



Invitation for a follow up visit in a research project on: Bone Structure and Strength during Menopause: a co-twin control study

Dear Twin Registry Member,

Thank you for your previous participation in the study Bone Structure and Strength during Menopause: a co-twin control study at Austin Health in 2008-2012. We are welcoming you back for your follow up visits in 2015-2019. The purpose of the study is to understand how bone structure changes during menopause and how hormonal and nutritional factors contribute to bone loss and bone fragility.

What would I be asked to do if I decided to continue?

If you would like to come back, we will book you in for your follow up visit at the Heidelberg Repatriation Hospital. This visit will take about 45 minutes in total.

At this follow up visit, it will include:

- Providing a fasting 20 ml (1 tablespoon) blood sample. This will be analyzed for information on hormones and bone turnover; how quickly the bone is broken down and repaired. A qualified nurse will take the blood sample. We will provide breakfast after this blood sample is taken.
- Height and weight measurement.
- A micro CT scan of the wrist and lower leg, to measure bone shape, width and thickness. Scan time is about 3 minutes each.
- A bone density scan (DXA) of your lumbar spine and hip. This test does not require any special preparation or medication. Scan time is about 3 minutes.
- You will need to fill in a questionnaire including information on your lifestyle, dietary and exercise habits, and general health. The answers you give are confidential and only used for research purposes.

What are the risks?

The scanners used in measuring bone produce a very small amount of radiation. As part of everyday living, everyone is exposed to naturally occurring 'background' radiation. The total radiation produced during the two more visits is about the same as you would naturally be exposed to over about 1 week.

What if I want to withdraw from the study?

You are under no obligation to be part of the study. Should you decide to participate, you are free to withdraw from the study at any time, and to decline to answer any question or to undertake any test that makes you feel uncomfortable.

Please feel free to ask any questions before you decide whether or not to continue in this study. If you have any questions or want more information please contact the principal investigator Professor Ego Seeman on (03) 9496 5489 or e-mail egos@unimelb.edu.au or research officer Dr Xiaofang Wang on (03) 9496 2292 or e-mail wang5@unimelb.edu.au.

For appointment, you may contact Xiaofang Wang on **(03) 9496 2292** or e-mail **wang5@unimelb.edu.au**

Thank you. We hope to hear from you soon.

Yours sincerely,



Professor Ego Seeman

Principal Investigator

Department of Medicine, Endocrine Centre of Excellence, Heidelberg Repatriation Hospital, Austin Health



Dr Xiaofang Wang, Research Officer