

INFORMATION SHEET AND CONSENT FORM FOR A STUDY

Study:	The effect on cardiovascular risk factors of migration from rural to urban areas in Peru
Institutions:	London School of Hygiene and Tropical Medicine (London, United Kingdom) Universidad Peruana Cayetano Heredia (Lima, Peru)
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Purpose of the Study.

We would like to invite you to participate in this study aimed to determine those conditions related to diseases of the circulatory system such as obesity, high blood pressure, diabetes and high cholesterol levels among the population.

We are inviting people who have been born in the department of Ayacucho and moved to Lima during the years of political violence. Also, we are inviting people who have not migrated – people born and currently living in Lima and Ayacucho, respectively – in order to compare the conditions mentioned above between these population groups. We hope to carry out this study in a total of 1000 people, both in Ayacucho and Lima. Before making a decision about whether you wish to participate in this study, please read this document and discuss it with the interviewer.

It is now known that there is an increased risk of heart attack (myocardial infarction) or “strokes” (medically known as cerebrovascular accidents) in people who have been diagnosed with one or more of the following diseases: diabetes, high blood pressure, high levels of serum lipids (such as LDL cholesterol and triglycerides) and obesity.

In this study, we would like to make a brief interview to gather general information related to these diseases, take measurements of height, weight and waist, and take a blood sample to determine, through a laboratory study, the conditions we want to study. We will store small quantities of each blood sample in a freezer, to verify any error in the future, such as in the event that we find unexpected results during the study. Also, we will store a small part of your blood samples in order to be able, in the future, to continue with the studies, by comparing our findings with other populations.

This study is financed by a charity called The Wellcome Trust.

Procedures.

If you decide to participate in this study, we will:

- Ask you to sign the consent form enclosed.
- Ask questions about you and your health, and measure your height, weight and waist.
- Measure your blood pressure up to three times
- Ask you to allow us to take, only once, a blood sample equivalent to three teaspoons.
- Carry out a blood analysis, at no cost to you.
- Freeze and store a small portion of each sample (with an identification label that will not include your name)
- Give you the results of your blood tests, for your records.

Reasons for not being included in the study.

You may not participate in the study if you are under 25 years old.

Benefits.

The main benefit of this study is that many people do not know if they suffer from high blood pressure, diabetes or elevated serum lipid levels. Should this be your case, you will know if you have any of these conditions and be able to seek appropriate care. You will not be given any money for participating in this study.

Risks and Discomforts

Nothing in this study represents a great risk to your health. Most questions we will ask in this visit are questions that would be normally asked in a health centre. It will only take a few minutes of your time to answer all the questions. Additional tests shall be made using the blood samples. Blood samples are obtained with minimum

