

BBMRI.at Sample Collection Profile

"Paracelsus 10,000 Cohort" - a population-based collection at BBMRI.at partner PMU / SALK

Paracelsus 10,000 Cohort is a population-based collection from 5,000 male and 5,000 female probands from Salzburg (Austria). It comprises numerous different types of samples and data from diverse analyses and different follow up visits.

Purpose of this cohort is to serve the following study aims:

- 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

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COHORT SIZE & DONORS

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

SAMPLE TYPES

- Plasma (EDTA, citrate and heparin)
- Serum
- EDTA blood for DNA isolation
- Buffy Coat
- Urine
- Stool samples

ASSOCIATED DATA

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

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 and plaque score of carotid arteries
- Measurement of the coronary artery calcium score
- 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

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