



Thank you for continuing to take part in the Aboriginal Birth Cohort Study, we greatly value your help and assistance

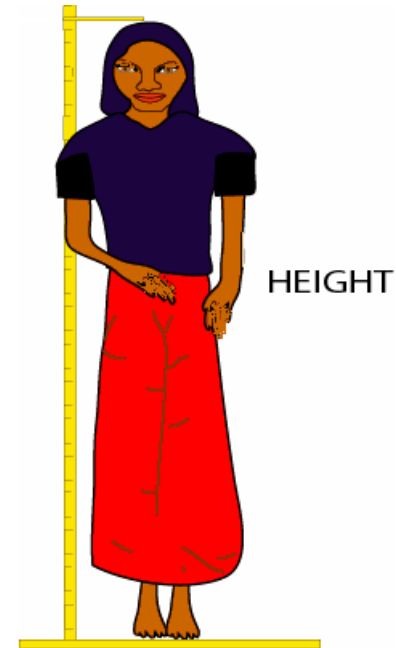
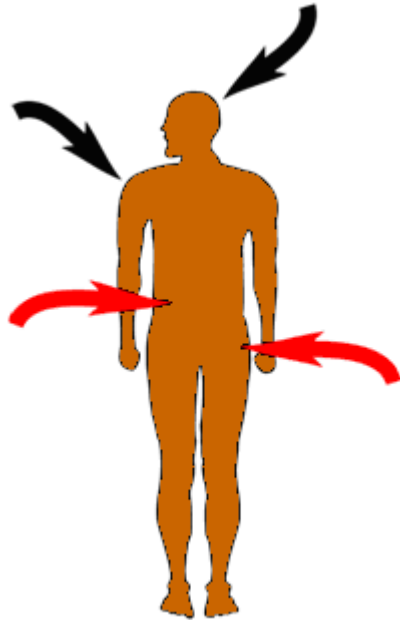
We would again like to invite you to undertake a health check with us. This is very similar to the one you did 4-5 years ago.

We would like you to do all the procedures, so we have complete information on your health, but it is **your choice**. You can do all the activities or you can choose which ones you would like to do and which ones you do not want to do

If you do all the activities it will take
about 2 hours

Body Measurements

Head
Waist
Hip
Arm



Weight, muscle and fat %

Body Measurements

What it looks for

- We would like to do your height and weight including muscle and fat %
- We do a few measurements to see your body size

How

- Stand with your back against a wall, feet together so we can measure your height
- Stand on scales for weight, muscle and fat %
- We use a tape measure to measure around your waist, hip, head and arm

Tests for the heart

Blood Pressure



Pulse Trace



Blood Pressure

What it looks for

- is an indicator of how much strain is in your blood vessels
- also relates to hearts problems

How

- Cuff placed around arm
- cuff inflates then goes down

What it feels like

- can feel tight for a few seconds

Digital Pulse Trace

What it looks for

- looks how stiff your arteries are
- important risk factor for heart problems

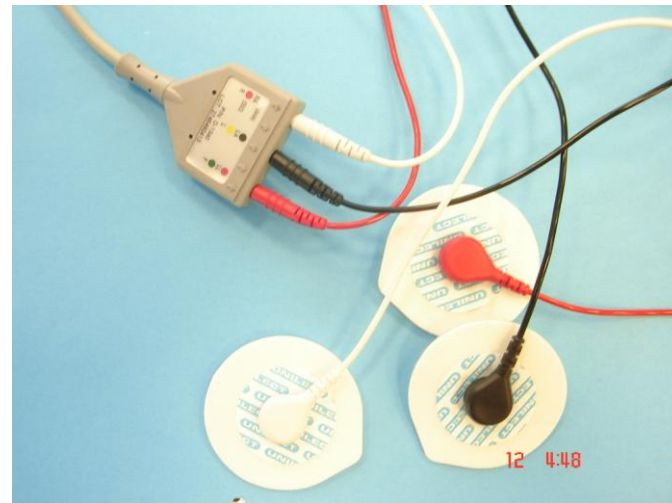
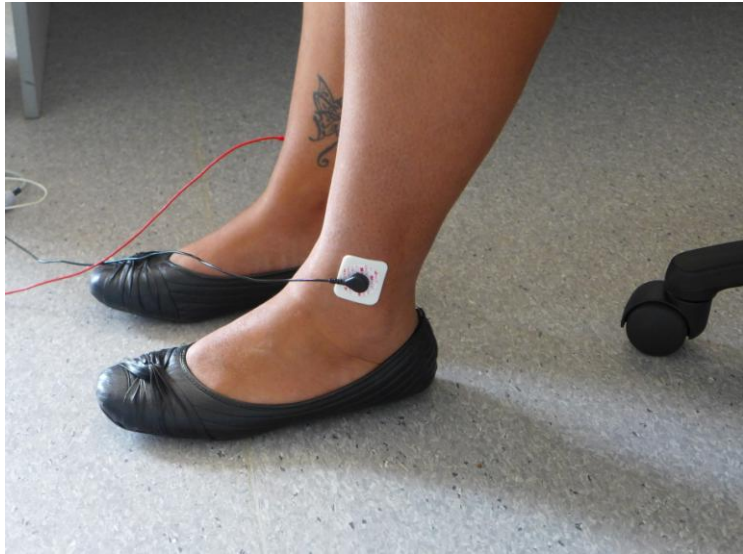
How

- probe is placed on your finger
- computer reads from a red light that goes through your finger

What it feels like

- may feel warm
- no pain

Heart Rate Variability



Heart Rate Variability

What it looks for

Variations in your heart beat - which is a normal phenomenon

How

Measuring the electrical currents, caused by your heart's contraction, through your skin

What it feels like

You feel no pain but it's important that you lie still for a few minutes

SPIROMETRY



Spirometry Machine



SPIROMETRY

What it looks for

- Spirometry is the most common of the **lung function tests**
- It looks at how well your lungs work

How

- First you breathe in fully and then seal your lips around the mouthpiece of the spirometer
- You then blow out as fast and as far as you can until your lungs are completely empty

What it feels like

- You need to take a big breathe out and sometimes you might feel a little light headed

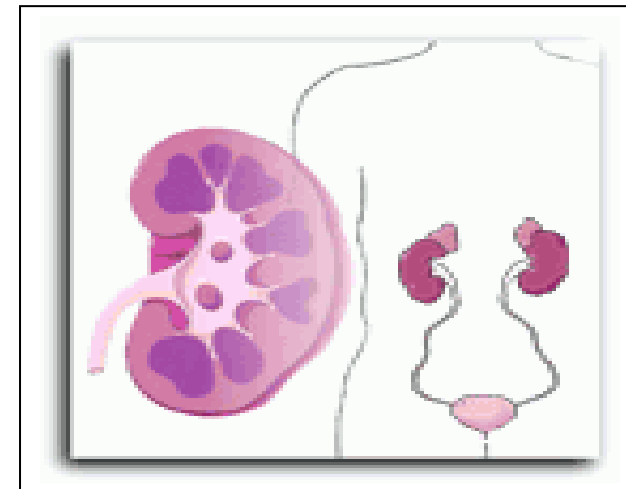
Ultrasound and CIMT



Ultrasound
Machine



This is what we will see



Kidneys

Ultrasound

What it looks for

KIDNEYS

- measure size of kidneys
- checks for stones or scars
- collecting system is enlarged

THYROID

- measure size of thyroid
- checks for any lumps and cysts

How

- Ultrasound machine, shown here
- Probe with gel on it
- from the side of the tummy for the kidneys
- On the neck for the thyroid

What it feels like

No pain, but gel may feel cold and wet

Note

This is the same machine they use to check for babies, you may have seen it before.

Also there is no need to remove clothes

Blood sample



Blood Tests

What they look for

- We are doing a range of tests such as
Cholesterol Hb Hep B Body Fats Glucose Iron Studies CRP

How

- **Emla Cream is applied earlier to numb the area**
- A band is placed around the arm to trap blood
- A needle is put in your vein and blood comes out into a tube

What it feels like

- You may feel a slight stabbing pain but if the cream works well you should feel no pain

What will we do with the blood?

- We will store the blood in Menzies freezers till it is sent to interstate laboratories in batches for testing

Urine sample



Urine Tests

What they look for

- We are testing to see how your kidneys are functioning
- We are also testing the level of tobacco smoke in your urine

How

- We will ask you to provide a urine sample in a yellow lid container

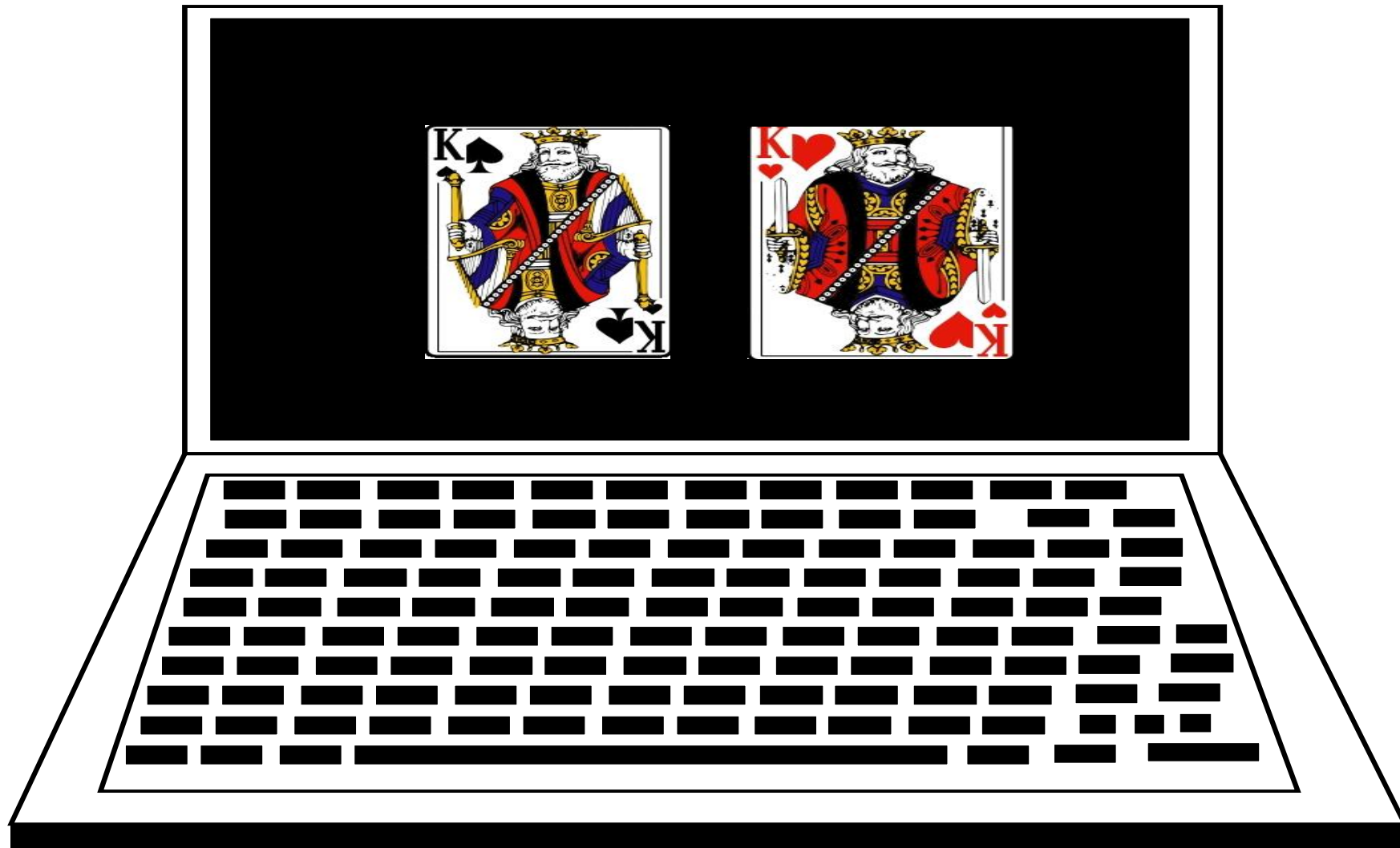
What it feels like

- There should be no discomfort

What will we do with the urine?

- We will store the urine in Menzies freezers till it is sent to interstate laboratories for testing

Questions on the Computer



ON THE COMPUTER

Speedy Cards

What it looks for

- Tests your memory and reflex time

How

- Need to complete a card game on the computer

Mindset questions

What it looks for

- looks at your emotional health and mindset

How

- Need to complete a questionnaire on the computer

Lifestyle questions

What it looks for

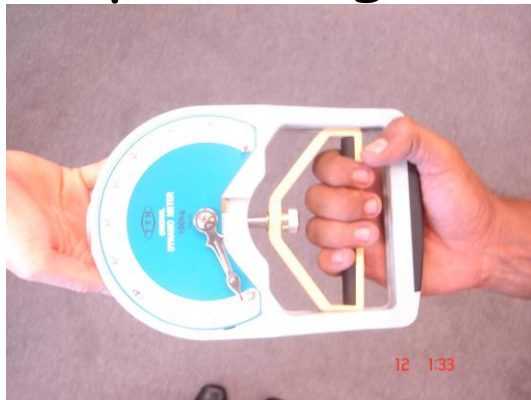
- asks questions about your alcohol, tobacco and other substance usage

How-

Need to complete a questionnaire on the computer

Strength and balance

Grip Strength



Balance Test

Strength and balance

What it looks for

- We would like to see how your muscles work and test your balance

How

- Grip strength test: you grip the machine with one hand and pull back on the bar as hard as you can. We do this for both hands.
- Balance test; Stand on one foot and close your eyes. The idea is to stay balanced on one foot and not open your eyes for 30 seconds. You may hop around or move your arms to keep your balance.

What it feels like

- This should be fun!