

mistral

THE ZEPHYR STUDY

three European cities involved in studying the association between black carbon in biological samples with quality of life across different population subgroups.



Can you help us better understand how environmental pressure affects people's long-term health in your community?

We are currently collecting data from people in your area to help researchers and scientists better understand the impacts of environmental pressure on people's health, and how to mitigate the effects of relative disability. If we can better understand the links between environmental exposure on people of different ages and from different communities, we can better design measures to prevent the onset of chronic diseases such as cardiovascular disease, respiratory disease and dementia.



What is ZEPHYR?

ZEPHYR is a study, within the European-funded project MISTRAL, in which we will involve the population of the three study cities. We will recruit a sample of the population of all ages, and they will be assessed by physicians, on general health and social status.

Step by step...

We wish to assess your health in more detail. The ZEPHYR study has two phases. Therefore, all participants in Phase 1 will be invited by their general physicians (GPs) to compile the first survey and the informed consent. If you agree, you will be contacted in the next weeks by the local study coordinator to join a specific general medical assessment in Phase 2 in a local clinic. However, participating in Phase 1 does not mean that you are obliged to participate in Phase 2. After the assessment, you will have the results of your health status and general laboratory analysis in the next few days from your GP.

Phase 1 we take now! What does this involve?

You will be reached out by your GP and Pediatrician: you will receive a consent form and a questionnaire on diet and lifestyle habits, socioeconomic status, and social deprivation.



Phase 2...and now?

We will collect some samples:

- Urine
- Blood

Neither you nor your child will be inconvenienced in any way other than devoting about one hour of your time to filling out the questionnaire and donating the biological sample.

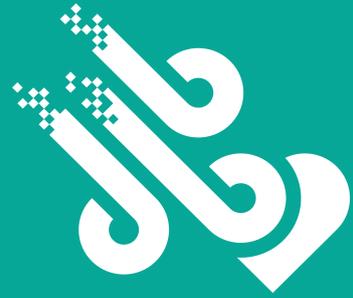
What are the benefits of participating?

- Full participation is free of charge for you, and you will receive a general health assessment and free laboratory exams.



None of you will be inconvenienced in any way by the various examinations other than devoting about one hour of your time to filling out the questionnaire and donating the biological sample.

- This is an experimental study, meaning that many substances, such as black carbon, do not yet have any reference value. Therefore, we cannot make any association between high or low value and your health conditions. However, every out-of-standard value we will find in your blood or urine will be immediately communicated to your physician.
- You are participating in a study in the interests of preventive medicine and health protection and therefore also in the interests of the health of all people living in your city and your family.



mistral



contact:

project-mistral.eu - info@project-mistral.eu



**Funded by
the European Union**

GRANT AGREEMENT Project 101095119 – MISTRAL

