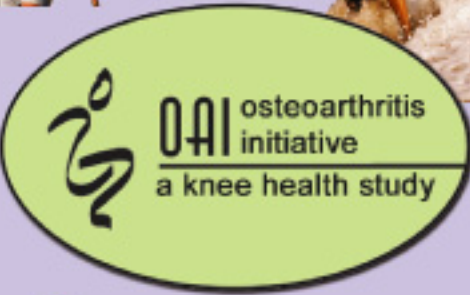
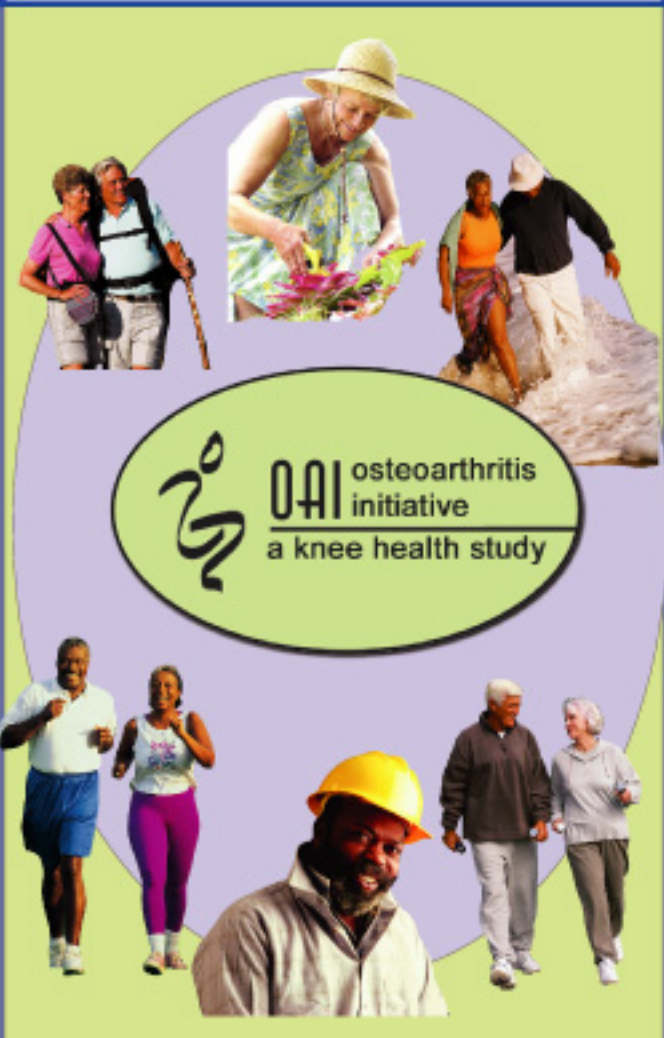




Promoting Health  
for You



If joining a health study now  
could improve the lives of  
millions of Americans later,  
would you join...?



and  
Future Generations

OAI:  
A Knee Health Study

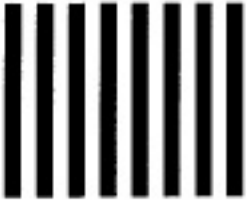
OAI



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University of Maryland  
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## What is OAI?

OAI -- Osteoarthritis Initiative -- is a nationwide research study, sponsored by the National Institutes of Health (part of the Department of Health & Human Services), that will help us better understand how to prevent and treat knee osteoarthritis, the most common cause of disability in adults.



## Who can join this study?

Men and women who are 45 to 79 years old, and have one or more of the following:



- Overweight
- Hand osteoarthritis (knobby fingers)
- Knee pain during the past year (however, you don't have to have current knee pain to join)
- Previous knee injury

This study is not for those who have rheumatoid arthritis, joint replacements in both knees, are unable to walk without assistance or can't have a knee MRI.

## What will I be asked to do?

- Complete a telephone interview to confirm your eligibility.
- Attend two initial visits that will include a knee x-ray and knee MRI scan, knee exam, strength testing, an interview, and lab tests.
- Return to the clinic for an annual follow-up visit for the next 4 years.
- You will **NOT** be required to take medications or change your eating or exercise habits.



## What are the benefits of joining?



- Receive exams at no cost to you and the latest information about knee arthritis.
- Contribute to the future health and well-being of others, including your children and grandchildren.
- Help researchers improve the understanding and treatment of knee osteoarthritis.

## How do I learn more about the study?

If you would like more information or are interested in participating, please fill out the attached postage-paid postcard or call:

**University of Maryland**  
**(410) 706-5791 or**  
**(866) 565-KNEE (toll free)**

<http://www.oai.ucsf.edu>

Yes, I'm interested in participating. Please call me with more information!

I'm not available right now, please call me later: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Year

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Home phone #: (\_\_\_\_) \_\_\_\_\_ Work phone #: (\_\_\_\_) \_\_\_\_\_

Best time to call: \_\_\_\_\_ Home/Work (circle one)

E-mail: \_\_\_\_\_ Date of birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year