

# VIDARIS NEWSLETTER

## WEATHER

There are many adjectives that could be used to describe the snow last week but let's say it was rather special. After the earthquakes the disruption caused by the snow was minimal in terms of VIDARIS. The office was closed for Monday and most of Tuesday morning but missed appointments were caught up quickly and people kept on reporting their cold symptoms. Thank you.

## EARTHQUAKE QUESTIONNAIRE

Thank you for your willingness in completing the extra earthquake questionnaire. It has been humbling to hear some of your experiences.

## APPOINTMENTS.

The 14 month appoint-

ments are all but completed and some of the 17 month appointments have started. Those participants that enrolled at the beginning of the study will soon have their 18 month and final appointment. This will need a longer appointment time as it involves obtaining blood pressure recordings, a nasal swab and a final blood sample.

## NOTIFICATION AND ADDRESS

All participants are expected to have completed the study by the end of November. In early December we expect to be able to inform you as to what treatment you were taking, your vitamin D and swab results.

It is important that you please check that your project assistant has either

a suitable postal address and/or e-mail address so we can make sure you all get your individual study results. We anticipate also that we will hold some meetings which all participants will be invited to where we will provide general feedback on the findings of the study. These are likely to be in the New Year.

Thank you all for your continued participation and perseverance through the various disruptions that we have had. Your tenacity is very much appreciated and remember to keep on reporting any cold/flu-like illnesses.

It is nice to see the sun shining. We hope you are able to get out and enjoy it this week.



## HOW TO CONTACT US

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