



The Atherosclerosis Risk  
in Communities (ARIC) Study

Wake Forest University School of Medicine  
1920 West First Street  
Piedmont Plaza One Building Suite 101  
Winston-Salem, NC 27104

Attn: Christine Robinson @ PP2 - Suite 101  
ARIC Contact phone: 336-716-7396  
ARIC Clinic Scheduling phone: 336-716-9020  
Email: avega@wakehealth.edu

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**ARIC**  
**NEWSLETTER**

For ARIC Participants and Proxies

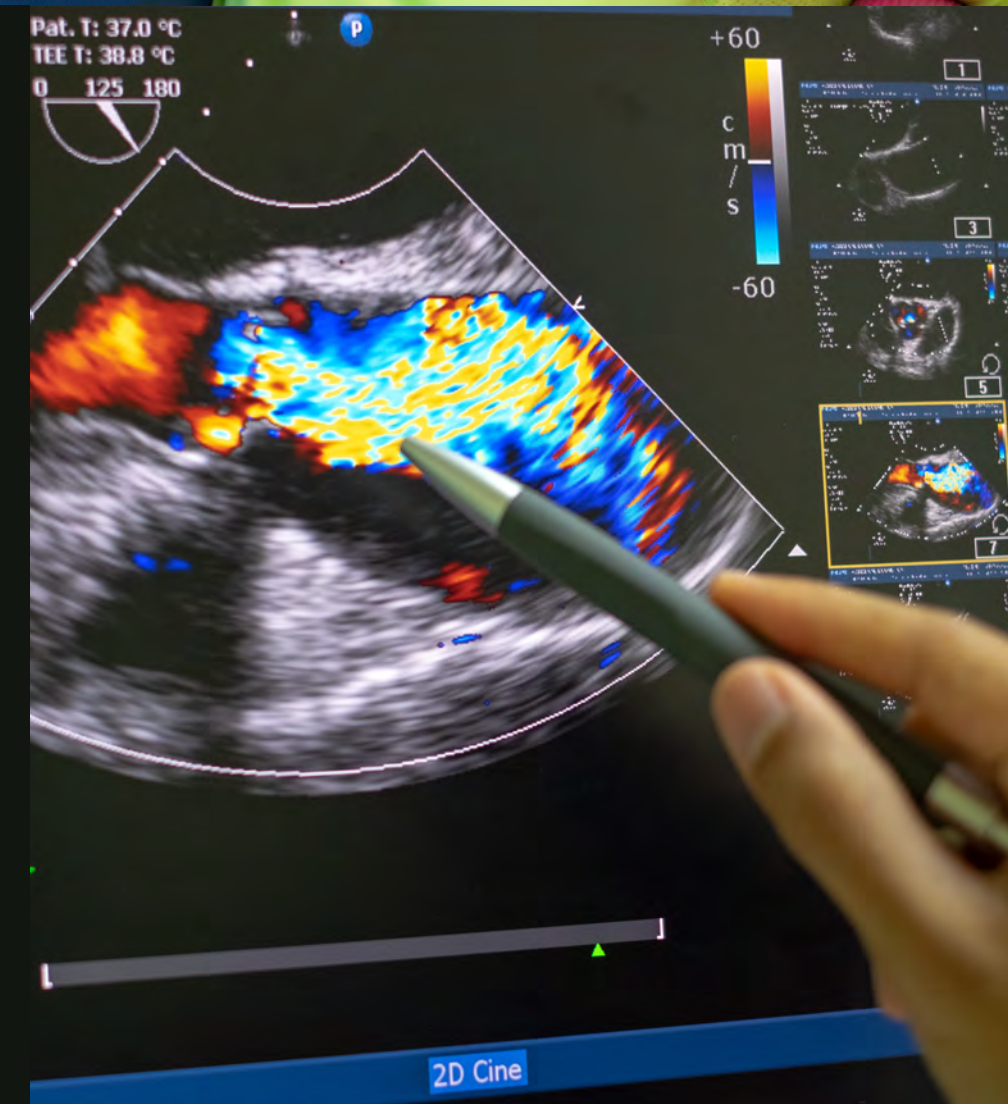


*Thank you*  
FOR PARTICIPATING

**Echocardiograms are  
back for Visit 11!**

We know many participants liked having this heart imaging study at earlier visits. In-Clinic and At-Home options will be available at Visit 11.

An echocardiogram is a motion picture of the heart. It gives real-time details on heart function and overall heart health.



## New technologies and devices for you in Visit 11!

Visit 11 could be called “Doing Research While You Sleep!” We all know sleep is important for our health and wellbeing, and several of the devices below track sleeping and motion. For many participants, Visit 11 will take place over two half-days (less than four hours each). However, if you prefer you can only participate one day. **You will get to pick which devices you want to wear at home, as many or as few as you wish!**



Name	What it does	What we are asking
<b>Actigraph LEAP</b> 	It is a motion sensor. It tracks when you are active and inactive, and how much you move while resting or sleeping.	To wear it for seven days. We have offered this type of device before, though the model is new.
<b>Sleep Profiler</b> *NEW* 	It measures electrical activity in the brain to track the stages and quality of sleep.	To wear it for one night, as a band around the forehead.
<b>WatchPAT 300</b> *NEW* 	It measures heart rate, blood oxygen, breathing, and blood vessel tone. These are used to screen for breathing issues while sleeping such as apnea.	To wear it for one night. It is like a wristwatch with a finger monitor, and a motion sensor that sticks to the chest.
<b>FitBit Charge 6</b> *NEW* 	This is a popular brand of activity tracker. It connects to a smart phone and measures steps, heart rate, blood oxygen, and other things.	To wear it as much as you want, for months or years! ARIC reimburses you for every month we get data. You will get to keep this device so you can monitor your own health.
<b>ECG Patch</b> 	This device continuously measures heart rhythm and rate, and can detect irregular heartbeats.	To wear it for two weeks. It sticks to the skin over the heart.
<b>Glucose Monitor</b> 	This is a continuous glucose monitor, often worn by people with diabetes to track their blood sugar without pricking their fingers.	To wear it for two weeks. The device goes on the arm and is about the size of a penny. We have offered this type of device before, though the model is new and much smaller.

## Hearing intervention supports cognitive health, a finding thanks to ARIC

Some of our ARIC participants also took part in the ACHIEVE (Aging and Cognitive Health Evaluation in Elders) study, which primarily wanted to see if treating hearing loss in older adults could reduce the loss of thinking and memory (cognitive decline) over time. Participants in ACHIEVE were randomly assigned into two groups, either receiving a hearing intervention (hearing aids, counseling, education) or a health education series. The participants were then followed for three years. The main results were published in *The Lancet* journal in July 2023.



**When looking at just the ARIC participants, the hearing aid-based intervention slowed loss of thinking and memory abilities by 48% over three years!**

All participants in ACHIEVE have now been offered the hearing intervention. The ACHIEVE study has also been extended until 2026.

*“These results provide compelling evidence that treating hearing loss is a powerful tool to protect from decline in cognitive function in later life, and possibly, over the long term, delay a dementia diagnosis.”*

**Frank R. Lin, MD, PhD**  
 Co-Principal Investigator, ACHIEVE  
 Johns Hopkins University  
[AchieveStudy.org](https://AchieveStudy.org)





## The Atherosclerosis Risk in Communities (ARIC) Study

The Johns Hopkins University  
George W. Comstock Center  
for Public Health Research and Prevention  
1100 Dual Highway  
Hagerstown, MD 21740

PHONE: 301-791-1847  
FAX: 301-791-3541  
EMAIL: [JHSPH.gwc-ctr@jhu.edu](mailto:JHSPH.gwc-ctr@jhu.edu)

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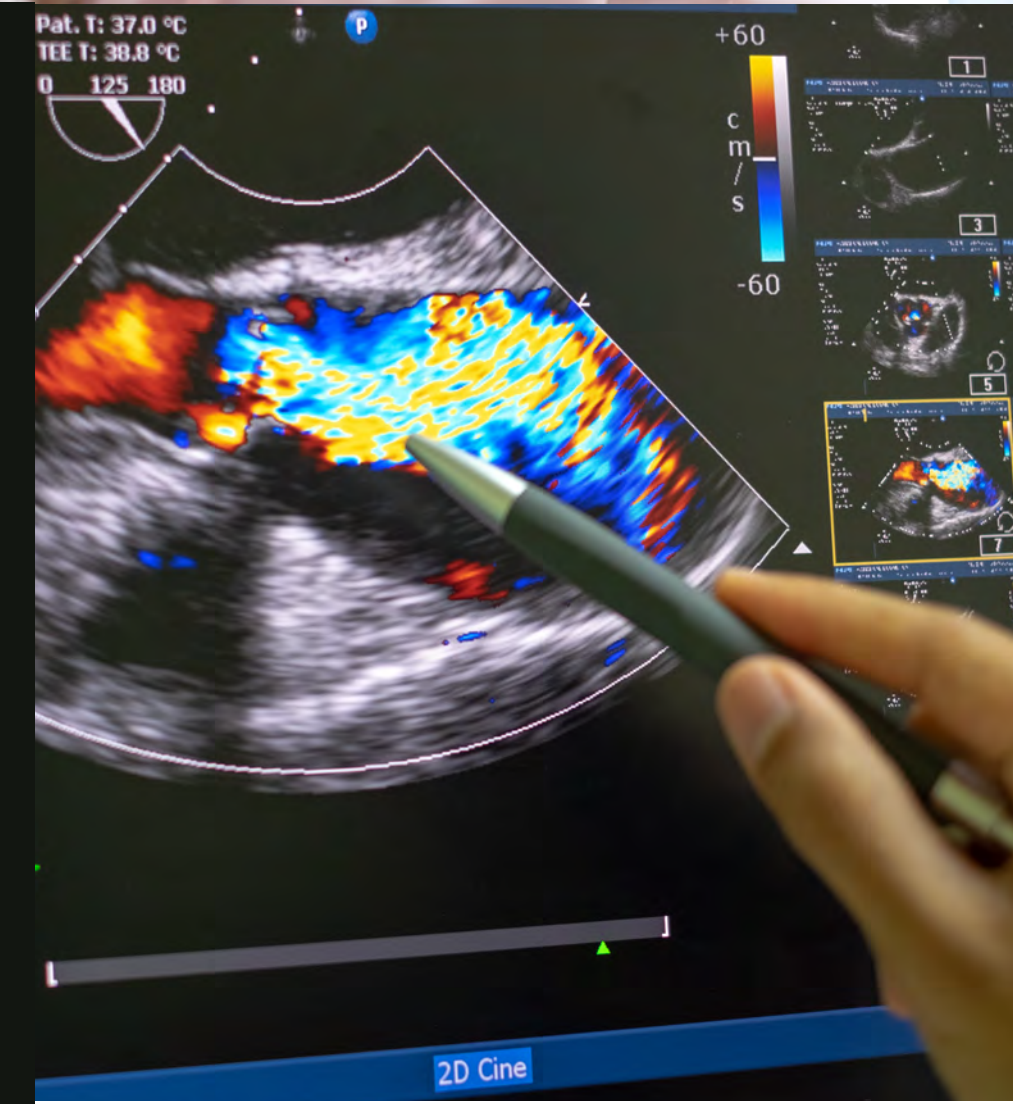
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University of Minnesota  
Minneapolis ARIC Field Center  
1300 South 2nd Street, Suite 300  
Minneapolis, MN 55454-1015

PHONE: 612-626-9557  
FAX: 612-625-7745  
ARICMN@umn.edu

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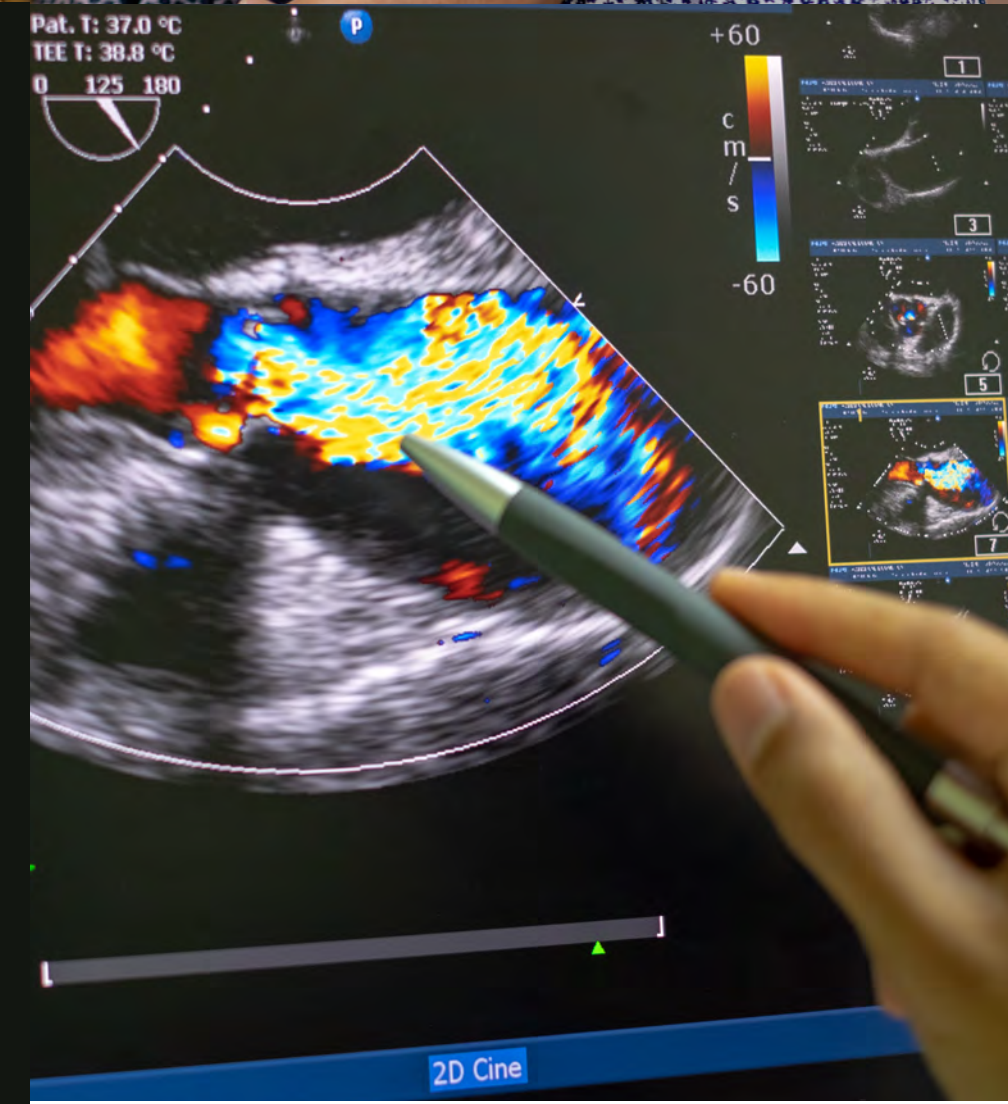
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## The Atherosclerosis Risk in Communities (ARIC) Study

University of Mississippi Medical Center  
Office Annex II, ND 344  
Jackson, MS 39216

PHONE: 601-984-5695  
EMAIL: ARICStudyUMMC@umc.edu

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