

## GOTHENBURG STUDY (GÖTEBORG) (H70)

The gerontological and geriatric population studies in Göteborg, Sweden (H 70) have existed since 1971. The aims of H70 are to: offer health controls to seniors; study "normal" ageing and incidence and prevalence of illness at advanced ages; find clinical reference values; study the need for various forms of medical contribution and for various forms of care; and, study the possibilities of preventing functional decline and ill health in old age.

### Listing of study variables & measurement of variables

#### Home visit interview:

- age
- marital status
- address co-ordinates
- housing conditions
- economy
- social and physical communications
- previous mobility
- education
- previous and present occupation
- need for care
- consumption of health care and drugs

#### Hospital examination:

- general medical examination
- blood and urine sampling
- ECG
- impedance measurements
- tests of visual acuity and hearing
- bone density
- x-ray of heart, lungs and breasts
- SUBSAMPLES- psychological, psychiatric, audiological, dental, somatometric, muscular
- ability, movement analyses, diet interviews, energy metabolism, anthropometry • ophthalmology
- thyroid research

#### Psychology:

- intelligence
- memory functioning
- cognitive functioning
- presence of organic brain disorders

#### Psychiatry:

- loneliness
- bereavement and other losses
- loss of earlier status
- physical diseases, especially perceptual and neurological changes
- use of medication, anti-depressant, psychotropic
- CT scan of head
- cerebrospinal fluid
- cerebral blood flow (SPECT)
- previous life events
- mental history
- hereditary factors
- thoughts about death and suicide
- sexual activity
- sleep
- presence of dementia

#### Movement analysis (computer assisted):

- lifting task composed of rising, gait and arm movements
- postural, locomotive, manual aspects of motor act
- muscle strength test
- ADL test
- reaction time tests
- balance test
- tapping rate
- vibrotactile threshold
- spirometry

### **Cardiovascular system:**

- presence of hypertension, coronary heart disease, congestive heart failure
- treatment of above
- heart volumes
- presence of atrial natriuretic peptides (ANP)

### **Osteoporosis:**

- presence of fragility fractures
- menopausal age
- dual photon absorptiometry (DPA)
- single photon absorptiometry (DPA)
- dual X-ray photon absorptiometry (DEXA)
- level of physical activity
- mammography
- effects of calcitonin, bisfosfonates, calcium anabolic steroids, vitamin D

### **Oral health:**

- interview and examination re:
- dental status
- oral mucosa
- salivary secretion
- mandibular dysfunction

### **Dietary health:**

- caloric intake
- nutrient intake
- choice food items
- dietary history
- meal habits

### **Body composition: (anthropometry)**

- total body nitrogen with neutron activation analysis technique
- whole body count of potassium
- length of fertile period