



PARACELTUS STUDY - DATA AND FACTS ON THE POPULATION-BASED COHORT STUDY

OBJECTIVES:

- Collection of valid epidemiological data on the state of health of the Salzburg population
- Clarification of the interaction of genetic disposition and lifestyle factors in the development of degenerative diseases
- Development of well-directed prevention processes for the population of Salzburg
- Strengthening of the research location Salzburg and Austria

SAMPLE/ TEST PERSONS

Representative sample of 10.000 participants (5.000 male, 5.000 female)-by 03/2020- from the city of Salzburg and surrounding townships:

- 40-49 years: 2700 participants
- 50-59 years: 4300 participants
- 60-69 years: 3000 participants

PROCESS/INVESTIGATIONS:

1. Basic investigations of all participants:

- Questionnaires on diet, exercise, socio-economic anamnesis, depression, cognitive performance, quality of life, stress and environmental factors
- Anthropometry: height, weight, abdominal girth
- Resting blood pressure, heart rate, resting 12-channel ECG
- Laboratory parameters:
 - Lipid profile, Apo-B, Apo-AI, Lp(a), FBS, HbA1c, E-lyte, CR, Urea, LFT, Fe-Status, hsCRP, fibrinogen, BC, TSH, PSA (men), Fasting-Insulin
 - Urine: chemistry, albumin/creatinine ratio
- Ultrasound of the carotides
- Archiving of biological materials:



- Plasma
- Serum
- EDTA Blood for DANN Isolation
- Buffy Coat
- Urine
- Stool samples

2. Additional investigations for the intensively phenotyped subgroup (50 to 59 years):

- Laboratory parameters: fasting proinsulin, free fatty acids, adiponectin, vitamin D
- Determination of insulin sensitivity and beta cell function by frequently sampled OGTT (with simultaneous determination of insulin, C-peptide and blood glucose at the time points 0 min., 30 min., 60 min., 90 min. and 120 min.)
- Pulmonary function test
- Pulse wave analysis
- Multi-frequency body composition B.I.A.
- Measurement of intima-media thickness of carotides
- 24h blood pressure measurement
- 7-day nutrition protocol
- 7-day movement monitoring using movement sensors
- Ankle-brachial index
- Hand grip
- 6 meter walking test

3. Additional investigations for two participants per day (50 to 59 years):

- Coronary ca-score
- Body fat distribution and bone density (measured with DEXA-scan)
- Ergospirometry
- Ultrasound of the liver