

THE DALLAS HEARTS AND MINDS STUDY

What is this study? The Dallas Hearts and Minds Study (DHMS) is the continuation of the Dallas Heart Study (DHS), which was started in 1999 to evaluate heart disease in the Dallas County population. DHMS will focus on heart disease along with brain health, cognitive function, and memory loss. This third phase will measure how those factors impact healthy aging, or the ability to avoid disease and maintain good physical and mental function across the lifespan.

What is involved? Participants in this study will take part in one telehealth visit to complete a variety of surveys and questionnaires that assess health and socioeconomic status, sleep and physical activity, etc., and one in-person clinic visit that is uniquely structured based on eligibility. The telehealth visit takes between one and two hours to complete, while the in-person visit takes roughly seven hours. The DHMS visits are outlined below:

Complete Online When Possible	Scheduled Telehealth Visit	Scheduled <i>Abbreviated</i> In-Person Visit 1	Scheduled <i>Full</i> In-Person Visit 1	Scheduled <i>Optional / Eligibility-Based</i> In-Person Visit 2
1. 24-hour dietary recall survey	1. e-Consent 2. Survey and questionnaires	1. Memory and thinking skills evaluation 2. Advanced brain/body scans	1. Fasting blood draw and urine collection, blood pressure, medication record, and short balance/walking tests 2. Wearable activity tracker and questionnaires 3. Height/weight/waist/strength measurements 4. Memory and thinking skills evaluation 5. Lunch break, <i>followed by either visit 6a or 6b</i> 6a. Advanced brain/body scans (visits start at 10:30 AM) 6b. Advanced brain/body scans and exercise testing (visits start at 8:30 AM)	1. Advanced muscle system scans

What will I get for participating?

A lot—we value your participation! If you take part in this research, you will be compensated different amounts each time you complete one of the milestones listed here. You will also receive free snacks and lunch, as well as complimentary valet parking. Finally, you will get a customized report of your health after completing your visits!

Study Milestones

- 24-hour dietary recall survey
- Scheduled telehealth visit
- Scheduled in-person visits
- Wearable activity tracker return
- Advanced muscle system scans (optional eligibility-based in-person visit)



Contact us today to learn more about participating in this study!

Phone 214-648-4555

Email dallasheartstudy@utsouthwestern.edu