

# NEWSLETTER

## 2026 WINTER EDITION



THE FRAMINGHAM  
HEART STUDY

A project of the National Heart, Lung and Blood  
Institute and Boston University



## THANK YOU PARTICIPANTS!

Thank you to the incredible participants of the Framingham Heart Study! Your longstanding commitment, generosity, and trust have helped shape our understanding of heart health for generations. By giving your time and returning year after year, you have made an extraordinary impact, not just for your community, but for millions of people around the world. Your contributions truly save lives today and for generations to come. Thank you for all you do.

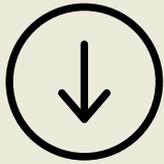
## GEN 2 & OMNI 1: START YOUR EXAM ENGINES!

*A Family Legacy Carried Forward By You*

We are pleased to announce the start of Exam 11 for the 2nd Generation and Exam 6 for Omni 1. For local participants, you will be hearing from our recruitment team before long. For out-of-state participants, we urge you to reach out if you plan to be in the area. Our team will work with you to find an appointment time that fits your schedule. This exam will run for a limited time, only 17 months, making participation during this time crucial. To learn more about what's happening in Exam 11/6, see page 2.

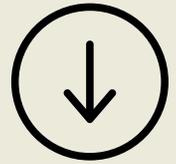
This visit represents an important milestone made possible only through your decades of commitment. Because of your continued participation, researchers can observe long-term changes in health that no other study can replicate.

Please call Maureen Valentino at (508) 935-3417 or email at [maureenv@bu.edu](mailto:maureenv@bu.edu) to schedule your exam

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# WE ARE NOW ENROLLING FOR EXAM 11/6!

BELOW ARE THE FEATURED STUDIES OF THE EXAM



## CORE COMPONENTS

As part of Exam 11/6, we will collect the same core elements we have for the past 78 years. These include urine and blood samples, an ECG, blood pressure, and body measurements like height /weight/etc. And of course YOUR surveys!

### Medication Self-Administered Study (MSA)

Whether you manage many medications or none, you're invited to participate in the Medication Self-Administration Study. Participation includes a one-time visit exploring whether medication self-administration tasks accurately measure brain health. Tasks include: Filling out a table and organizing "pretend medications" in a pillbox and selecting words to complete a series of sentences. If your spouse is an FHS participant and with you on your visit, they may complete a brief questionnaire about their involvement in your daily tasks. You may help doctors understand how medication tasks reflect cognitive health. Information gathered in this study may lead to improvements in doctor-patient communication and patient self-care.



### Precision Brain Health Study

As part of Exam 11/6, please consider coming to the FHS-BAP digital station to join our exciting study to help us understand how to use smartphones to measure brain health. We will help download an "app" on your smartphone or tablet that offers activities that challenge your brain. The activities take about 15 minutes and will happen once per year. By participating, we will figure out how a smartphone app can be used to detect changes in brain function.

### Retinal Scan Study

The FHS retinal scan project is adding advanced eye imaging to the long-running Framingham Heart Study. In less than 10 minutes, we can take three types of pictures of the back of the eye. These images may provide important clues about blood vessel health, which plays a key role in memory and diseases like Alzheimer's. By combining eye images with decades of health information such as memory tests, heart health, brain scans, and even voice recordings, this project gives researchers a new way to study how the eye reflects overall health. The goal is to detect dementia earlier and find better ways to prevent it.

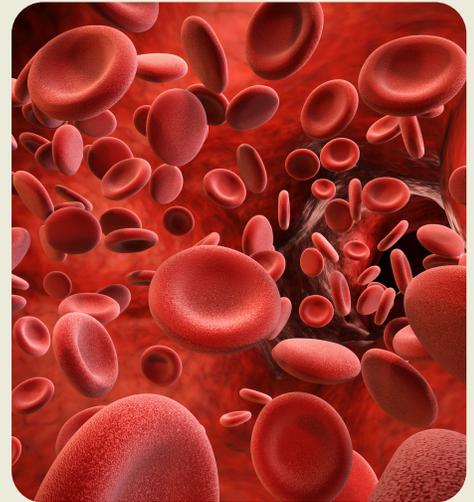


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## Platelets

Platelets are a critical cell type in both hemostasis (wound healing and bleeding) and thrombosis (heart attack and stroke). Up until now, we have very little knowledge in humans about how platelet function changes as we age. The largest previous studies in individuals in their 70s and 80s included fewer than 100 people! From the living cells in a small amount of your blood, we will collect many data points on platelets with different technologies. We hope to learn about the genetic components and whether epidemiological factors like family history of bleeding, diet and supplements, drug prescriptions, physical activity and cardiovascular risk factors influence platelet reactivity. Platelet researchers worldwide are excited to see what comes from such a large and detailed population study. We are excited to have you be a part of it. There will be no other dataset like this in the world. With your participation, FHS will have 20 times more data than existing studies do!



# DONATION PROGRAMS

## ALL COHORTS



### Heart Donation Program - LEGACY Biobank

A new study called the FHS LEGACY program (Lifelong Endowment for Genomic and Cellular Discovery) is now recruiting. This voluntary study will provide an opportunity for a final research contribution to FHS with heart donation at the time of death. Examining hearts at the end of life and relating them to all the detailed FHS testing over the years will enable cutting-edge, first-in-kind research, leading to new discoveries for the treatment of heart conditions. Hearts from individuals with and without heart disease are essential for this research. Please contact us at [FHSheart@bu.edu](mailto:FHSheart@bu.edu) or (508) 935-3493 for more information.

### Brain Donation Program

Ending Alzheimer's disease and related dementias is a major focus at the FHS Brain Aging Program (FHS-BAP). In 1997 we started the brain tissue donation program so scientists can look under the microscope for any sign of brain diseases and understand why some people have memory problems, but others do not. Please consider becoming a brain donor with the FHS-BAP and offering a most precious gift that will help future generations. After donation, family will receive a report about your loved one's brain health. Email [baprec@bu.edu](mailto:baprec@bu.edu) or call Sophie Donohue at (508) 663-4078 to learn about becoming a donor.



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# STATE OF THE STUDY

Co-Principal Investigator Joanne Murabito and I are excited to share updates and progress with our FHS family. Last year was certainly a banner year with major accomplishments to be proud of, despite many challenges. First, as many of you know, we completed Exam 4 of the Gen 3, Omni 2, and New Offspring Spouse cohorts. Thank you so much to the 2800 of you who participated (despite the disruptions of a pandemic!). Included in the end of this exam cycle we launched a pilot program of home visits beyond the New England area to allow for collection of ECG, blood pressure, weight, and blood draws for participants unable to travel to the Research Center.

We spent much of 2025 planning for Exam 11 for our Offspring cohort and Exam 6 for our Omni 1 cohort. Telehealth data collection began in December 2025, and in-person visits are beginning in the Research Center in February 2026! We look forward to seeing you during this exam cycle.

We are so pleased to report that in February 2025, we received funding from the National Heart, Lung, and Blood Institute to continue the study for another six years! Other funding for science is getting more scarce, so you may notice fewer ancillary or additional studies in upcoming exam cycles, but we are doing our best to continue to use cutting-edge tools to understand the biology of the cardiovascular, brain, and other systems across the life course.

As part of our ongoing efforts to secure your precious data, and in concert with new federal regulations around data security and cybersecurity, we wanted to update you on our current status. This area of activity took more time and energy, and ingenuity, than any other area in 2025, and rightfully so. We are excited to report to you that all of the FHS data and systems that have or use any identifiable information are now in a highly secure, fully encrypted environment with markedly enhanced access controls.

When you visit us in the Research Center, you will also notice many new physical security upgrades, and we have implemented a host of other procedures to reduce the exposure of—and access to—our data. We are immensely proud of the work of the entire team to accomplish these goals, which we pledged to you would be our primary focus in 2025, and can assure you that we are in a substantially better and more secure place than we were a year ago.

You remain the most important and best part of this study. We are so grateful for your continued support and engagement, and wish you and your families a happy and healthy 2026. We look forward to being in contact with you and (hopefully!) seeing you soon.



Donald Lloyd-Jones, MD, ScM,  
The Framingham Heart Study. Boston University School of Medicine  
Principal Investigator, The Framingham Heart Study



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## A MESSAGE FROM THE FRIENDS OF THE FRAMINGHAM HEART STUDY

Greetings fellow participants. We are participant volunteers from the Offspring (Second Generation), Third Generation and Omni cohorts who meet periodically throughout the year as members of the Board of Trustees for the Friends of the Framingham Heart Study. With funds donated to the Friends, we provide support for items and activities at FHS, such as occasional travel grants to FHS investigators attending scientific conferences, audio-visual equipment for long-distance conferencing with collaborators, annual scholarships to high-school graduates going to college and the ECG cards sent to participants after clinic visits. With your help, we will be able to do more to support FHS in its ground-breaking research for improving public health related to heart disease, diabetes, cancer, sleep disorders, aging and Alzheimer's disease.

### HIGH SCHOOL SENIORS: ENTER THE 2026 \$1,500 DAWBER ESSAY CONTEST

President John Galvani and the Board Members of the Friends of FHS announced two scholarships for 2026 based on an essay contest. First place \$1,500 and Second place \$750.

Eligibility: Open to children, stepchildren, and grandchildren of FHS participants. Applicants must graduate from high school this year and plan to attend college in the fall of 2026.

To apply: Only two items are needed: an email with the applicant's name, address, telephone number and college and career plans (roughly a two-sentence description), and a 1,000-word essay titled What it means to be a participant in medical research in the Framingham Heart Study. Applicants can tell a story, conduct an interview, or pursue any angle of interest. Please fact check and proofread before submitting. Email the essay as an attachment to Rebecca Bennett ([rlbennet@bu.edu](mailto:rlbennet@bu.edu)) by **April 9, 2026**. We will confirm receipt of all essays within one business day. If you do not receive confirmation, please call (508) 935-3486. The Friends will review the essays and notify recipients by May 12, 2026. Recipients will be invited to accept their awards at the Framingham Heart Study.



2025 DAWBER ESSAY CONTEST WINNER  
ANNABELLE LYNCH

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# FHS IN THE COMMUNITY



**OCTOBER 4, 2025**  
FHS CELEBRATING THE 325<sup>TH</sup>  
ANNIVERSARY OF FRAMINGHAM

## Framingham Fest 2025

The Framingham Heart Study was proud to help celebrate the City of Framingham’s 325th anniversary by taking part in Framingham Fest. During the event, the Heart Study introduced the idea of creating a monument in Framingham to honor the participants who have given so much in support of this groundbreaking research. If you’d like to help decide what the monument should look like and where it should be located, please scan the QR code to share your thoughts.

PLEASE



SCAN HERE

## Boston Marathon 2026

FHS is thrilled to be a Team Framingham charity partner for the 2026 Boston Marathon. Twelve runners are raising funds in support of FHS and the Friends of the Framingham Heart Study. In the coming months, we’ll be hosting fundraising events throughout Framingham. Be sure to follow our social media channels to stay up to date on everything happening with FHS and our community efforts.



# COMPUTER SECURITY



Framingham Heart Study research data is now protected under NIST 800-53, a federal security framework that outlines strict requirements for how sensitive information must be stored, accessed, and monitored. This includes personally identifiable information (PII)—things like your name or contact details that could be used to identify you. To meet these protections, we’ve added a few stronger security steps behind the scenes. Our systems now follow stronger safeguards—such as tighter access controls, enhanced logging, and more consistent oversight—to reduce risk and keep your data secure. As a participant, you may see a few updated procedures or extra verification steps. These changes are intentional and designed to ensure your information is handled responsibly, meets federal expectations, and remains protected throughout the research process.

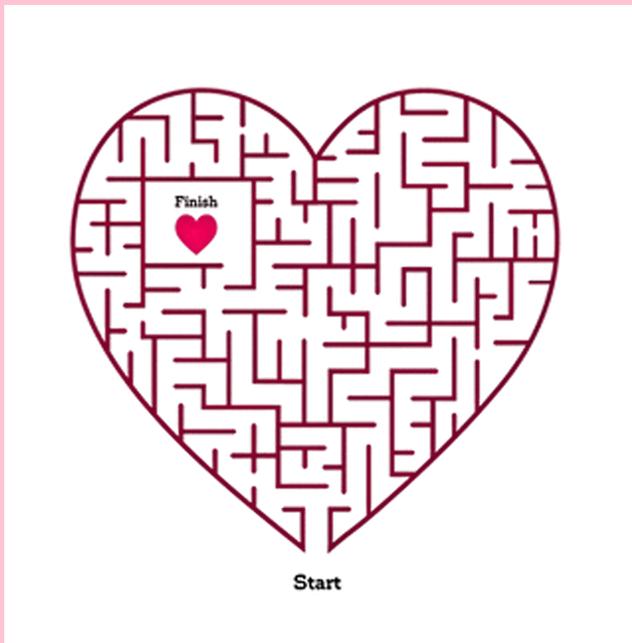
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# FHS BRAIN GAMES

M	E	Y	E	I	F	E	S	I	C	R	E	X	E
U	T	A	M	Y	R	D	S	N	L	R	N	W	B
S	E	S	T	T	A	E	E	P	E	N	O	E	R
C	Y	T	E	I	M	M	L	A	G	U	T	L	A
L	M	U	I	E	I	E	Y	R	A	T	Y	L	I
E	F	D	D	R	N	N	T	T	C	R	G	N	N
S	R	Y	N	A	G	T	S	I	Y	I	O	E	E
U	E	R	C	C	H	I	E	C	I	T	L	S	H
T	S	X	R	F	A	A	F	I	E	I	O	S	E
R	E	R	O	L	M	Y	I	P	M	O	R	T	A
A	A	I	B	E	G	S	L	A	I	N	U	N	L
E	R	O	O	S	F	Y	D	N	A	R	E	I	T
H	C	A	P	A	E	T	T	T	S	E	N	T	H
S	H	E	T	R	T	N	S	S	E	N	T	I	F

- BRAIN
- DEMENTIA
- DIET
- EXERCISE
- EYE
- FITNESS
- FRAMINGHAM
- HEALTH
- HEART
- LEGACY
- LIFESTYLE
- MUSCLES
- NEUROLOGY
- NUTRITION
- PARTICIPANTS
- RESEARCH
- SELF CARE
- STUDY
- WELLNESS



SCAN QR CODE  
FOR FHS WORDLE

## Mailing Information

The Framingham Heart Study  
73 Mt Wayte Ave,  
Framingham, MA 01702

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# WHAT'S INSIDE

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- ♥ Brain Games
- ♥ Contact Information



## THE FRAMINGHAM HEART STUDY

A project of the National Heart, Lung and Blood  
Institute and Boston University

# CONTACT US

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### MEDICAL HISTORY UPDATE

#### Laura Kurriss / Katelyn Kerr

(800) 854-7582 or (617) 928-8391  
Email: [fhsmh@bu.edu](mailto:fhsmh@bu.edu)

### BRAIN DONATION HOTLINE

(877) 99DONOR (877) 993-6667

### NON-URGENT BRAIN DONATION INQUIRIES

#### Sophie Donohue

(508) 663-4078 or [sdonohue@bu.edu](mailto:sdonohue@bu.edu)

### COGNITIVE TESTING, NEUROLOGY, AND BRAIN MRI

#### Sophie Donohue

(508) 663-4078 or [sdonohue@bu.edu](mailto:sdonohue@bu.edu)

### FHS NEUROLOGY TEAM STROKE STUDY/NEUROPSYCHOLOGY TESTING MRI & PET SCAN STUDIES

#### Vicki Peterson

(617) 928-8389 or [vpeters@bu.edu](mailto:vpeters@bu.edu)

### FHS LEGACY BIOBANK PROGRAM

#### NON-URGENT

(508) 935-3493 or Email: [FHSheart@bu.edu](mailto:FHSheart@bu.edu)

#### DONATION HOTLINE

(844) 905-1401