

COHORT STATUS

We communicate by mail or telephone with most of our study members or their families every year. We send questionnaires on aging and nutrition as well as requests for medical updates up to three times a year. Newly reported medical events prompt our contact with physicians or hospitals for details before coding and updating clinical files. We do not code “self-reports” of clinical events.

Incoming correspondence from our study members, their families, or their physicians prompts database updates including new addresses, contact dates, and health status. Consequently, our database is changing on a daily basis.

This section of the brochure is a report on the **status of our cohort after 65 years of follow-up to July 1, 2013**, noting that the day after printing the “status of our cohort” has likely already changed.

On July 1, 2013, from among the original cohort of 3,983 men, 3,554 had a confirmed date of death. Among the 429 men considered alive, we’ve heard from 268 (62%) during 2013.

These men reside in every province of Canada, with about 9% living in the USA or outside North America. Their mean age is 92.0 ± 3.2 , ranging from 84 to 105 years.

- 99 (23%) are under 90 years
- 268 (62%) are 90 to 95 years of age
- 62 (15%) are over 95 years of age

SPECIAL THANKS

Enrolling a healthy young cohort, prospective documentation of disease, and monitoring disease prognosis, has been a remarkable feat made possible only through the tremendous support and dedication of the Study members.

The staff at the Manitoba Follow-up Study are proud of our opportunity to be a part of this worthwhile project. We cherish the privilege of interacting with the members. We salute them - they are the vital ingredients of this endeavor!

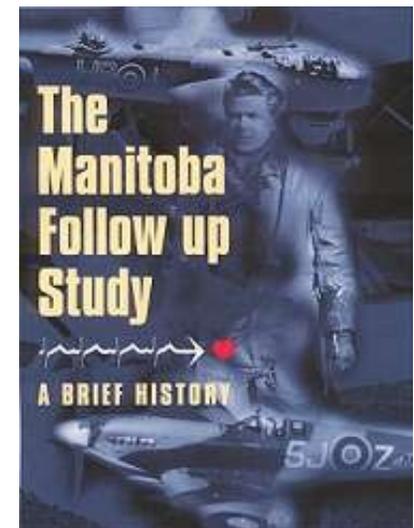
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The Manitoba Follow-up Study



A STUDY OF
CARDIOVASCULAR
DISEASE & AGING

FOUNDED IN 1948 BY
F. A. L. MATHEWSON, M.D.

HISTORY

During World War II, Dr. Francis A. L. Mathewson served as a medical officer responsible for the physical examination of 7,000 young male air crew recruits for the Royal Canadian Air Force. The examination of these men included measurement of height, body weight, blood pressure, medical history of past illnesses and the recording of a resting electrocardiogram.

After the war, these men were sought out and



Dr. Mathewson (rear, left of center) overseeing RCAF medical technicians training at the University of Manitoba Medical College, circa 1950

invited to take part in a longitudinal study designed primarily to prospectively evaluate the prognostic significance of electrocardiographic changes as they would develop in an otherwise healthy individual. A cohort of 3,983 young men was sealed on July 1, 1948. The Manitoba Follow-up Study (MFUS) has been housed since its inception at the Medical College of the University of Manitoba.

STUDY PROTOCOL

- Medical examinations, administered by each study member's physician, include a general cardiovascular assessment, blood pressure and body build measurement and a resting 12 lead electrocardiogram.
- Routine examinations were requested at five-year intervals until the mid-1960s and at three-year intervals since.
- Since 1978, an annual questionnaire has been sent to determine illnesses or hospitalizations and thus permit a timely follow-up of events between routine examinations.
- Extensive questionnaires have obtained additional information on smoking habits, family history of cardiovascular disease, physical activity, occupational profiles and perceived level of stress during the war.

CURRENT OBJECTIVES

- Since the mid-1990s, in addition to continued research in cardiovascular health, interest has developed in understanding successful aging.
- Questionnaires in 1996, 2000, 2002, and annually 2004 to 2018, focused on physical, mental and social functioning, activity limitations, diet, retirement, long-term effects of war, and self-definition of successful aging.
- Continued contact with study members will allow the study of successful aging as a dynamic process.

THE MEMBERS

The Manitoba Follow-up Study is certainly unique in the world due to its scope, duration and completeness of data. This attests to the remarkable interest and dedication of the members. From 1983 to 2000 the majority of the funds for the operation of the Study have come from the generous donations of the members. It is believed that this is the only Study in the world financed by the members who are being studied!



Study members attending the Fifty Year Anniversary of the Manitoba Follow-up Study. University of Manitoba, June 30, 1998.

MFUS is currently funded by the Canadian Institutes of Health Research (CIHR) and Research Manitoba. Now in its 71st year, MFUS continues to contribute to world knowledge in areas of cardiovascular epidemiology and aging research.