



PARACELTUS 10,000: A PROSPECTIVE COHORT STUDY ON THE HEALTH STATUS OF THE POPULATION OF SALZBURG, AUSTRIA

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Austrian Cohort Research Days, Vienna, 25-26 April 2023

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COHORT - OVERVIEW

Paracelsus 10,000 by Salzburger Landeskliniken

Study aim

Paracelsus 10,000 is an observational cohort study with the objective to investigate the **health status** of the **population** in and around the city of **Salzburg**.

The focus lies on common non-communicable diseases, mainly **cardiovascular, cerebrovascular, and metabolic** diseases, and their **risk factors**.

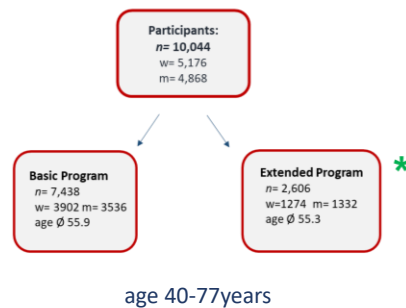
The aim of the study is to establish a large database enabling to study associations between **life style, genetic factors** and development of common diseases.

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Cohort composition



COHORT – KEY RESEARCH FINDINGS



- Laboratory Parameters**
- Blood picture
 - Electrolytes
 - Kidney values
 - Liver values
 - Pancreas values
 - Blood sugar
 - Blood fat
 - Iron status
 - Hematology
 - Coagulation
 - Thrombophilia
 - Hormones (TSH, Insulin, PSA...)
 - Oral Glucose Tolerance Test *
 - Urine & Stool

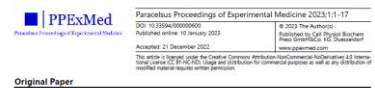
Biobank

- Investigations performed**
- Examinations**
- ECG
 - Height, weight, BMI
 - Blood pressure
 - Abdominal girth
 - Ultrasound Carotids
 - ABI *
 - BIA *
 - Spirometry *
 - Hand grip *
 - Walking speed *
 - 24- hours blood pressure *
 - Acceleration analysis *
 - Coronary Ca- Score *
 - DEXA- Scan *
 - Fibro Scan liver *
 - Ergo spirometry *

- Questionnaires**
- AUDIT (Alcohol) *
 - IPAQ (Sports) *
 - EPIC (Diet)
 - 7 days nutrition *
 - 12 F (Quality of Life)
 - BDI (Depression)
 - Epworth- Sleepiness-Scale
 - BIS-15 (Impulsiveness)
 - Environmental Medicine
 - ODQ-D (Back pain)
 - WOMAC (Cox arthrosis)
 - impingement syndrome

- Interviews**
- Anamnesis
 - Medication
 - Family Anamnesis
 - Psychological disorders
 - Mini mental test

Key findings



Paracelsus 10,000: An Observational Cohort Study About the Health Status of the Population of Salzburg, Austria. Rationale, Objectives and Study Design

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COHORT – (FURTHER) NEEDS



1st Follow Up

Aim of the follow up study is to investigate possible **changes in health status** compared to the first study phase. We are expecting to find correlations between common non-communicable diseases and **life-style**, as well as **genetic factors**.

Basic investigations + extended program with neurological focus: MRT, MEG, neuropsychological testing (CERAD, ASR)



2nd Follow Up →
3rd Follow Up →
4th Follow Up.....



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