INITIAL CONSENT TO TAKE PART IN THE WOMEN'S HEALTH INITIATIVE (WHI)

WHI Coordinating Center
Fred Hutchinson Cancer Research Center
Seattle, Washington

WHI Clinical Center
University of Wisconsin
Madison, Wisconsin

[redacted]
Principal Investigator

[redacted]
Clinic Manager

Consent to Participate in First Screening Clinic Visit

This form is to tell you about the activities that will occur during your first WHI clinic visit.

Reason for the Study

There are several major diseases that women may get as they get older. Heart disease is the most common cause of death in women age 50 to 79. Breast cancer is the most commonly occurring major cancer in women. Cancers of the colon and rectum are the third most common major cancers in women. Hip fractures (breaks) occur commonly in about 150 out of 1,000 women age 50 and over.

If we could prevent these diseases, women could expect to live longer and healthier lives.

Purpose of the Study

The Women's Health Initiative (WHI), funded by the National Institutes of Health (NIH), is a study of ways to prevent breast cancer, colon and rectum cancer, heart disease, and bone fractures (breaks). About 160,000 women from approximately 40 centers in the United States will take part in this study. The WHI will investigate the possibility of improving the health of women age 50 to 79. Women will be followed in the study for 8-12 years. (How long you are in the study will depend on when you join. Women who enter the study in 1993 will be followed for up to 12 years, while women who join later will be followed for less time.)

Study Parts

There are two major parts to the WHI: a Clinical Trial and an Observational Study. The Clinical Trial will try to find out if there is a benefit to taking hormone replacement therapy,

or to changing one's diet to a low-fat, high fruit and vegetable, and high grain eating pattern, or to taking daily calcium and vitamin D. By joining this part of the study, you may help to answer the question of whether these various changes will improve health. You may choose to take part in one, two or three parts of the Clinical Trial.

The Observational Study part of the WHI will include women who do not join the Clinical Trial, but who are examined and followed for 8-12 years to provide more information about women's health, and to learn more about causes of disease in older women.

What Will You Be Doing?

Activities of the First Clinic Visit

The results of your first clinic visit will help to determine if you are able to join in the WHI. All of the activities are to see if you will be able to join either the Hormone Replacement part or the Dietary part of the study, or both. The WHI staff will be able to give you an idea of whether you might be able to join toward the end of the visit.

At this visit, Clinic Staff will:

1. Review the questionnaires you completed before or at the clinic visit.
2. Record the names (and possibly dosages) of medications you are currently taking.
3. Measure your pulse, blood pressure, height, weight and the distance around your hips and waist.
4. Give you some questionnaires about your personal qualities and lifestyle to complete either in the clinic or at home.
5. Briefly interview you about female hormones you may have used.
6. Draw about three tablespoons of blood for laboratory tests. For 12 hours prior to the blood test, you will not be able to exercise vigorously, eat, or drink anything except water and your regular medications. For 1 hour prior to the test, you will not be able to smoke.

This first clinic visit should take approximately 2 hours to complete.

Abnormal findings of the following clinic tests will be reported to you, your doctor or your clinic: e.g., high blood pressure or blood test for anemia done at your Clinical Center.

Some of the blood drawn will be stored for tests at a later date, including possible genetic studies. This stored blood will be used whether you are in the Clinical Trial or the Observational Study. These blood tests will not replace your usual medical care and results will not be available for you medical care (for example, your cholesterol level will not be reported to you or your doctor). Research studies require only looking at all lab results together and individual results will not be available.

Benefits and Risks

By taking part in this study, you will help increase scientific knowledge about the prevention of breast cancer, colon and rectum cancer, heart disease, and bone fractures (breaks) in women. Also, we will learn ways to prevent disease and promote the health of women from all backgrounds and lifestyles.

Pulse, blood pressure and height, weight, hip, and waist measures

There should be minimal risks with these tests.

Blood draw

There is a small risk with drawing blood. You may feel a little discomfort as the needle goes through the skin. There may be some bruising at the site where blood is drawn. Pressing hard on the spot for one or two minutes after the needle is removed will help to prevent a bruise. Very rarely, the arm may become infected. Occasionally a woman may feel lightheaded or even faint when her blood is drawn. If you feel faint, tell the person drawing your blood and she or he will have you lie down until the feeling goes away.

Alternate Treatments

This clinic visit is only to find out if you are eligible to be in these studies.

Costs

The tests, procedures, medications and visits that are a part of this study will cost only your time and travel. Any test or procedure that would normally be billed to your insurance company, Medicare, or Medicaid will be billed to those sources. If these sources do not pay for tests and procedures, the study will pay these costs. Pelvic exams and Pap smears done at the WHI clinic are free of charge to you. The WHI study has not set aside funds to pay for pelvic exams and Pap smears done by your own doctor.

The study and Clinical Center have not set aside funds to pay for any health conditions that you may develop, and will not pay for any health problems or conditions or injuries that might occur during the course of this study. These might be covered in whole or in part by your usual insurance, Medicare or Medicaid. You will not be paid back for any wages lost from taking part in this study. You will not be paid for being in the study.

In the event that physical injury occurs as a result of this research, the University does not automatically provide reimbursement for medical care or other compensation. If physical injury is suffered in the course of research, or for more information, please notify [redacted]. [redacted] Principal Investigator at [redacted]

Confidentiality

All of your study records will be kept confidential to the extent required by law. Your personal identity will not be revealed in any publication or release of results. If a health condition is detected during this examination, you will be told about it and the information will be given to your doctor or clinic. Only WHI staff at the University of Wisconsin WHI Clinical Center in Madison, Wisconsin, and the Clinical Coordinating Center at the Fred Hutchinson Cancer Research Center in Seattle, Washington, will have access to your study number, name, social security number and address for the purpose of study wide mailings, as well as maintaining and updating your study records. The Food and Drug Administration may be allowed to examine your study records for safety reasons. Study records will be kept indefinitely for analysis and follow-up. This study is authorized by Privacy Act 43 United States Code 241.

Right to Withdraw

Your decision to join in this study is voluntary. You may quit at any time, for any reason, without notice. Even if you decide to stop taking part in the study, you will still be asked to come for clinic visits so we can know what happens to you until the end of the study but you can decide for yourself whether to agree. We hope you will take part for the entire time of the study because we will use all of this information to draw correct conclusions. If you decide to leave the study, we hope to be able to contact you yearly to see how you are doing. If you decide to leave the study, it will not affect your regular medical care.

Voluntary Consent

If you have any questions about any part of the study or your rights as a volunteer, a WHI staff person will be on hand to answer them before you sign this consent form. Also, if you have any questions about your rights as a participant in this study, please call the Patients' Rights Representative at the University of Wisconsin at [redacted] If you have any questions at any time, you may call: WHI Clinical Center at the University of Wisconsin-Madison at [redacted], or any of the investigators listed at the beginning of this form. Before you sign this form, please ask any questions on any part of this study that is unclear to you.

Other Information

Your joining is important to the success of this study. Unless many volunteers like you agree to join, this study will not be possible. If, as a result, we learn that a low fat diet reduces the risk of breast cancer, colon or rectum cancer, or coronary heart disease, or that hormone replacement therapy reduces the risk of heart disease or broken bones, many women may benefit. We also expect to discover risks which may be associated with these treatments.

We have tried to make joining the study as easy as possible for you. Please let us know if there are ways you think it would be easier for you and others to join this study.

In order for this study to be valid, you should not join other health studies where you would be assigned at random (like the flip of a coin) to receive a medication, special test, or special treatment. There may be reasonable exceptions to this rule. We therefore ask you to discuss with clinic staff any plans you may have to join other studies before doing so.

If any study test suggests that a health problem needs further follow-up, you will be sent back to your doctor or clinic, who will evaluate the need for further study. Copies of reports and hospital records of your doctor's follow-up may be requested by the WHI and become part of your study record at the University of Wisconsin Clinical Center in Madison, Wisconsin. If you are unable to complete follow-up forms, the WHI clinic staff may contact your spouse, close relative, or friend for updated information about your health. If you move, and we are not able to find you, we may try to locate you through nationally available records, such as social security. Whether or not you choose to join any part of the study will not directly affect your personal medical care or your medical insurance coverage.

The study does not replace your usual medical care.

An independent committee of experts in medical research will be reviewing study results regularly to see if there are clear benefits or harmful side effects. You will be informed if definite benefits or harmful results are found during the study.

INVESTIGATOR'S STATEMENT

I have provided an explanation of the above research program. The participant was given an opportunity to discuss these procedures, including possible alternatives, and to ask any additional questions. A signed copy of the consent form has been given to the participant.

_____ _____

Signature of Principal Investigator or Designee Date

PARTICIPANT STATEMENT

I certify that I have read the WHI study description and I voluntarily consent to join in this study. I understand that I may quit the study at any time. I have had a chance to ask questions. I understand that I may ask further questions at any time and that I will receive a signed copy of this consent form for my records. I have had an opportunity to carefully review the Initial Informed Consent form and ask questions about it.

_____ _____

Signature of Participant Date

CONSENT FORM FOR THE CALCIUM/VITAMIN D PART OF THE WOMEN'S HEALTH INITIATIVE (WHI) CLINICAL TRIAL

WHI Coordinating Center
Fred Hutchinson Cancer Research Center
Seattle, Washington

[Clinical Center]

[Principal Investigator]

[24-Hour Contact]

You are already in the Hormone Replacement and/or Dietary parts of the Women's Health Initiative (WHI) Clinical Trial. This form is to tell you about the Calcium/Vitamin D part of the study. If you are able, you may choose to be in this part of the study. We expect thousands of women across the United States to be in the WHI.

Purpose of the Calcium/Vitamin D Part of the WHI

The main purpose of this part of the trial is to determine if taking calcium and vitamin D daily reduces the risk of hip fractures (breaks) and other broken bones and cancers of the colon and rectum, and will improve the quality of life for women.

Reasons for the Calcium/Vitamin D Part of the WHI

There are several major diseases that women may get as they get older. Hip fractures occur in about 150 out of 1,000 women age 50 and over. Cancers of the colon and rectum are the third most common major cancers in women. If we could prevent these diseases, women could expect to live longer and healthier lives.

Part of the reason why women get weakened or brittle bones as they get older may be because they don't get enough calcium or vitamin D in the food they eat. On average postmenopausal U.S. women get about 600 mg calcium per day from the food they eat. The recommended intake of calcium is 800 mg per day, but some expert groups have recommended higher intakes of 1000-1500 mg per day. The recommended intake of vitamin D is 200 international units per day. Some past short-term studies have shown that taking extra calcium or vitamin D as a pill will reduce bone weakening, and may make bones less likely to break. These potential benefits make it important to conduct this study. The WHI will study whether taking calcium and vitamin D pills decreases fractures, especially the more serious ones, such as hip fractures. One short-term study has shown that taking calcium and vitamin D reduces fractures in older women, and another has shown that an injection of vitamin D may reduce fractures. The effects of taking calcium over much longer periods of time have not been studied in a trial, and in particular have not been studied in U.S. women.

Some past studies have suggested that taking more calcium in the diet may protect against cancer of the colon and rectum. The calcium/vitamin D part of the study will also study whether taking calcium and vitamin D pills decreases the risk of colon and rectum cancer.

What Will You Be Doing?

If you decide to join in this part of the study, you will be placed in 1 of 2 groups. The first group will be given 1000 mg. of calcium (active) and up to a maximum of 400 international units of vitamin D (active) daily, and the second group will be given an inactive pill (a placebo, like a "sugar pill"). Medications will be taken twice daily by mouth—one pill at breakfast and one at dinner.

When you start, you will be given a choice of taking a chewable pill or a swallowable pill. You will also be able to choose what type of pill you take each time you are given a new supply of pills.

Your placement into one of these groups will occur by chance (like a coin toss) and will be done by a computer, not by a WHI staff member. Neither WHI clinic doctors, staff, nor you will know whether your study medications are active or placebo.

If you decide to join this part of the study, you will not be able to take more than 600 international units of Vitamin D supplements daily. However, you will still be able to take any calcium supplements that you currently take.

Whether or not you choose to join in the Calcium/Vitamin D part will not affect your being in the other parts of the study.

Joining in this group will not increase the amount of time you spend on the WHI study by more than 2 hours a year, and it will not change the number of clinic visits you need to make or the number of years you are followed.

In the beginning of this part of the WHI, clinic staff may call you between visits to make sure you are not having any problems.

If you join the Calcium/Vitamin D part of the study, the following additional activities will take place at the 6-month and/or yearly clinic contacts:

- Your remaining study pills will be collected and you will be given new bottles of pills.
- You will be asked about any problems you are having with the study pills.

Benefits and Risks

By taking part in the Calcium/Vitamin D part of the WHI, you will help to increase scientific knowledge about the prevention of hip fractures and other fractures and about colon and rectum cancer. This study will provide stronger scientific evidence than currently exists that taking calcium and vitamin D can reduce the risk of these diseases among American women.

The doses of calcium and vitamin D in the study tablets are thought to be too small to be toxic when taken as directed. These medications are available over-the-counter and are taken in the same doses by many people without ill effects. In rare cases, you may need to stop taking study pills because of possible side effects, such as intestinal disturbances (like increased gas or bloating), kidney stones, or high blood calcium. Even if you have to stop taking study pills, you will still come to clinic visits, and will be followed to the end of the study.

You should not join this study if you already know of having too much calcium in your blood.

Other Treatments to Prevent Weakened or Broken Bones or Colon and Rectum Cancer

Prevention of broken bones caused by weakened bones

At the present time, the standard treatment would include routine physical exams, exercising regularly, and eating a diet that contains adequate amounts of calcium and vitamin D. New medicines such as bisphosphonates (like alendronate or Fosamax) and intranasal calcitonin have been approved for the treatment of osteoporosis to strengthen weakened bones and fractures in postmenopausal women with osteoporosis. These medicines may be taken to maintain bone density.

Prevention of colon and rectum cancer

No treatment has been shown to prevent colon or rectum cancer. At the present time, the standard treatment would include routine physical exams and yearly exams of your stool by your doctor for the presence of blood to find cancer early. Other ways of finding cancer early, such as flexible sigmoidoscopy, are thought to reduce the risk of dying from these cancers.

Costs

The tests, procedures, medications and visits that are a part of this study will cost only your time and travel. Any test or procedure that would normally be billed to your insurance company, Medicare, or Medicaid will be billed to those sources. If you do not have sources to pay for tests and procedures, the study will pay these costs.

The study and Clinical Center have not set aside funds to pay for any health conditions that you may develop, and will not pay for any health problems or conditions that might occur during the course of this study. These might be covered by your usual insurance, Medicare or Medicaid. You will not be paid back for any wages lost from taking part in this study. You will not be paid for being in the study.

Confidentiality

All of your study records will be kept confidential to the extent required by law. Your personal identity will not be revealed in any publication or release of results. If a health condition is detected during this examination, you will be told about it and the information will be given to your doctor or clinic. Only WHI staff at the [name] Clinical Center and the Clinical Coordinating Center at the Fred Hutchinson Cancer Research Center in Seattle, Washington, will have access to your study number, name, social security number and address for the purpose of study wide mailings, as well as maintaining and updating your study records. The Food and Drug Administration may be allowed to examine your study records for safety reasons. Study records will be kept indefinitely for analysis and follow-up. This study is authorized by Privacy Act 42 United States Code 241.

Right to Withdraw

Your decision to join in this study is voluntary. Even if you stop taking part in the Calcium/Vitamin D part of the study, you will still be asked to come for clinic visits so we can know what happens to you until the end of the study. You may quit at any time, for any reason, without notice. We hope you will take part for the entire time of the study because we need all of the information to draw correct conclusions. If you decide to leave the study, we hope to be able to contact you yearly to see how you are doing. If you decide to leave the study, it will not affect your regular medical care.

Voluntary Consent

If you have any questions about any part of the study or your rights as a volunteer, a WHI staff person will be on hand to answer them before you sign this consent form. Also, if you have any questions about your rights as a participant in this study, please call _____ in the Institutional Review Board Office of [Clinical Center] at [phone number]. If you have any questions at any time, you may call: [Clinical Center name and phone number] or any of the investigators listed at the beginning of this form. Before you sign this form, please ask any questions on any part of this study that is unclear to you.

Other Information

Your joining is important to the success of this study. Unless many volunteers like you agree to join, this study will not be possible. If we learn that taking daily calcium and vitamin D reduces the risk of hip and other fractures, or colon or rectum cancer, many women may benefit.

We have tried to make joining as easy as possible for you. Please let us know if there are ways you think it would be easier for you and others to join this study.

In order for this study to be valid, you should not join other health studies where you would be assigned at random (like the flip of a coin) to receive a medication, special test, or special treatment.

If any study test suggests that a health problem needs further study, you will be sent back to your doctor or clinic, who will evaluate the need for further study. Copies of reports and hospital records of your doctor's follow-up may be requested by the WHI and become part of your study record at the [Clinical Center]. Whether or not you choose to join the Calcium/Vitamin D part of the study will not affect your personal medical care or your medical insurance coverage. The study does not replace your usual medical care.

An independent committee of experts in medical research will be reviewing study results regularly to see if there are clear benefits or harmful side effects. You will be informed if definite benefits or harmful results are found during the study.

Investigator's Statement

I have provided an explanation of the above research program. The participant was given an opportunity to discuss these procedures, including possible alternatives, and to ask any additional questions. A signed copy of the consent form has been given to the participant.

_____ _____

Signature of Principal Investigator or Designee Date

PARTICIPANT STATEMENT

I certify that I have read, or had read to me, and that I understand the description of the Calcium/Vitamin D part of the WHI. I voluntarily consent to join in this part of the study. I understand that I may quit the study at any time. I have had a chance to ask questions about the Calcium/Vitamin D part of the study. I understand that I may ask further questions at any time and that I will receive a copy of this signed consent form for my records. I have had an opportunity to carefully review the Calcium/Vitamin D Informed Consent form and ask questions about it.

_____ _____

Signature of Participant Date

_____ _____

Signature of Witness Date