

If you are interested in **STURDY**:

- Contact us today!
410-281-1600
Email: prohealth@sturdytrial.org
- Or fill in the card and send it to us.

Lawrence J. Appel, MD, MPH
Principal Investigator
Protocol # IRB00063914



Approved April 27, 2015



TAG

Johns Hopkins Pro Health
1849 Gwynn Oak Avenue, Suite 1
Gwynn Oak, MD 21207

Concerned about falling?

Can vitamin D help?

Consider **STURDY**



This research program is being conducted at:

Johns Hopkins Pro Health

1849 Gwynn Oak Avenue, Suite 1
Gwynn Oak, MD 21207
410. 281.1600



STURDY is a research program to find out if vitamin D pills will help prevent falls.

Is **STURDY** for you?

If you answer **YES** to all 3 of these questions, you may be eligible:

- Are you age 70 or older?
- Are you afraid of falling or have you had a fall in the past year?
- Are you willing to take vitamin D pills?

Are there benefits for you?

- Free medical tests
- Up to \$120 over the 2 years of the study
- The satisfaction of participating in an important program that might benefit you, your family and friends

What happens in **STURDY**?

First, we find out if you are eligible.

- We will ask you questions about your health and test your blood level of vitamin D and calcium.

Next, if you are eligible and decide to join this program, we will ask you to:

- Complete five visits to our clinic over two years
- Take a vitamin D pill every day
- Tell us if you fall
- Answer questions over the phone
- Do balance and walking tests

If **STURDY** seems right for you:

- Call us today: 410-281-1600
- Or email us: prohealth@sturdytrial.org
- Or fill in the prepaid card & send it to us →



For your privacy please:

- Cut along the dotted lines
- Fold
- Tape *[Please do NOT use staples.]*
- Mail. No stamp is needed.

Please fold and seal.

Please contact me

Name _____

Address _____

City _____

State _____

Zip _____

Home Phone _____

Cell Phone _____

Best times to call me _____

Email Address _____