



January 10, 2008

Dear (first name of child):

This year we are asking you to do a lot of things for us. The things you agree to do for our study will help answer many questions about heart disease – questions like: are Québec boys and girls too stressed? Do they have too much fat or sugar in their blood? Is their heart in good health? We need your help, and would like to thank you for participating in our study.

The health part of our study is explained in the consent form. Please take time to read it with your parents.

In summary, here is what you will have to do:

1. Meet with a nurse in your home in the morning with one or both of your parents (you're not supposed to have had anything to eat or drink since 10:00 pm the night before). To make sure it doesn't hurt, the nurse will put some cream on your skin to make it numb where she will take a blood sample. Following taking the blood sample, you will be able to watch the nurse process it in a centrifuge right in front of you! If you have chosen to give a saliva sample instead of a blood sample, a research assistant will visit you instead of a nurse, and will ask you to put some of your saliva in a container.
2. She will put a small instrument called a Holter monitor on you to measure your heartbeat during the visit.
3. Then she will measure your weight, height, waist, sitting height and blood pressure.
4. She will fill out a questionnaire with you which will take about 20 minutes.
5. On two mornings in the week after the nurse's or research assistant's visit, you will put some of your saliva in two containers, once when you wake up, and another 30 minutes later – both before you have anything to eat or drink. One of your parents will do this too.

That's it!

If you agree, you will be participating in a big study on children's health.

Once again, thank you for helping us!

Sincerely yours:

Bertrand Perron
QLSCD Coordinator

Daniel Tremblay
Director of *Direction Santé Québec*

To reach us, you can call 514 873-4749, extension 6125, or toll-free 1-877-677-2087, extension 6125.