100,000 to \$200,000

○ More than \$200,000

166. Last year, how many people, including yourself, were supported by that income?

01

 \circ 2

O 3-4

O 5-6

O 7-8

O More than 8

Since January 1, 2017	NO	YES	a. IF YES, in which years did you smoke? (Please mark all that apply.)	During the year b. How many days per week do/did you smoke?	c. How many cigarettes do/did you usually smoke per day on the days you smoked?
167. did you smoke 10 cigarettes or more?	○ No	○ Yes	20172018201920202021	 Less than one day per week 1-3 days per week 4-6 days per week Every day 	# CIGARETTES

- Since January 1, 2017, have you used an electronic cigarette or e-cigarette, such as Juul, NJOY, 168. Blu, or Smoking Everywhere, even one or two times?
 - \circ No → GO TO QUESTION 169 ON NEXT PAGE

○ Yes

168a.	Do you now use e-cigarettes	○ Every day○ Some days○ Not at all
168b.	What brand of e-cigarette do/did you use?	
		BRAND
168c.	About how many disposable e-cigarettes or e-cigarette cartridges have you used in the past year?	 None 1 or more puffs but never a whole one 1-10 11-20 21-50 51-99 100 or more

- 169. Have you **ever** used marijuana? Please include smoking or ingesting marijuana and using cannabis oil. *Do not include products that contain only cannabidiol, also called CBD*.
 - $^{\circ}$ No \rightarrow GO TO QUESTION 170 ON PAGE 50



169a.	How old were you the first or only time you used marijuana?		AGE
169b.		old were you when you last marijuana?	AGE
169c.	Have you used marijuana in the last 12 months?		 No → GO TO 169e ON NEXT PAGE Yes
	169d.	Please list the reason(s) you used marijuana in the last 12 months. (Please mark all that apply.)	 Pleasure Relaxation Pain relief Other symptom relief (For example, relief of treatment-related nausea) Other reason

Did you use marijuana NO		NO	YES	a. On average, how frequently did you use marijuana?	b. How did you use it? (Please mark all that apply.)
169e.	in your teens?	O No	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169f.	in your 20s?	○ No	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169g.	in your 30s?	○ No	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169h.	in your 40s?	○ No	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169i.	in your 50s?	○ No○ Haven't reached this age	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169j.	in your 60s?	○ No ○ Haven't reached this age	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:
169k.	in your 70s or above?	○ No○ Haven't reached this age	○ Yes	 Once a year or less Less than once a month Once a month or more, but less than once a week Once a week or more 	SmokingIngestingOther, specify:

- 170. Have you ever used cannabidiol, also called CBD?
 - $^{\circ}$ No \rightarrow GO TO QUESTION 171 ON NEXT PAGE

○ Yes

170a.		hen did you first use cannabidiol, lso called CBD?		/ YEAR
170b.		did you last use cannabidiol, called CBD?	MONTH	/ YEAR
170c.	Are you currently using cannabidic also called CBD?		○ No → ○ Yes	GO TO 171 ON NEXT PAGE
	170d.	When you use cannabidiol (CBD), we typically use? (Please mark all that or oral, prescription medication (excapsule, edible, tincture, or power capsule, edible, edibl	apply.) camples: Epd immediated der) e mouth we placed under oing device	pidiolex, Sativex) tely (may be an oil, while being absorbed ander the tongue) e (e.g. a vape pen)

Since January 1, 2017	NO	YES	a. If yes, in which years since January 1, 2017 did you drink alcohol? (Please mark all that apply.)	b. About how often did you drink alcohol?	c. On average, how many drinks did you have on the days that you drank alcohol?
171. have you drunk alcoholic beverages?	O No	○ Yes	○ 2017○ 2018○ 2019○ 2020○ 2021	 Every day 5-6 times per week 3-4 times per week 2 times per week Once per week 2-3 times per month Once per month A few times per year 	 7 or more 6 5 4 3 2 1

- 172. Since January 1, 2017, did you ever drink four or more alcoholic beverages in a row, in one sitting?
 - \circ No → GO TO QUESTION 173

Yes

172a. How often has this happened since January 1, 2017?

- O More than once a week
- Once a week
- O More than once a month but less than once a week
- Once a month
- 7-11 times a year
- 4-6 times a year
- 2-3 times a year
- Once a year
- Once or twice
- 173. Since January 1, 2017, has a doctor or other health professional told you that your drinking was hurting your health?
 - \circ No
 - Yes

We are interested in finding out about the kinds of **physical activities** that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **past 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise, or sport.

Durin	g the past 7 days , on how many days did you		a. How much time did you usually spend doing these physical activities on one of those days?
174.	do vigorous physical activities? These take hard physical effort and make you breathe much harder than normal, for example running or swimming at a fast pace. Think only about activities that you did for at least 10 minutes at a time.	# DAYS OR O No vigorous physical activity	HOURS MINUTES PER DAY PER DAY O Not sure
175.	do moderate physical activities? These take moderate physical effort and make you breathe somewhat harder than normal, for example dancing or doing yard work. Think only about those physical activities that you did for at least 10 minutes at a time. Do not include walking.	# DAYS OR O No moderate physical activity	HOURS MINUTES PER DAY PER DAY O Not sure
176.	walk for at least 10 minutes at a time? This includes walking at work and at home, walking to travel from place to place, and any other walking you might do solely for recreation, sport, exercise, or leisure.	# DAYS OR O No walking for at least 10 mins	HOURS MINUTES PER DAY PER DAY O Not sure

During	During the past 7 days, how much time did you					
177.	usually spend sitting on a weekday ? This includes sitting while at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.	HOURS PER DAY Not sure	MINUTES PER DAY			
178.	usually spend standing on a weekday ? This includes standing while at work, at home, and during leisure time.	HOURS PER DAY Not sure	MINUTES PER DAY			

- 179. How similar was your level of activity this past week to your usual level of activity?
 - Less than usual
 - O About the same
 - More than usual

Have y	ou ever	NO	YES	a. What does/did it measure? (Please mark all that apply.)	b. Do you currently use it?
180.	worn a fitness tracker or fitbit-type device?	O No	○ Yes	Physical activitySleepOther	○ No ○ Yes
181.	used a smart phone to track your activities?	○ No	○ Yes	○ Physical activity○ Sleep○ Other	○ No ○ Yes

Some people follow special diets as part of their lifestyle. Others change their diet when there is a change in their life or when they are trying to achieve a goal like losing weight.

of the	January 1, 2017, which (if any) se special diets have you ed for longer than a month, than during pregnancy?	NO	YES	a. How long did you follow this diet?	b. Have you followed this diet for at least a month in the past year?
182.	Vegetarian	○ No	○ Yes	Less than 8 weeks8 weeks - 1 yearMore than 1 year	○ No ○ Yes
183.	Vegan	○ No	○ Yes	Less than 8 weeks8 weeks - 1 yearMore than 1 year	○ No ○ Yes
184.	Pescatarian (includes fish and seafood)	○ No	○ Yes	Less than 8 weeks8 weeks - 1 yearMore than 1 year	○ No ○ Yes
185.	Gluten-free	○ No	○ Yes	Less than 8 weeks8 weeks - 1 yearMore than 1 year	○ No ○ Yes
186.	Ketogenic ("keto") diet	○ No	○ Yes	○ Less than 8 weeks○ 8 weeks - 1 year○ More than 1 year	○ No ○ Yes

Have you ever had a chemical relaxer or straightener applied to your hair? 187.

O NO → GO TO QUESTION 188 ON NEXT PAGE

○ Yes

187a. In the last 12 months, have you had a chemical relaxer or straightener applied to your hair?

 \circ No ○ Yes → Q187c

187b. If No, how old were you when you last had a chemical relaxer or straightener applied to your hair?

AGE

Did you use or apply chemical relaxers or straighteners to your hair	NO	YES	a. On average, how frequently did you use or apply chemical relaxers or straighteners?	b. Did the chemical relaxer(s) you used contain lye?
187c. in your teens?	O No	○ Yes	 1-2 times a year Every 3-4 months Every 5-8 weeks 1 or more times a month 	No, never or rarely contained lyeYes, always or usually contained lye
187d. in your 20s?	○ No	○ Yes	 1-2 times a year Every 3-4 months Every 5-8 weeks 1 or more times a month 	No, never or rarely contained lyeYes, always or usually contained lye
187e. in your 30s?	O No	○ Yes	1-2 times a yearEvery 3-4 monthsEvery 5-8 weeks1 or more times a month	No, never or rarely contained lyeYes, always or usually contained lye
187f. in your 40s?	O No	○ Yes	 1-2 times a year Every 3-4 months Every 5-8 weeks 1 or more times a month 	No, never or rarely contained lyeYes, always or usually contained lye
187g. in your 50s or above?	O No	○ Yes	 1-2 times a year Every 3-4 months Every 5-8 weeks 1 or more times a month 	No, never or rarely contained lyeYes, always or usually contained lye

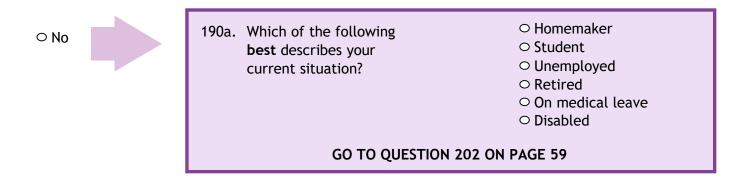
188. During the **past year**, on average, how much time per day did you usually spend outdoors in daylight?

	Not at all	Less than 30 minutes per day	30 minutes or more per day
a. Winter season	0	0	0
b. Spring season	0	0	0
c. Summer season	0	0	0
d. Fall season	0	0	0

189. In a typical week, approximately how much time do you usually spend in natural environments including, but not limited to, public parks, gardens, or trails?

			AND			PER WEEK
HOURS		JRS		MINI	JTES	•

190. Since January 1, 2017, have you had a full-time or part-time job other than homemaking that you held for at least 12 months (at least 9 months if it was a teaching job)?



○ Yes → GO TO QUESTION 191 ON NEXT PAGE

	IF YOU DID NOT HAVE A JOB SINCE JANUARY 1, 2017, GO TO QUESTION 202 ON PAGE 59						
	191. How many differ	ent jobs have you had since January 1	, 2017? # OF JOBS				
		nave had since January 1, 2017, startin OT REPORT JOBS YOU STOPPED WOR	=				
		JOB 1	JOB 2				
192.	When did you first start this job?	 ○ Before 2017 ○ 2017 ○ 2018 ○ 2019 ○ 2020 ○ 2021 	 ○ Before 2017 ○ 2017 ○ 2018 ○ 2019 ○ 2020 ○ 2021 				
193.	When did you last have this job?	 2017 2018 2019 2020 2021 I still work there 	 ○ 2017 ○ 2018 ○ 2019 ○ 2020 ○ 2021 ○ I still work there 				
194.	Where did/do you work? Please write down the name of the company you worked for and the full street address of this workplace.	NAME OF COMPANY/PLACE OF WORK STREET #	NAME OF COMPANY/PLACE OF WORK STREET #				
	Knowing the name and addresses of the places you work will allow us to evaluate the impact of air pollution and other factors in the general environment on your health. We will never use this information	STREET NAME SUITE #	STREET NAME SUITE #				



ZIP CODE

CITY OR TOWN

ZIP CODE

STATE

COUNTY

CITY OR TOWN

STATE

COUNTY

for any other purpose and will never contact your

employer.

		JOB 1	JOB 2
195.	What was/is your job title?	JOB TITLE	JOB TITLE
196.	What type of company or organization did/do you work for? (What do they make or what services do they provide?)	INDUSTRY	INDUSTRY
197.	What are/were the specific tasks that you usually did/do in your job?	JOB DUTIES	JOB DUTIES
198.	How many hours per week did/do you usually work at this job?	 Less than 10 11-20 21-30 31-40 More than 40 	 ○ Less than 10 ○ 11-20 ○ 21-30 ○ 31-40 ○ More than 40
199.	What hours of the day did/do you usually work at this job?	START TIME: (mark one) AM PM STOP TIME: (mark one) AM PM (hr) (min) AM PM PM	START TIME: (mark one) AM (hr) (min) STOP TIME: (mark one) (mark one) (hr) (min) AM O PM
		OR ○ I work(ed) irregular hours ○ I work(ed) rotating shifts	OR ○ I work(ed) irregular hours ○ I work(ed) rotating shifts

		JOB 1			JOB 2					
200.	How many times per month did/do you work at night? "Work at night" means any shift that includes at least one hour between midnight and 2:00 AM.	 Never 1-2 times/month 3-5 times/month 6-10 times/month 11-15 times/month More than 15 times per month 			 Never 1-2 times/month 3-5 times/month 6-10 times/month 11-15 times/month More than 15 times per month 					
			NO	YES	NO YI	ES				
201.	While working at this job did/do	a. work in dusty conditions?	0	0	a. work in dusty conditions? O	5				
	you regularly	b. breathe in chemical vapors or fumes?	0	0	b. breathe in chemical vapors or fumes?	5				
		c. get chemicals or oils on your skin or clothing?	0	0	c. get chemicals or oils on your skin or clothing?	5				
		d. come in contact with solvents or degreasers?	0	0	d. come in contact with solvents or degreasers?	5				
		e. come in contact with metal chips, dust, or fumes?	0	0	e. come in contact with metal chips, dust, or Office fumes?	5				
		f. come in contact with pesticides?	0	0	f. come in contact with pesticides?	5				
		g. use cleaning solutions (not counting dish or laundry detergents)?	0	0	g. use cleaning solutions (not counting dish or OC laundry detergents)?	5				
		h. travel in a vehicle?	0	0	h. travel in a vehicle? O)				

SPACE IS PROVIDED FOR TWO JOBS. IF YOU HAVE HAD MORE THAN TWO JOBS LASTING 12 MONTHS OR MORE SINCE JANUARY 1, 2017, PLEASE ANSWER THE SAME QUESTIONS FOR EACH JOB AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.



Please mark the category that best describes your response. There are no right or wrong answers. Try not to let your response to one statement influence your responses to other statements. Answer according to your own feelings, rather than how you think "most people" would answer. Don't take too long thinking over your replies; your immediate reaction will probably be more accurate than a long, thought-out response.

202. Please respond to each item by marking one answer per row.

	Excellent	Very good	Good	Fair	Poor
a. In general, would you say your health is	0	0	0	0	0
b. In general, would you say your quality of life is	0	0	0	0	0
c. In general, how would you rate your physical health?	0	0	0	0	0
d. In general, how would you rate your mental health, including your mood and your ability to think?	0	0	0	0	0
e. In general, how would you rate your satisfaction with your social activities and relationships?	0	0	0	0	0
f. In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)	0	0	0	0	0

203.	To what extent are you able to carry out your everyday physical activities such as walking,
	climbing stairs, carrying groceries, or moving a chair?

0	Com	pletely
_		

- Mostly
- Moderately
- A little
- Not at all

204. Can you stand up from a chair without using your hands to push off?

- \circ No
- Yes

205.	In the past 7 days , how often have you been bothered by emotional problems such as feeling anxious, depressed, or irritable?
	○ Never

○ Rarely

 \circ Sometimes

 \circ Often

Always

206. In the past 7 days, how would you rate your fatigue on average?

○ None

○ Mild

○ Moderate

○ Severe

○ Extremely severe

In the past 7 days, how would you rate your pain on average? 207.

No pain									ir	worst naginabl pain	e
0	0	0	0	0	0	0	0	0	0	0	
0	1	2	3	4	5	6	7	8	9	10	

208. How often during the past 30 days, have you...

	Never	Almost never	Some- times	Fairly often	Very often
a. felt that you were unable to control the important things in your life?	0	0	0	0	0
b. felt confident about your ability to handle your personal problems?	0	0	0	0	0
c. felt that things were going your way?	0	0	0	0	0
d. felt difficulties were piling up so high that you could not overcome them?	0	0	0	0	0

209. Below is a list of some of the ways you may have felt or behaved. During the past week, how often did you feel or act this way?

	Rarely or none of the time	A little of the time	A moderate amount of the time	Most or all of the time
a. I was bothered by things that usually don't bother me.	0	0	0	0
b. I had trouble keeping my mind on what I was doing.	0	0	0	0
c. I felt depressed.	0	0	0	0
d. I felt that everything I did was an effort.	0	0	0	0
e. I felt hopeful about the future.	0	0	0	0
f. I felt fearful.	0	0	0	0
g. My sleep was restless.	0	0	0	0
h. I was happy.	0	0	0	0
i. I felt lonely.	0	0	0	0
j. I could not "get going."	0	0	0	0

_						
	you ever been ed unfairly	NO	YES	a. Has this happened in the past five years?	b. If yes, about how often has this happened in the past five years?	c. What do you think is the main reason for these experiences? (Please mark all that apply.)
210.	in home renting, buying, or mortgage?	○ No	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:
211.	in being stopped, searched, or threatened by police?	○ No	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:
212.	in receiving service at a store, restaurant, or other business?	○ No	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:
than least worke	-	ot oplicable ee below) other at e you	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:

Have y	you ever	NO	YES	a. Has this happened in the past five years?	b. If yes, about how often has this happened in the past five years?	c. What do you think is the main reason for these experiences? (Please mark all that apply.)
214.	been treated as though you were less intelligent, worthy, or honest than others?	○ No	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:
215.	experienced people acting as if they are afraid of you?	○ No	○ Yes	○ No ○ Yes	 Less than once a year A few times a year A few times a month At least once a week Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:
216.	felt discriminated against?	○ No	○ Yes	○ No ○ Yes	 ○ Less than once a year ○ A few times a year ○ A few times a month ○ At least once a week ○ Almost daily 	 Race or ethnicity Sexual orientation Age Gender Religion Weight Education/income level Disability or illness Other, specify:

217. As people age, some begin to worry about their ability to think clearly, make decisions and remember things. In the last several years...

	No	Yes	Don't know	Not applicable
a. have you noticed that your judgment (e.g., ability to make decisions and think clearly) is not as good as it used to be?	0	0	0	0
b. has your interest in hobbies or activities decreased?	0	0	0	0
c. have you noticed that you tend to repeat things over and over (questions, stories, or statements) more often than you used to?	0	0	0	0
d. has it become harder to learn how to use a new tool, appliance or gadget (e.g., computer, microwave, remote control)?	0	0	0	0
e. have you noticed more problems remembering the month or year?	0	0	0	0
f. have you had more problems handling complicated financial affairs (e.g., balancing checkbook, preparing income taxes, paying bills) than you used to?	0	0	0	0
g. has it become more difficult to remember appointments?	0	0	0	0
 h. do you notice more daily problems with thinking and/or memory? 	0	0	0	0

218.	Have family or friends told you that you have trouble thinking clearly, making decisions, or
	remembering things?

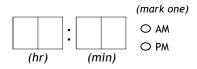
 \circ No

○ Yes

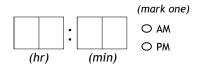
O Don't know

Please answer the following questions about sleep. We are interested in what time you go to bed and when you wake up. Please consider a typical 24 hour period which may include sleeping during the day if you are working at night. Questions ask about your usual bedtimes and waking times when you are working (work days) or on non-work days. If you are not working, think about your usual patterns on weekdays versus weekends.

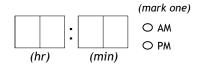
219. What time do you usually go to bed on weekdays or workdays?



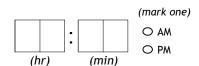
220. What time do you usually wake up on weekdays or workdays?



221. What time do you usually go to bed on weekends or non-workdays?



222. What time do you usually wake up on weekends or non-workdays?



223. To feel your best, how many hours of sleep do you need?



	For the following question only consider your main sleep period. For most people this will be at night, but may be different for you. Example: A nurse working night shift would have her main sleep period during the day.
224.	In the past year , how many hours of actual sleep, on average, did you typically get during your main sleep period ? (This may be different than the number of hours you spent in bed.)
	# HOURS
224a.	On average, what time of day do you eat your last meal before going to bed for your main sleep period?
	HOUR MINUTES O AM
224b.	On average, how much time passes between when you last eat anything before going to bed and when you first eat anything when you wake up from your main sleep period? (Include snacks.) # HOURS
For th	e following question consider all sleep in a typical 24 hour day, including naps.
225.	In the past year , how many hours of actual sleep, on average, did you typically get in 24 hours , including naps ? (This may be different than the number of hours you spent in bed.)
	# HOURS
226.	One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?
	○ Definitely a "morning" type
	○ Rather more a "morning" than an "evening" type
	Rather more an "evening" than a "morning" typeDefinitely an "evening" type
227.	If there is a specific time at which you have to get up in the morning, to what extent are you dependent on being woken by an alarm clock?
	○ Not at all dependent
	○ Slightly dependent
	○ Fairly dependent
	○ Very dependent
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In the past 7 days... 228.

	Not At All	A Little Bit	Some- what	Quite A Bit	Very Much
a. my sleep was restless.	0	0	0	0	0
b. I was satisfied with my sleep.	0	0	0	0	0
c. my sleep was refreshing.	0	0	0	0	0
d. I had difficulty falling asleep.	0	0	0	0	0
e. I had trouble staying asleep.	0	0	0	0	0

- Do you ever feel excessively sleepy during the day, even after getting your usual sleep? 229.
 - \circ No → GO TO QUESTION 230

○ Yes	

229a. In the past month, about how often did you feel excessively sleepy during the day?

- Less than once a week
- 1 2 days per week
- 3 5 days per week
- 6 days per week or daily
- 230. During the past month, how often have you had trouble sleeping because you...

		Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a.	feel too cold?	0	0	0	0
b.	feel too hot?	0	0	0	0
c.	have bad dreams?	0	0	0	0
d.	have pain?	0	0	0	0
e.	have to go to the bathroom?	0	0	0	0
f.	other reason(s), please specify:	0	0	0	0

- 231. During the past month, how often have you taken medicine (prescription or over the counter) to help you sleep?
 - Not during the past month
 - Less than once a week
 - Once or twice a week
 - Three or more times a week
- 232. During the past month, how would you rate your sleep quality overall?
 - Very good
 - Fairly good
 - Fairly bad
 - O Very bad

Have you ever been told	NEVER OR BEFORE 1/1/2017	1/1/2017 OR LATER	a. If yes, has this happened more than 3 times since 1/1/2017?	b. If you first knew this after 1/1/2017, what was the year, or how old were you?
233. or suspected yourself, that you seem to "act out your dreams" while asleep? For example, punching or flailing arms in the air, making running movements, shouting, or screaming.	NeverYes, first knew this before 1/1/2017	○ Yes, first knew this after 1/1/2017	O No O Yes (more than 3 times)	2 0 YEAR OR AGE

- 234. Have you ever been told that you sleepwalk?
 - GO TO QUESTION 235 ON NEXT PAGE

Yes

234a. What was the first year (or age) you knew you did this?

YEAR

OR

AGE

234b. Since January 1, 2017, how many times (that you are aware of) has this happened?

○ No times since 1/1/2017

○ 1-3 times

O More than 3 times

- 235. Has a doctor or other health professional ever told you that you had sleep apnea?
 - \circ No \rightarrow GO TO QUESTION 236

○ Yes	

235a. When were you first told you had sleep apnea?	MONTH YEAR
235b. Do you currently have this condition?	○ No ○ Yes
235c. Do you currently use a continuous positive airway pressure machine (CPAP)? Please include BiPAP (bi-level PAP), VPAP (variable PAP), and APAP (auto-titrating PAP) machines.	○ No ○ Yes

		NO	YES
236.	Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	0	0
237.	Has anyone observed you stop breathing during your sleep?	0	0

- 238. In the past 5 years, approximately how frequently have you donated blood?
 - More than once a year
 - Once a year
 - O Less than once a year
 - Never

- 239. Since January 1, 2017, have **any close relatives** of yours died of **cancer or another cause**? *Include close relatives related by blood, marriage, or adoption.*
 - $^{\circ}$ No \rightarrow GO TO QUESTION 240 ON NEXT PAGE
 - Yes
 - \downarrow

What is/are the relative(s)' relationship to you? (Please mark all that apply.)	Cause of Death (Please mark all that apply.)
○ Mother	○ Cancer ○ Other
○ Father	○ Cancer○ Other
○ Sister(s)	○ Cancer ○ Other
○ Brother(s)	○ Cancer ○ Other
○ Daughter(s)	○ Cancer ○ Other
○ Son(s)	○ Cancer ○ Other
○ Spouse or partner(s)	○ Cancer ○ Other
 Other relative(s) whether related to you by blood, marriage, or adoption, etc. 	○ Cancer ○ Other

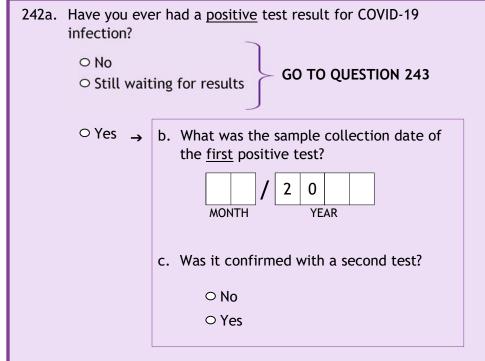
- 240. Have you moved since January 1, 2017?
 - \circ No \rightarrow GO TO QUESTION 241 ON NEXT PAGE

○ Yes	240a. What month and year did you move into your current residence? MONTH YEAR
	240b. Please write down your current address. STREET #
	STREET NAME
	APT # CITY OR TOWN STATE ZIP CODE
	COUNTY 240c. Please write down the name of the nearest cross street (the
	street that intersects with the street where you live): NAME OF NEAREST CROSS STREET

241.	Have you ever been sick with suspected or confirmed COVID-19, whether or not you were tested for active COVID-19 infection at that time? O I had a positive COVID-19 test but never felt sick No, I have not been sick with COVID-19 Probably not: I was sick with some of the same symptoms but don't think it was COVID-19 O Yes, I was sick with suspected (sonfirmed COVID-19)
	 Yes, I was sick with suspected/confirmed COVID-19 ↓
	241a. What was the approximate date you started feeling sick? If you had this more than once, report for the time when you were the most sick. 241b. How many days until you recovered? That is, how many days until you felt well enough to resume your normal activities? ○ Not yet recovered → b1. Approximately how many days have you been sick so far? # DAYS 241c. Were you admitted to the hospital? Do NOT include visit(s) to the Emergency Department only. ○ No → GO TO QUESTION 242 ON NEXT PAGE
	○ Yes → c1. How many days in hospital <u>so far</u> ? Do NOT include days in long-term rehabilitation/rehab. # DAYS
	c2. Did you go to a long-term rehabilitation/rehab O No facility after hospital discharge? O Yes

- 242. Have you ever been tested for an <u>ACTIVE</u> COVID-19 infection? This tests for virus causing infection <u>at that time</u>. (Do NOT include antibody tests, blood tests used to measure past infection with COVID-19.)
 - \circ No \rightarrow GO TO QUESTION 243
 - Yes (nasal or throat swab, or saliva sample)





⊃ Yes			
Ţ			
Please specify:			
- case specify.			

243. Are there any other health or life events you wish we had asked about?

Please check to see that all questions are answered.

Thank you for completing this questionnaire and for your continued participation in the Sister Study.

Please mail this form to us at the address below. A postage-paid envelope is provided.

The Sister Study, 4505 Emperor Blvd, Suite 400, Durham, NC 27703 phone: 1-877-4SISTER (1-877-474-7837); email: update@sisterstudy.org

If you have a pathology report from a cyst aspiration, cyst removal, needle biopsy, surgical biopsy, lumpectomy, or mastectomy that you are willing to share with us, please include a copy with your completed questionnaire.

Thank you!

