

# 2019 UNC Alumni Heart Study Newsletter

February 29, 2020

Please accept the enclosed Tar Heel lapel pin as a thank you for your participation in the UNCAHS and as a celebration of the longevity of our study. As you know, we started with members of the entering classes of 1964, 1965, and 1966 at UNC Chapel Hill who took an MMPI at college registration, which was then used to test the hypothesis that hostility predicts premature heart disease in members of the Baby Boom Cohort (it does). Along the way, we drew additional samples from the Alumni Association and added some spouses of study members. The 50th college reunions for our original cohorts are 2018-2020. We are aging and future data collection for the UNCAHS will reflect that. Going forward, data collection will be more streamlined and by invitation. So, for example, if we wish to study Alzheimer's disease, we will email our study members with an invitation to complete a questionnaire online. This invitation would go to specific study members depending on their reports to us about Alzheimer's disease. Because of this new approach, we are asking our study members to let us know if they would like to "retire" from the study or remain "active" in the study and receive future invitations by email. You may still be contacted if someone decides to study your experience in retirement.

Please go to our webpage ([UNCAHS.ORG](http://UNCAHS.ORG)) and click the link to a short online update (the code is CNFTJHFHX). The survey asks you to enter your Study ID# (**SID**), choose your future status (active or retired), update your contact information, and answer questions about your current health, marital status, and smoking status. If you prefer, a printed version of this same update is on the back of this page, and a postage paid return envelope is provided.

This is the information that we have on file for you, in addition to the address above:

Email:

Telephone:

If this newsletter has been received by someone who is acting as an agent or caregiver for the study member, please complete the first section on the reverse of this letter and let us know what has happened so we may update our records. If you prefer, email us at [study@uncahs.org](mailto:study@uncahs.org) or [ilene.siegler@duke.edu](mailto:ilene.siegler@duke.edu) or call 800-233-5912.

Thanks for the memories and your commitment to the study.

*Ilene C. Siegler*

UNC Alumni Heart Study  
Post Office Box 61778  
Durham, NC 27715



[www.uncahs.org](http://www.uncahs.org)  
[study@uncahs.org](mailto:study@uncahs.org)  
Phone: 800-233-5912