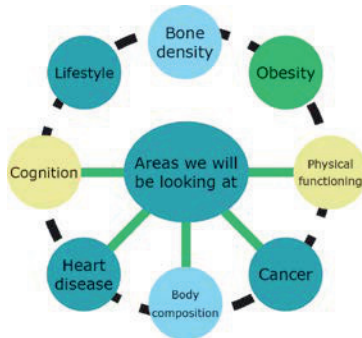


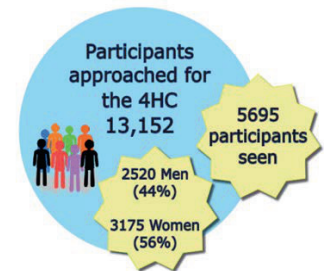
EPIC-NORFOLK NEWSLETTER

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Current phase: Fifth Health Check



The most recent phase of the EPIC-Norfolk study, the fourth health check (4HC), was completed at the end of March 2016 with a total of 5695 people attending our unit at the Norwich Community Hospital. The next phase, the fifth health check (5HC), has now begun. We will be writing to participants with an invitation to take part.



Information and samples gathered by EPIC-Norfolk

EPIC-Norfolk is an ongoing research project and the data and samples collected during the different phases of the study are used for current and future research. It is important for us to be able to examine the differences between people who become ill and those who remain healthy. Studying everyone, including those people who have fallen ill and are no longer able to attend health examinations, enables us to do this. It will also allow analysis of data and samples as and when particular areas of interest become topical.

Information held and maintained by The Health and Social Care Information Centre (HSCIC) (now known as NHS Digital) and other central UK NHS bodies may be used to help contact you or provide information about your health status in future. This will include mental health data which we need to access in order to study dementia. This is a very important part of medical research and of informing future health policies.

‘Opt Out’

You have the right to request that your data is not used beyond your own care and treatment. If you have indicated to your GP that you do not want your data to be used by third parties but do not wish this decision to affect the updates EPIC receives regarding your health information, then please contact us on one of the numbers provided. This will ensure that you will continue to contribute to the study, even if you are no longer attending the health examinations. With your permission, we can make sure that the information you have given us over the years can still be used.

Recent Findings: Cognitive function in EPIC: Shabina Hayat



With people living longer, we will see an increase in chronic disease and disability, both of which are strongly associated with ageing. Cognition refers to not just memory but a number of mental functions or abilities that are needed in order for us to be able to function.

Cognitive decline or impairment is beyond just memory lapse and impacts on the quality of life and independence of an individual. From a public health perspective, maintaining good cognitive health for as long as possible is essential.

Much attention has been placed on cognitive impairment and dementia including Alzheimer's disease as age-related conditions that have huge implications both as human and economic costs on society. However, more recently, there is a growing interest in the area of 'cognitive ageing' and trying to understand why some people decline so much more than others.

Cognitive measures were introduced in EPIC-Norfolk during the third health check which ran between 2006 and 2011 (piloted between 2004 and 2006) assessing a range of abilities including memory, attention, language, reading ability, and visuospatial ability. In general, we saw a decline with increasing age for all abilities, but we also observed that some older people, even in the 80+ age group were out-performing their younger counterparts. If you would like to know more, a paper can be downloaded for free from here: <http://bit.ly/2nXPWLb>. Cognitive measures will be repeated in the 5HC so that we can assess changes in function within individuals over time and see whether this change varies across the different cognitive abilities. Having a better understanding of why these differences exist may help inform future health policies and guidelines on how to maintain cognitive health in later life.

Recent findings: Hospital Admissions: Robert Luben

Most people will at some point need to use their local hospital. There are many reasons for going: a problem with cataracts, a sprain or a routine operation perhaps. However, some people manage to avoid going to hospital. Have you considered what the chances might be for someone your age needing to go to hospital in the next ten years? Robert Luben and colleagues at EPIC-Norfolk explored this recently in a paper published in the BMJ Open journal. As well as age, they wanted to see what else predicted time in hospital and so a simple risk score was created for EPIC-Norfolk participants; risk factors were: male sex, low education, manual social class, current smoking status and body mass index >30. Everyone had a score between 0 (the best) and 5 (the worst). Even for the youngest, healthiest people (those 55 year olds who scored zero), 57 out of every 100 went to hospital over a ten year period. However, the number of participants in this group admitted more than seven times or staying twenty or more nights was much lower. For older people and those with a poor score, the chance of going to hospital was higher. But even for the oldest participants, 13 out of every 100 managed to avoid hospital altogether. If you would like to know more, the paper can be downloaded for free from here: <http://bit.ly/1NpNpLz>.

EPIC Participant Advisory Panel (EPAP) celebrated its 5th Anniversary

In March 2015, we celebrated the 5-year anniversary of EPAP with an AGM meeting at The Assembly House in Norwich. The panel provides invaluable input into many areas of EPIC activity and past contributions have included feedback on personal experience of taking part in the health checks, reviewing study documentation and questionnaires, consultation on Ethics, Research and Development and Governance matters, as well as future EPIC research plans and ideas. The panel was also studied by other research groups (RAPPORT study), and is seen as a working model for public involvement in research.

The Panel:
14 EPIC
Participants
5 members of
EPIC Research
Team



If you are interested in joining the panel and having a say in our research, please contact Nichola Dalzell, tel: 01603 218165 or email: njd23@medschl.cam.ac.uk and we will add you to the waiting list. Past meeting summaries are available on the EPIC website EPAP page: www.srl.cam.ac.uk/epic/participant_panel.shtml

Future Newsletters: We welcome your input. If there is anything in particular that you would like to see in future newsletters then please contact us on the telephone number below or through the website.