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FIRST YEAR OF GEN 3 IS GREAT SUCCESS!

The examination of the Third Generation (Gen 3) of the Framingham Heart Study (grandchildren of original participants) began in April, 2002. The response of the Gen 3 volunteer participants to join the Study and attend clinic has been tremendous, even throughout a long, snowy winter. We are especially interested in having as many brothers and sisters as possible in each family come in for the exam. So, if you are in the Offspring Study, you can help by encouraging **all** your children to participate. If you are already a participant in Gen 3, please tell your brothers and sisters about our Study. The enrollment period will run through December, 2004. **When your enrollment form arrives, please fill it in and return it immediately. For information, please contact Maureen Valentino at 800-854-7682.**

Gen 3 were invited to attend a forum on October 29, 2002, at the Sheraton Framingham Hotel. On that night 400 participants listened to presentations from a panel comprised of Framingham Heart Study staff members, as well as Dr. Claude Lenfant, Director of the National Heart, Lung and Blood Institute, and Dr. Aram Chobanian, Dean, Boston University School of Medicine, followed by questions and answers. **See inside for excerpts from this evening of open dialogue.**

Cardiovascular CT Scan for Offspring and Gen 3

One of our exciting new studies is the Cardiovascular CT (computed tomography) scan which many Offspring participants as well as their children who are enrolled in Gen 3 have had or will have. The CT test requires only about 30 minutes of a participant's time and, to date, over 800 participants have completed it.

The CT test is able to detect and measure the amount of calcium deposited in coronary arteries of the heart and the aorta, the main artery of the body. A calcium deposit in the coronary artery is a marker of atherosclerosis (ie, buildup of fat, cholesterol and other abnormal substances in the arteries). Heart attacks almost always originate from atherosclerosis in the coronary arteries. Dr. Christopher O'Donnell, Director of the CT study, says, "For the first time we are able to directly detect atherosclerosis in the coronary arteries before a heart attack occurs."

The main purpose of the research CT scans is to detect calcium in the heart arteries and the aorta; therefore, not all of the body is being scanned and other medically important findings may not be identified. However, in the past few months, several scientific researchers have reported that medically important "incidental findings" can still sometimes be identified while examining CT scans for artery calcium.

Because Framingham Heart Study physicians and our radiology collaborators at Massachusetts General Hospital want to provide information to our participants that may be important to their health, in February 2003 we began reviewing all previous and current CT scans. Should there be any medically important "incidental" findings, you and your physician will be contacted. Barbara Ingles is calling eligible participants now for spring and summer CT Scan appointments. This scan is done at the Mass General Hospital Waltham Imaging Center and transportation will be provided if needed. **For information please call Barbara at 508-935-3451.** ♥

Cardiovascular MRI Offered to Offspring

If you are a participant in the Framingham Offspring Study, you may be selected to have a cardiovascular magnetic resonance imaging (MRI) test. The MRI test provides a powerful, non-invasive way to detect abnormalities of the structure of the heart and ather-

osclerosis in the aorta. The Framingham Heart Study plans to compare several of the imaging technologies now available to see which ones are most useful in predicting disease. The MRI test is being offered at the Beth Israel Deaconess Medical Center, and transportation will be provided if needed. The project was started in 2002 and will continue for four years. **For more information, please contact Marian Bellwood at 800-451-0260.** ♥

Dr. Kannel receives Paul Dudley White Award from American Heart Association



Warmest congratulations to our own Dr. William B. Kannel, who received the prestigious Paul Dudley White Award from the Northeast Affiliate of the American Heart Association at the Heart Ball on April 5, 2003. This

award is bestowed annually on a Massachusetts medical volunteer or scientist who has made distinguished contributions of a lasting and continuing nature to the reduction of disability and death from cardiovascular disease and stroke. Dr. Kannel has been with the Framingham Heart Study since 1950 and served as its Director from 1966 to 1979. He is an author on over 600 of the approximately 1200 articles that comprise the Framingham Heart Study bibliography, and along with Dr. Thomas Dawber is considered to have coined the term "risk factor" for heart disease. Throughout his career as a cardiologist and epidemiologist, Dr. Kannel has received many other national and international awards for his innovative research on risk factors for and prevention of cardiovascular disease. ♥



Omni Staff from L to R: Paulina Drummond, Zazil Fagone, Carolina Jordan

Second Generation of Omni Study

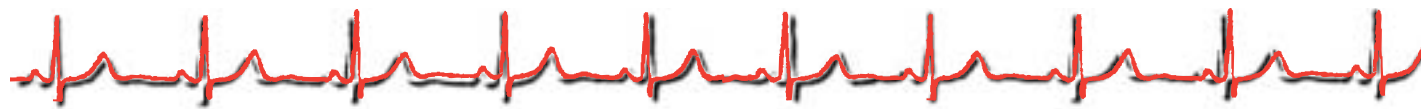
We are very excited to announce that we have begun preparing for recruitment of the second generation of our Omni participants. In 1994, 511 men and women of African-American, Asian-American, Native American, and Hispanic descent residing in Framingham and surrounding towns were enrolled in the Framingham Heart Study. Now, in 2003, the Framingham Heart Study will enroll a second generation of Omni participants. In a few months Omni staff will contact the cur-

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The Friends of the Framingham Heart Study wishes to acknowledge with gratitude the very generous contributions made to support its mission by the following companies:

Cholestech Corporation, Hayward, California

Cholestech is a manufacturer of a portable testing and monitoring device called the Cholestech LDX machine based on the Framingham Risk Assessment Program.

Abbott Laboratories Fund of the Pharmaceutical Products Division of Abbott Laboratories, Abbott Park, Illinois.

Framingham Cooperative Bank, Framingham, Massachusetts

The mission of the Friends, formed as a community-based organization in 1991, is to provide supplemental support for the research activities of the Framingham Heart Study and advocacy for the participant population when necessary. The Board of Directors are public-spirited citizens who donate their time to oversee the funds and direct them to areas of need. Esta Shindler is the Administrative Manager and can be reached at 508-935-3434. ♥

Brain Tissue Donation Program

Since 1997 we have enrolled over 400 members in the Brain Tissue Donation Program and hope more will consider joining this important program. We combine over 50 years of clinical data with detailed neuropathological analyses and provide reports of our findings to our donor families. Our current research has enabled us to better understand the clinical impact of undetected strokes, Alzheimer's disease or other forms of dementia and to begin to identify risk factors for these diseases. We also are furthering our knowledge of medical and lifestyle factors that promote healthy aging. Results from this program have already been presented at national and international conferences. The Framingham Heart Study handles all costs in connection with the donation process. **If you would like more information, please contact Linda Clark at 1-800-248-0409 or 508-935-3426.** ♥

Original Participant, Anna Skinner, Dies at Age 105

The Heart Study is sad to share the news that one of our original participants, Anna Skinner, recently died at age 105. For more than two years Anna had been the oldest living participant in the Study. On her 100th birthday she sent us a letter, printed in the Spring 1998 newsletter, congratulating the Study on its 50th anniversary and expressing her gratitude and happiness for being part of it. We are grateful to Anna for her loyal and lasting participation and extend our sincere condolences to her family. ♥

THE FOLLOWING ARE EXCERPTS FROM THE EVENING OF OPEN DIALOGUE:

Dr. Daniel Levy, Director, Framingham Heart Study

On April 1, 2002, we launched the Third Generation Study of the Framingham Heart Study. It is one of the most important developments in our 54 year history. Let me tell you a little bit about the history of the Study. It was already recognized in the 1940's that heart disease was the leading cause of death and disability in our society. It was felt that if we could take a large population and follow it for a long period of time, perhaps we could gain some insight into causes of cardiovascular disease. Under the auspices of the US Public Health Service and then the National Heart, Lung, and Blood Institute, the Framingham Heart Study began in 1948. It initially enrolled 5,209 men and women from Framingham who were between 30 and 60 years of age at the time. The original participants were your grandparents. They came in for exams that were similar to the exams that we perform today, which included medical history, a physical exam, lab tests, a chest x-ray and an electrocardiogram. And they have been invited back every two years since that initial visit back in 1948. Right now we are in the midst of our 27th cycle of exams on the original study group.

Our study opened its doors for a second time beginning in 1971. We began recruitment of the Offspring Generation, a second study group of 5,124 children and spouses of children of the original study participants. The Offspring Generation is the group to which your parents belong. They too have gone through periodic exams that were very similar to those of the original study and they recently finished their 7th exam cycle. By following these two generations over such a long period of time, collecting information and analyzing data, we have learned a great deal about many of the causes of heart disease, the things we call "risk factors" for heart disease. Things like high blood pressure and high cholesterol levels, low levels of HDL cholesterol, diabetes, smoking, obesity and a sedentary lifestyle were identified as important causes of heart disease and stroke here in the Framingham Heart Study, thanks to the participation of your parents and grandparents. Even the very term coronary disease "risk factor" was coined at the Framingham Heart Study by two of our past directors, Dr. Roy Dawber and Dr. William Kannel. That was one of the most important contributions Framingham has made to improving the health of people in our country and around the world.

We are continuing to follow the original study group and their children to this very day. We think we have been very successful. In fact, your parents have been asking for a number of years "When will you finally enroll our children?" We are now enrolling about 3,500 people for the Third Generation Study.

When I joined the Heart Study more than 18 years ago, Dr. William Castelli shared with me an important lesson. "Every time you see a participant at the Framingham Heart Study," he explained, "remember to tell them what Dr. Kannel told me and what Dr. Dawber told Dr. Kannel. Every time someone comes in to clinic, we must thank them, because the Framingham Heart Study is their gift to the world." I have passed this message on to the many young physicians working with us at the Framingham Heart Study. And now I would like to pass it on to you. We are indebted to your parents and grandparents for all we have accomplished in the past 54 years at the Framingham Heart Study. Today we also have the opportunity to express our gratitude to you, a new generation of participants.

Dr. Philip A. Wolf, Principal Investigator, Framingham Heart Study

The Third Generation will allow us to look at familial patterns of risk factors such as blood pressure and lipids, as well as genetics predisposing to heart, lung, blood and other diseases. We will also be able to use new techniques to detect disease before it has become clinically apparent, hopefully to give us an opportunity to intervene and prevent overt clinical disease.

Dr. Claude Lenfant, Director of the National Heart, Lung and Blood Institute

Let me first at the outset say that I am very pleased and flattered to be here tonight... When I first came to the National Institutes of Health, it was a very critical time for the Framingham Heart Study; indeed this was in the very early 1970's and at that time, there were questions as to whether the Institute would continue to support this program or not. The Director of the Institute at the time made a very wise decision, which was to seek and obtain the support of one of the local universities, and that was Boston University; so today instead of running the program directly, we are really a partner, if you want, with Boston University. Then a little bit more than 20 years ago, I became the director of the Institute and since then I have been very much involved with Framingham. My first visit here was in 1998 when we celebrated the 50th anniversary of the National Heart, Lung, and Blood Institute. Framingham began in 1948. This was also the year that the National Heart Institute as we were known then, was created by President Truman. So, in 1998, we celebrated our 50th anniversary as well as the 50th anniversary of the Framingham Study, and I remember that we had a wonderful, wonderful evening. And so, I am very pleased to be here with you tonight and I really would like to underscore that. Of course you benefit from your participation in the Framingham Heart Study, but what is much more important is that you do something for the whole world. I can tell you that I meet people from all over the world all the time and when they hear that I am at the National Heart, Lung, and Blood Institute they say, 'Oh but that's Framingham, that's Framingham.' I think this is a tribute to all of you and I really want to thank you for what you are doing for yourself, which is very important, but I know you are also making a gift to millions of people who are not here today. I think that your contribution to all of them is very important and I thank you for that.

Dr. Aram Chobanian, Dean, Boston University School of Medicine

Boston University, as you have heard, has had a long-term relationship with the Study. The four Framingham directors have been professors at Boston University School of Medicine. Boston University is committed to help the Study in any way that we can. With the third generation being added and the horizons for research being expanded greatly, the Study will benefit from additional funding from other sources and we at the university will go out and help to obtain that additional funding to expand the Study and to make the new information available to scientists throughout the world.

Greta Lee Splansky, Operations Manager, Framingham Heart Study

I am here to introduce the staff of the Framingham Heart Study. You will hear many times this evening about the dedication and enthusiasm of you, the participants and your parents and grandparents. The second most important part of the study is the enthusiasm and dedication of our staff. First of all we recognize the investigators and doctors who have been planning this study for a long time: Dr. Kannel, former director, as well as the current associate director, Dr. Christopher O'Donnell, two of our investigators, Dr. Caroline Fox and Dr. Johann Sundstrom, and the co-Principal Investigator from Boston University, Dr. Emelia Benjamin. The people you may have the most contact with are those who work in recruitment, the clinic and the lab, all working on the first floor of the Framingham Heart Study building. The recruitment staff is headed by Marian Bellwood, Linda Clark and Maureen Valentino. Maureen is the coordinator of the third generation. Assisting them are Barbara Inglese, Maretina Colombo, Sandra Novack, Sandi Bittenbender and Mary Marinofsky. We have representatives from the clinic staff with us this evening including the clinic manager, Bernadette Shaw, as well as Sue Federman, Tricia Kelly and Eva Osypiuk. From the lab, we have our lab manager, Patrice Sutherland, and Mary Nazzarro.

Representing our staff that are involved in comprehensive data management are Sue Blease, Mary Ann Crosson, Kathy Dee, John Leary, Lois Able and Ken Nieto. Representing some of the ancillary studies that you may be hearing about in the future are Paulina Drummond, Sandra Novack, Emily Manders and Emily Sartini. And for special recognition, there are three people who have been working very hard to prepare this evening's program. We note

Vinney Thai who has put all these slides together. And I especially would like to thank Esta Shindler and Sandra Stoddard for all their help in organizing this participant forum.

Jay Lander, Vice President, Friends of the Framingham Heart Study

I would like to introduce the Friends of the Framingham Heart Study and to explain their relationship to the Heart Study itself. About 11 years ago, a group of the participants organized the Friends of the Framingham Heart Study which was incorporated as a nonprofit organization, the purpose of which was to supplement the existing financial support of the Framingham Heart Study, to support it enthusiastically in the community and to act as a conduit or as a liaison between the participants and the staff of the Study itself. Our financial support of the Study is aimed at the parts that are not covered by the federal contract (i.e., travel to national research conferences for young research fellows, purchasing equipment that may not have been budgeted, and in the last few years, to assist in supporting the hiring of an extra research fellow). I would like to take a moment to introduce to you the members of the Friends of the Framingham Heart Study who were able to be here this evening: Nancy Spinale, Deborah Fuller, Karen LaChance, Noreen Murphy, Peter Allen, Jim Gordon, and John Galvani. Not here tonight are Dr. Castelli, President of the Friends, and Sandy Fitts. If you have questions concerning the Friends and you would like to know more about it or even to participate in our work, you are free to contact any of the Board Members.

Dr. Joanne Murabito, Clinic Director

On behalf of all the clinic staff, I want to tell you how much we really enjoy working with all the participants of the Framingham Study. I would like to share with you a heartwarming story that one of our staff heard from an original cohort member in the last few months. He recalled back in 1948 owning a store in Framingham and seeing volunteers looking to recruit participants for the Framingham Study. He would notice volunteers walking up and down the street outside his store and one day he came out and asked, "how can I participate?" He was told he wasn't eligible to be a participant in the study because he didn't live in the town of Framingham. He said, "what can I do?" And the volunteer said, "you could marry a woman who lived in Framingham." And he turned to our staff member and said, "so I did!" We know for many, participation in the study has become a family tradition and we even occasionally have a family reunion in our clinic.

We started examining third generation participants on April 1, 2002. For those of you who have not had an opportunity to come in yet for an exam, I would like to walk you through a clinic visit, which takes approximately 3½ to 4 hours. Our Gen 3 project coordinator, Maureen Valentino, or one of our staff of participant recruiters, will be calling to schedule your clinic visit sometime after we receive your enrollment form. Enrollment forms are sent out in small batches over the entire exam cycle so that some of you may not have received your form yet and may not receive a form for another year or two. Once a clinic visit appointment is made, a written confirmation along with instructions for the exam will be mailed to you. The Heart Study is now located in the Perini Building on Mt. Wayte Ave in the wing on the Franklin Street side of the building. There is reserved parking for participants. In the lobby of the Perini Building, you will be greeted by our Heart Study receptionist, Judy Leary, who will notify the clinic staff that you have arrived. One of our staff will explain the exam content to you, be sure all of your questions about the exam are answered, and ask you to sign a consent form for the examination. Staff will also ask you to verify your address and phone number as well as ask you for family contact information so that we will have a means of contacting you for future examinations. We never want to lose track of you once you join the Heart Study. Our clinic staff, Sue Federman, Bernadette Shaw and Tricia Kelly will then direct you through each station or part of the clinic visit. You will be given a robe to wear during your visit. Between clinic stations, as time permits, you will be asked to complete additional questionnaires regarding your health and diet. We will be taking blood samples to test cholesterol levels and blood sugar as well as many other important measures. We will be doing some tests you may have already had done in your own doctor's office such as an electrocardiogram or ECG. We

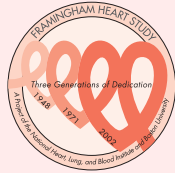
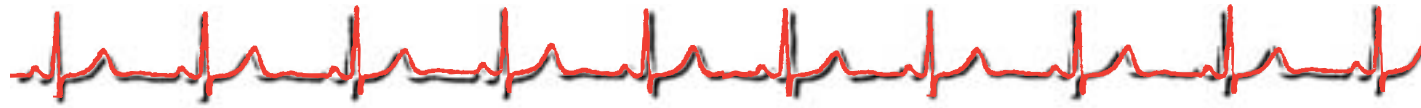
will also be measuring your height and weight and will be asking you questions about your family and your exercise habits. We will measure how well your lungs are working and ask you questions about your lung health. The technicians here will obtain noninvasive measures of your heart and blood vessels. Some noninvasive measures are commonly used by doctors, such as the echocardiogram, which is an ultrasound of your heart, while other measures are used for research purposes only, such as the measurement of stiffness of your blood vessels, a test called arterial tonometry. You will be asked to lie quietly on a table in a darkened room while these measures of heart and vascular function are taken. The physician you see in our clinic will take measurements of your blood pressure. The physician will also ask you questions about your health and health habits, review your medications with you and inquire about symptoms of heart disease and cardiovascular diseases. In addition, the physician will do a physical exam focused on your heart, lungs and blood vessels. Before you leave the clinic, we will ask you for your feedback on how well you think the exam went. We hope the exam is a positive experience for everyone and if you have any suggestions for changes, we would really appreciate that. That is the end of the exam!

Karen LaChance, Offspring Participant, Framingham Heart Study

Due to the enormous contribution that the participants in the Framingham Heart Study have made to science, as part of his remarks during the September 1998 50th anniversary celebration of the study, Congressman Ed Markey dubbed the participants in the Study health patriots. I like that. It captures the spirit of the 10,000 plus Framingham citizens that comprise the Study. One generally doesn't have many opportunities to play a significant role to advance the common good. Individually, we do not have particular skills which set us apart from the rest of the world. Collectively, we have made a giant contribution. We have had and demonstrated a willingness and a tenacity to volunteer to participate in a long range project which has already dramatically changed our understanding of heart disease, why it occurs and how people can extend their lives by changing their lifestyles. What an opportunity! My parents were among the 5200+ original cohorts recruited by Victor Galvani, Walter Sullivan, Evelyn Langley and others that have been mentioned, who were the community leaders in 1948 to become original volunteer members of the Study. The post-World War II period and the timing of the Heart Study launch coincided with a strong, patriotic period in American history. As with many others, my parents' participation in the study had as much to do with the idea of receiving extensive free periodical medical exams as any altruistic motives to help mankind. Gradually, however, as the study began to produce profound results, pride in their participation in the Study surpassed any financial motive for participation. During my childhood and during my school years, I remember my parents proudly keeping their clinic appointments every two or three years. In 1971, my brother, my sister and I received invitations to participate in what has become known as the Offspring Study. We eagerly accepted. We soon found a typical clinic visit entailed a 3½ to 4 hour time investment. However, it always seemed shorter than that to us. The staff is professional, cheerful, respectful and non-judgmental.

During the preparation for the 1998 anniversary celebration, I consented to discuss my experiences as a participant. I enjoyed speaking along with five others from the study about our experiences on the PBS television program, Health Week, filmed in a local diner, Lloyd's on Fountain Street. And I spoke with a US News and World Report reporter about a story that they were preparing on the 50th anniversary of this fabulous study. It further reinforced for all of us how valuable and unique this Study is. I do want to stress the confidentiality of the Study. Neither my name nor any participant's name would ever be released without our specific consent, and in some cases written consent.

When asked why do you stay faithful to a program such as this that takes your time when other epidemiology studies have dwindled over time, I respond how proud I am to be able to contribute to something so worthwhile and unique. Now, you too, in the year 2002, have the opportunity to join the ranks as the Third Generation. Welcome! Your participation is crucial to this endeavor. Thank you.



Third Generation Questions and Answers ♥

Q: Will any willing, interested Third Generation member be accepted? Will any Third Generation people be turned away?

A: You must be 20 years old and have at least one parent and one grandparent in the Study to be enrolled as part of the Third Generation. Our exam is scheduled to go through December of 2004. We will enroll 3500 Third Generation participants between now and the end of 2004..

Q: After the exam, do we get the results of the exam and how long does that take?

A: It takes about six weeks for you to get results from us. You will receive a letter noting any concerns that were raised from your physician exam. We also send a letter to your designated physician which includes the measurements of the two blood pressures taken by the physician in clinic, a copy of your ECG and the interpretation of the ECG by our Heart Study clinic physician, and a list of any medical issues that were raised during your visit. A copy of your lung function tests will also be forwarded to your doctor. The results of tests that are used for research purposes only are not ordinarily forwarded. However, if there is an abnormality of any significance on the echocardiogram (the ultrasound of your heart), it will be forwarded to your physician.

Q: During the examination, if there is a critical problem discovered, what happens?

A: The Framingham Heart Study is a research facility so we do not provide any direct medical care. We would discuss any issue that is identified at the clinic visit with you. If it is an urgent or emergent problem, we will ask for your permission to call your physician while you are still at our Heart Study clinic to get his or her input as to how to proceed. If it is a less urgent issue, we will discuss it with you in person, send you a follow-up letter and also send your physician a letter indicating our concern.

Q: If I am on a cholesterol lowering medication, can I participate?

A: Absolutely.

Q: Can I participate if I am pregnant?

A: Pregnancy is associated with some changes in blood cholesterol levels and perhaps vascular function so we have asked that women come in approximately six months after their babies are born.

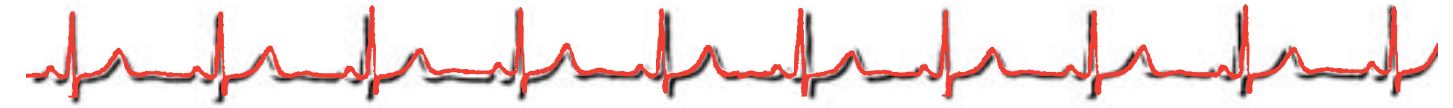
Q: In the 1940's, the community wasn't very diverse and I was wondering now how you address diversity with the Study?

A: When the Framingham Study began in 1948, the community was very different from the community today. To better reflect this diversity, in 1995, we began the Omni Study, which is a minority recruitment study within Framingham. The Omni Study has African-American, Asian-American, Native American and Hispanic representation. There will be recruitment of children of the Omni Study who will attend exams that are very similar to those of the Gen 3 Study. The Framingham Heart Study now reflects far better the diversity of the community.

Q: What is the age range of the Third Generation participants and what will their average age be? Also, is there a priority age group to be studied first?

A: Third Generation participants will be eligible if they are 20 years of age by the time of their exam. There is no upper age range. We are not giving any priority to people according to their age.

Q: What if you have already had an enrollment form sent to you but you lost, misplaced, or overlooked the form? Is there a way to check? Will we be contacted again if we did not reply?



A: If you lost or misplaced an enrollment form, you can contact our Participant Coordinator, Maureen Valentino, at the Heart Study (800-854-7682). She will be happy to send out an additional enrollment form.

Q: The Heart Study mentions genetics as one of the objectives for the Third Generation. If a third generation person is adopted, does this affect participation in the Heart Study?

A: If one or both of your parents are members of the Offspring Study, and that means you have had at least one grandparent in the original Cohort, you are eligible for the Study. Whether you are adopted or not, you are welcome to join.

Q: Are there any medical conditions that make a person ineligible to participate in the Study?

A: No, there are not.

Q: I received an initial mailing from the Framingham Heart Study about six months ago but I haven't been called to schedule a visit. When will I get that call?

A: We don't send all the enrollment forms out at the same time. The entire enrollment process will go on until the end of 2004. If you are going to be in the Framingham area and have come from a distance, you are welcome to call Maureen Valentino (800-854-7682) and tell her that you are going to be in town. We will try very hard to accommodate your clinic visit at that time.

Q: Are Third Generation participants' spouses included in the Study?

A: We are able to enroll only people with at least one parent in the Offspring generation and one grandparent in the original Cohort, and are unable, unfortunately, to accommodate spouses of people who are eligible for the Third Generation.

Q: We have had a number of questions about places to get more information about the Study; is there a website where I can find out more about the Framingham Heart Study?

A: Our website is www.nhlbi.nih.gov/about/framingham/index.html. There you will find information about the history of the Study and exam content. We also include information that details the research milestones of the Framingham Heart Study and also information for researchers who might have questions about the Heart Study.

Q: Will we be given guidelines or information on better health habits?

A: The Framingham Study is an observational study and not an interventional study, so we do not provide any guidelines or treatment.

Q: What should I do if there are some parts of the exam I am uncomfortable with?

A: At any point, if there is a part of the exam that you feel uncomfortable with, you are free to decline that part. We are eager to have you come in and participate, and all parts of the exam are voluntary.

Q: What steps are you taking to protect the confidentiality of my medical information and blood samples?

A: It is a very detailed process by which the confidentiality of data is protected, and very few people have access to specific participant data. There is a system of firewalls and ID numbers by which participant data is kept confidential.

Q: Am I eligible if I live far away?

A: Yes, you are definitely eligible and, as we mentioned earlier, if you let us know when you are planning to be in the area, we can arrange for a visit at that time. There are many people here tonight who told us they have come from quite a long distance just for this meeting and we appreciate that.

Q: I am coming from New York City and don't have a car. Is there public transportation near you?

A: The Framingham Heart Study is accessible from a public train station which connects with Boston's South Station, an Amtrak Station.