

MEDIATORS OF ATHEROSCLEROSIS IN SOUTH ASIANS LIVING IN AMERICA (MASALA) STUDY

Purpose and Background about MASALA:

- Understand risk factors and incidence of cardiovascular disease (CVD) in South Asians living in the U.S. compared to other racial/ethnic groups.
- MASALA was the first longitudinal cohort study of South Asians in the world. Sites: UC San Francisco and Northwestern University, Chicago, IL
- \$11 million funding from the National Institutes of Health (NIH).
- Follow participants long term, similar to Framingham Cohort Study.

What have we learned so far?

- South Asians have higher rates of many cardiovascular risk factors (high blood pressure, diabetes) and have more fat in their body even though the body weight is not high.
- South Asian men and women with high 10 year lifetime risk of heart disease had higher Coronary Artery Calcium (CAC) scores than those with low 10 year lifetime risk of heart disease.
- Prevalence of diabetes in SA population: In SA population β -cell failure at an earlier age. This has important implications in terms of prevention strategies and intervention.

Who can participate?

- South Asian Men and Women (Indian, Pakistani, Bangladeshi or Nepali) between the ages of 50 and 84 years
- No prior heart attack or stroke
- No prior heart related surgical procedures

What to expect if you join the MASALA study:

- First clinical exam will take 3-4 hours. You will get the results of the clinical tests in about 1 month. You can share these results with your physician.
- We will call you/email you **every year** to check how you are doing, if you have had any new medical problems in the past year. If you have had any procedures, heart tests, hospitalizations, or cardiovascular problems, we will ask you to sign a release form.
- We want to follow our participants annually and with clinic exams every 3-4 years for another 15-20 years.
- If you don't want to participate or commit to the study long-term, then this may not be the study for you.

What to expect during the 1st clinic visit:

- There are two locations for the MASALA study clinic visit:
 - **Northwestern Medicine –Clinical Research Unit,
251 E Huron St,
Chicago, IL 60611**
 - **Northwestern Medicine Central DuPage Hospital,
25 N. Winfield Rd.
Winfield, IL 60190**
- The clinic visit will take 3-4 hours
- The tests include:
 - Fasting blood test
 - 2 hour Oral Glucose Tolerance Test
 - CT scan of the chest to measure CAC (coronary artery calcium) score
 - Blood Pressure and Anthropometric Measurements
 - Questionnaires about medical and personal history, diet, physical activity, demographics and psychological, spiritual, and cultural factors.

Who to Contact to enroll into the study:

Email: masalastudy@northwestern.edu

Phone: (312) 841-1967

Website: masalastudy.org

We post our newest study results on our website monthly—check masalastudy.org

Pass on the message to people you think would be interested in joining the MASALA study