

CTSC VITAL Clinic Day Schedule

9:00 AM	Welcome and consent
9:20 AM	Urine specimen
9:30 AM	Blood pressure, pulse, baseline blood
9:45 AM	Glucose drink (0 min)
9:50AM	Height, weight, waist, and hip measurements Mood/well-being/hearing self-report forms
10:15 AM	First post-glucose (30 min) Oral Glucose Tolerance Test (OGTT), blood collection
10:20 AM	Mini International Neuropsychiatric Interview (MINI)
10:45 AM	Second post-glucose (60 min) OGTT blood collection
10:50 AM	Electrocardiogram, Modified Mini-Mental State Exam (3MS)
11:45 AM	Third post-glucose (120 min) OGTT blood collection
11:50 AM	Lunch
12:15 PM	TECH: Doppler echocardiography
1:00 PM	Assessment of physical performance (timed walk, chair stands, grip strength, Timed up and go)
1:30 PM	Spirometry
2:00 PM	Dual X-ray Absorpiometry (DXA)
2:30 PM	peripheral Quantitative Computed Tomography (pQCT);
3:15 PM	<i>Appointment ends</i> (spirometry data upload, exam room clean-up, etc.)

*Optional studies for CTSC subjects. HTN and hr_pQCT