Greetings, fellow participants. We are participant volunteers from the Framingham Heart Study:

A Message from the Friends of the Framingham Heart Study:

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**Whole Genome Sequencing at FHS Underway**

Framingham Heart Study researchers have begun for inclusion in a new National Heart, Lung and Blood Institute (NHLBI) project to analyze the complete DNA sequence of participants in its longitudinal observational study. Whole Genome Sequencing (WGS) will be used to determine the complete DNA sequence of an individual’s genome - to characterize differences in the sequences of humans that form the building blocks of our DNA. This will represent a major step in genomic research studies in that FHS will be the first cohort study in the United States to use whole genome sequencing to study participants.

WGS will enable researchers to explore genetic variation underlying health and disease by uncovering specific genetic factors that might regulate risk for heart disease and other conditions. While the Framingham Heart Study has generated a wealth of data on heart disease, WGS will allow the discovery of new genetic factors, some of which may contribute to cardiovascular health in ways that were not possible before.

**For more information, please visit www.framinghamheartstudy.org.**

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**Brain MRI and Cognitive Testing**

The Framingham Heart Study MRI team thanks all participants who have already participated in brain MRI. Thank you for your commitment and for your enthusiasm to help scientists learn more about the brain.

Framingham Heart Study researchers have helped to develop MRI scanning protocols that can be used to identify novel brain changes leading to greater understanding of brain aging and disease. The Framingham Heart Study MRI team is actively working to recruit study participants who have volunteered to participate in brain MRI scans. For more information on MRI, please visit the Framingham Heart Study website.

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**Ongoing Sleep Study**

The Sleep Study is investigating factors that affect sleep regulation, physical and mental health, and the prevention and treatment of sleep disorders. The study is supported by the National Institute of Sleep Disorders and Research of the National Institutes of Health.

The study is open to individuals aged 18 years and older who have been diagnosed with sleep apnea, central apnea, or any other sleep disorder. Participants will be compensated for their time and effort.

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Please visit the Framingham Heart Study website for more information on these studies and how you can participate.

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