

## Summary of Iranian Cohort Studies

<b>Name of cohort study:</b>	Prospective Epidemiological Research Studies of the Iranian Adults- Guilan
<b>University:</b> <b>Research center:</b>	Guilan University of Medical Sciences Gastrointestinal and liver disease research center(GLDRC)
<b>Approval date:</b> <b>Starting Date:</b>	2014/Apr/14 2014/Sep/11
<b>Goals:</b>	<ul style="list-style-type: none"> <li>✓ Determine risk and protective factors, the most common chronic disorders in Tulamat, Somesara - Guilan</li> <li>✓ Determine the dominate food intake using Food Frequency questionnaire ( FFQ) in Tulamat, Somesara -Guilan</li> <li>✓ Determine the prevalence of non-Communicable diseases in Tulamat ,Somesara -Guilan</li> <li>✓ Determine the annual incidence of chronic disease in Tulamat, Somesara -Guilan</li> <li>✓ Prevention of chronic diseases (like cardiovascular , kidney, liver , lungs , nerves ,metabolic syndrome ,diabetes and others) by doing intervention studies in Tulamat, Somesara -Guilan</li> <li>✓ Determine the prognosis and the death of the most common chronic disorders in Tulamat ,Somesara - Guilan</li> <li>✓ To improve the quality of health care services in Tulamat ,Somesara -Guilan</li> </ul>
<b>Study population:</b>	All residents between 35 to 70 years in Tulamat Somesara - Guilan
<b>Sampling Method:</b> <b>Sample Size:</b>	Convenience or Accidental sampling The subjects in this study are at least 10000 people.
<b>Data Collection:</b>	The aim of the study is explained to everyone. Then they fill the concept form. Each participant is identified by a number or code. After admission blood, urine, hair and nail samples are taken. Then the Questionnaire is filled for them. Questionnaire consists three parts: General, Nutrition, and Medicine.
<b>Follow up Methods:</b>	In this study people will be followed at least for 10 years, so we can know their new diseases or addresses . Participants are followed up yearly by telephone or medias and they are encouraged to participate in the study.
<b>Main Exposures:</b>	<b>Inclusion criteria :</b> People 35> to 70years <b>Exclusion criteria:</b> Being unable to attend the clinic for examination or refusal by a person to participate in the Plan.

<b>Outcomes:</b>	Identification of the underlying genetic susceptibility factors for chronic diseases
<b>Related links:</b>	<ol style="list-style-type: none"> <li>1. <a href="#">Willett WC, Colditz GA. Approaches for conducting large cohort studies. Epidemiol Rev 1998; 20:91-9. (Link)</a></li> <li>2. <a href="#">Grimes DA, Schulz KF. Cohort studies: marching towards outcomes. Lancet 2002; 359:341-5. (Link)</a></li> <li>3. <a href="#">Munoz A, Gange SJ. Methodological issues for biomarkers and intermediate outcomes in cohort studies. Epidemiol Rev 1998; 20:29-42. (Link)</a></li> <li>4. <a href="#">Liao C-C, Su T-C, Sung F-C, Chou W-H, Chen T-L. Does Hepatitis C Virus Infection Increase Risk for Stroke? A Population-Based Cohort Study. PLoS One. 2012; 7(2): 31527. (Link)</a></li> <li>5. <a href="#">Khademi H, Malekzadeh R, Pourshams A, Jafari E, Salahi R, Semnani S, et al. Opium use and mortality in Golestan Cohort Study: prospective cohort study of 50000 adults in Iran. BMJ.2012; 344:2502. (Link)</a></li> <li>6. <a href="#">Pourshams A, Khademi H, Malekshah AR, Islami F, Nouraei M, Sadjadi AR, et al. Cohort profile :The Golestan cohort study-a prospective study of esophageal cancer in Northern Iran. Int J Epidemiology.2010;39(1):52-9. (Link)</a></li> <li>7. <a href="#">Chang C-C, Yu M-W, Lu C-F, Yang C-S, Chen P.C-J. A Nested Case-Control Study on Association between Hepatitis C Virus Antibodies and Primary Liver Cancer in a Cohort of 9,775 Men in Taiwan. Journal of Medical Virology. 1994; 43(3):276-280. (Link)</a></li> <li>8. <a href="#">Søren Lund Kristensen, Ole Ahlehoff, Jesper Lindhardsen, Rune Erichsen, Gunnar Vagn Jensen, Christian Torp-Pedersen et al. Disease Activity in Inflammatory Bowel Disease Is Associated with Increased Risk of Myocardial Infarction, Stroke and Cardiovascular Death – A Danish Nationwide Cohort Study. PLOS ONE . February 2013 . 8 , Issue 2 : e56944. (Link)</a></li> <li>9. <a href="#">Sarrafzadegan N, Rabiei K, Kabir A, Asgary S, Tavassoli A, Khosravi A, et al. Changes in lipid profile of Patients referred to a cardiac rehabilitation program. Eur J Cardiovasc Prev Rehabil 2008; 15(4): 467-72. (Link)</a></li> <li>10. <a href="#">Poustchi H, Katoonizadeh A, Ostovaneh MR, Moossavi S, Sharafkhan M, Esmaili S, et al. Cohort profile: Golestan hepatitis B cohort study- a prospective Cohort profile: Golestan hepatitis B cohort study- a prospective long term study in northern Iran long term study in northern Iran. Middle East J Dig Dis. 2014 Oct;6(4):186-94. (Link)</a></li> <li>11. <a href="#">Roshandel G, Khoshnia M, Sotoudeh M, Merat S, Etemadi A, Nickmanesh A. Endoscopic screening for precancerous lesions of the esophagus in a high risk area in Northern Iran. Arch Iran Med. 2014 Apr;17(4):246-52. (Link)</a></li> </ol>

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