



Canadian Longitudinal Study on Aging  
Étude longitudinale canadienne sur le vieillissement

## Measurements Taken at Your Follow-Up 3 Data Collection Site Visit

All tests completed during the Data Collection Site visit are for research purposes only. These measurements are not a clinical diagnosis. Many test results require further analysis and interpretation to be clinically useful.

If you receive a borderline, high or low in the interpretation column of these measures we recommend you follow up with your physician for verification and discussion of results.

The CLSA will not send any results directly to your doctor or other health-care provider. You will not receive any other tests results including genetic tests. This is because many of the tests are exploratory and do not currently have a clinical use for health care or because it is not feasible.

For more information about the study, please visit our website at [www.clsa-elcv.ca](http://www.clsa-elcv.ca) or call our toll-free number 1-866-999-8303.

### PARTICIPANT INFORMATION

|                                  |  |
|----------------------------------|--|
| Date of appointment:             |  |
| Name of participant:             |  |
| Age of participant at DCS visit: |  |
| Height of participant:           |  |
| Weight of participant:           |  |

### MEASUREMENT INFORMATION

| Measurement      | Your Measurement | Normal Range | Interpretation |
|------------------|------------------|--------------|----------------|
| Body Mass Index* |                  |              |                |

*\*Note: For persons 65 years and older the normal range may begin slightly above 18.5 and extend slightly above 25.0.*

|                     |  |  |  |
|---------------------|--|--|--|
| Waist-to-Hip Ratio  |  |  |  |
| Waist circumference |  |  |  |
| Hip circumference   |  |  |  |

| Measurement                                      | Your Measurement | Normal Range | Interpretation |
|--|------------------|--------------|----------------|
| <b>Blood Pressure</b>                            |                  |              |                |
| • Systolic                                       |                  |              |                |
| • Diastolic                                      |                  |              |                |
| <b>Lung Capacity</b>                             |                  |              |                |
| • Forced Vital Capacity (FVC) *                  |                  |              |                |
| • Forced Expiratory Volume (FEV <sub>1</sub> ) * |                  |              |                |
| • FEV <sub>1</sub> /FVC                          |                  |              |                |
| <b>Bone Fracture Risk - FRAX**</b>               |                  |              |                |

\*The value in the 'normal range' column represents the lower end of the normal range. If you see the word 'low' in the 'Interpretation' column, then your measurement is below the lower end of the normal range.

\*\*FRAX (Fracture Risk Assessment Tool) - The FRAX score gives the risk of suffering a major osteoporotic fracture (hip, spine, wrist, or shoulder) over the next 10 years.

## Hearing

|  | Your Hearing Threshold |          |
|--|------------------------|----------|
| Frequency (Pitch)<br>Measured at 40 dB | Right Ear              | Left Ear |
| 500 Hz                                 |                        |          |
| 1000 Hz                                |                        |          |
| 2000 Hz                                |                        |          |
| 3000 Hz                                |                        |          |
| 4000 Hz                                |                        |          |
| 6000 Hz                                |                        |          |
| 8000 Hz                                |                        |          |

Your hearing threshold is the sound level below which you are unable to hear any sounds. Conversational speech or speech sounds are normally heard at 40db. This test is recording if you heard the pitch at this level. If the sound was heard it is indicated by a pass and fail if not heard. If you fail on any of these we recommend that you follow up with your physician for further interpretation.

**Visual Acuity: 20/**

Visual acuity (VA) is a screening tool used to measure your ability to see sharply and clearly. 20/20 vision is considered normal performance for distance vision. A larger second number (i.e., 20/40, 20/50, 20/60) indicates worsening vision. If you are concerned about your vision then you should follow up with an optometrist.