



## EPIC-NORFOLK NEWSLETTER

### UPDATE

#### Third Health Check (2004-2010)

Since 2004, we have been inviting our participants for the Third Health Check. To date, we have seen 7061 participants, which is over 70% of our desired target of 10,000; the eldest participants being worthy of special veneration as they made it through the health check, smiling, at 91 years old! Currently working at a rate of 35-40 appointments per week, you can see that we still have significant work left to do; we have just approached participants from Oak Street and Old Costessey Surgeries and we will soon be contacting those from Heathgate/Poringland and Trinity Street Surgeries.

#### Participant Panel

Recently, we have set up an EPIC-Norfolk Participant Advisory Panel to promote greater participant involvement in our research and to act as a consultation group to advise us on research. The aim being to improve the way in that our research is prioritized, planned and conducted, and how the information obtained is used and communicated. Thus far, discussions have centered around panel membership, newsletter content and dissemination, and website design, layout and content.



*The participant panel's inaugural meeting took place at the Assembly Rooms in Norwich on the 22<sup>nd</sup> March 2010.*

#### Diffusion Tensor Imaging (DTI) Study

Commencing in April 2010, this study is using 68 EPIC participants, who have been randomly chosen across a wide range of cognitive abilities, to undergo cognitive testing and brain imaging at Addenbrookes Hospital in Cambridge. This is a pilot study with the principle aim of distinguishing differences between normal ageing and future cognitive decline. Whilst, at present, dementia cannot be diagnosed based on an MRI scan, we hope to help future generations by developing a

#### Public Engagement Activities 2010/11

27<sup>th</sup> Jan – **Old Buckenham WI, Norwich**

Presentation and update on EPIC-Norfolk.

7<sup>th</sup> Feb – **St Peter Mancroft Ladies Talk, Norwich**

Presentation and update on research activities.

7<sup>th</sup> March – **Ladies Fellowship – Salvation Army, Norwich**

Presentation and update on research activities.

19<sup>th</sup> March, 10am-4pm – **Cambridge Science Festival, Cambridge**

Hands on activities and fun for all the family. Everyone welcome.

The panel will meet quarterly and summary minutes will be published online, with relevant outcomes also mentioned in upcoming newsletters. Meanwhile, if you have any topics or queries that you would like raised in future meetings, or if you are interested in becoming a member of the panel, please contact EPIC Local Research Co-ordinator Nichola Dalzell on 01603 218165 or email [nichola.dalzell@nnuh.nhs.uk](mailto:nichola.dalzell@nnuh.nhs.uk),

There have been hundreds of papers published by EPIC-Norfolk and the wider European study, details and abstracts of which are listed on our website. Below is our most recent key finding from 2010.

### **Alcohol 'only protects non-smokers against stroke'**

Various studies have suggested that a moderate intake of alcohol can have some beneficial effects on one's health but much conjecture still remains over what constitutes a moderate intake, and over whether such benefits have, in fact, been overestimated. Studying 22,254 people over 12 years, our researchers found that for those people who stayed within the 'moderate' drinking boundary – one or two small glasses of wine a day for women and slightly more for men – there was a 37% decrease in their risk of stroke. Whilst for those who smoke, this protective effect vanished, with smoking drinkers and smoking non-drinkers seeing similar levels of risk.

***For the full article of this news story please refer to the following website link:*** BBC, (2010) *Alcohol 'only protects non-smokers against stroke'* [online]. Available at: <http://news.bbc.co.uk/1/hi/8617510.stm>

**FAQ** – In each newsletter we will look to address a few of our participants' most frequently queried concerns. A more comprehensive list of questions and answers can be found on our website.

#### **1. I am an EPIC participant but I have not heard from EPIC in many years.**

You should be contacted during 2010/11 as we work our way around the remaining GP practices. It may be that we no longer have your current contact information. If you suspect that this may be the case, please contact EPIC to update any information.

#### **2. I am unable to attend the clinic, but can I still take part in the EPIC study?**

Yes. We are extremely grateful for your continued participation. If you are unable to attend the clinic, but you are willing to complete the questionnaires, then that is still very useful to us. If transportation is the main problem for you not attending the clinic then please let us know and we will see what we can do to help.

#### **3. I now have an illness; can I still continue to take part?**

Yes. Any information regarding your health is extremely important to the study. Even if you feel that you are unable to take part physically, it is useful if you inform us that you have a certain illness.

#### **4. I withdrew from EPIC at some point in the past but I am now interested in participating again.**

Just let us know and we will be happy to re-enroll you, making you eligible for the Third Health Check and any other EPIC related activities.

We would welcome your input. If there is anything in particular that you would like us to report on in future newsletters, or if you wish to book a presentation or talk from one of our researchers, please contact our team with your suggestions and queries.

Furthermore, if you are an EPIC participant and wish to receive any additional newsletters direct to an email account, please ring the EPIC team to register your details.

Contact the EPIC-Norfolk Research Team at:  
EPIC  
Department of Public Health and Primary Care,  
University of Cambridge,  
Strangeways Site,  
Wort's Causeway,  
Cambridge  
CB1 8RN  
Telephone: 01223 740170  
Fax: 01223 740177  
Email: [elliott.grigg@srl.cam.ac.uk](mailto:elliott.grigg@srl.cam.ac.uk)

We would like to **THANK ALL EPIC PARTICIPANTS** for taking part in our study. We are immensely grateful to you for the time and effort you have dedicated to take part in this important project, which would have not been possible without your help.