

# *The “EUPHORIC” Project*

## *The Greek contribution*

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**Workshop**

**TOWARDS A NEW HEALTH CARE SYSTEM**

**December 16th, 2004 Rome**

- **1. We are in charge of a large cohort study among apparently healthy Greeks throughout the country.**
  - In this cohort during five years of follow up, some 500 new coronary heart disease cases have been identified among previously healthy people, including 100 deaths.
  - For these patients and all those that will be identified during the duration of the study, we can collect all accessible information

*Advantage: Unbiased and wide population coverage*

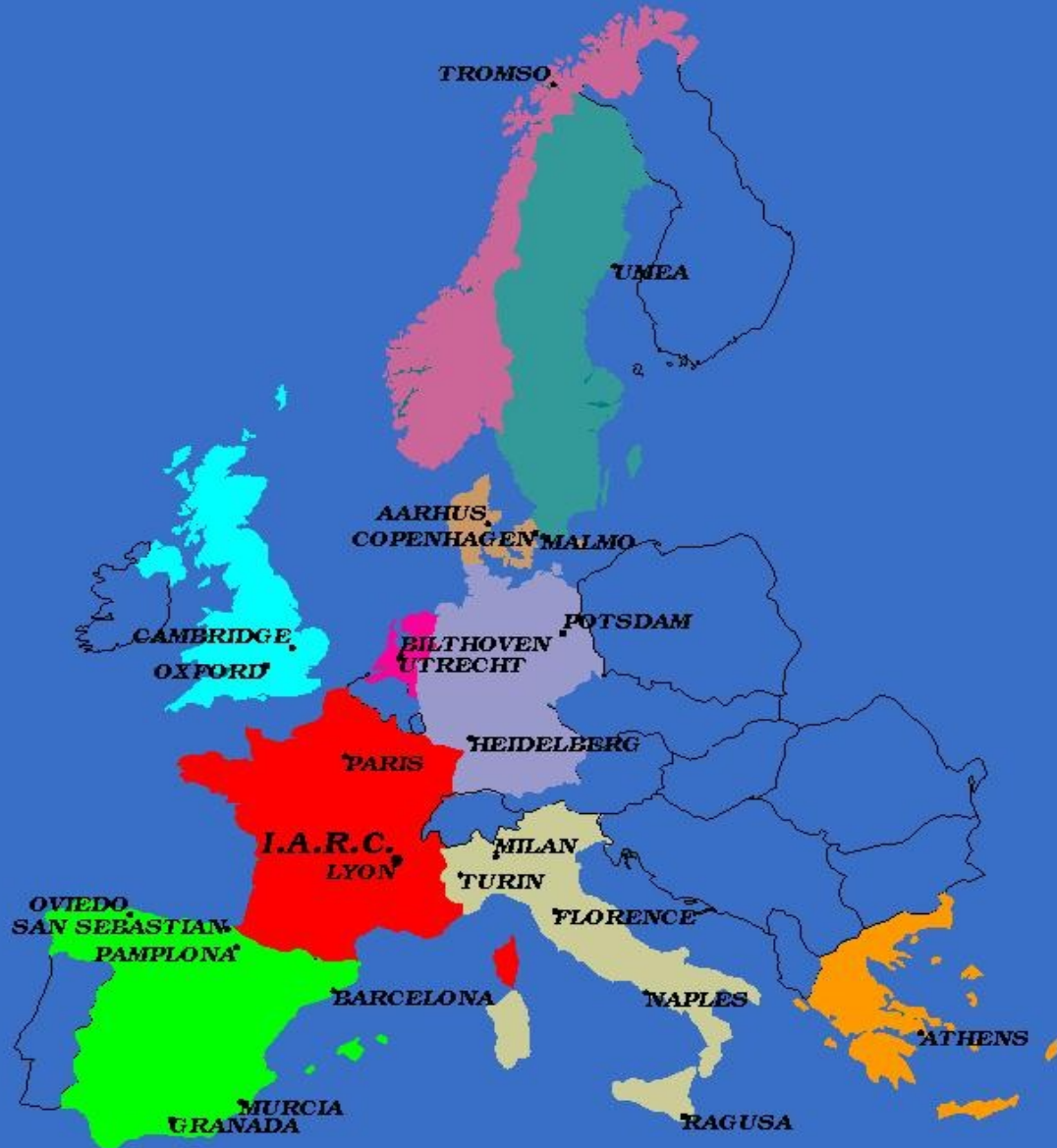
*Disadvantage: Study participants and coronary cases are dispersed all over the country (high cost)*

- **2. Collaboration with two major university cardiology departments in Athens**

*Advantage: High throughout good quality of data.*

*Disadvantage: Bias (these departments provide high quality care)*

# EPIC participating countries



# **European Prospective Investigation into Cancer and Nutrition (EPIC)**

**23 centers in 10 European Countries**

**Approximately 520.000 Europeans  
participate in the EPIC project**

**Coordinating Center  
International Agency for Research on Cancer (IARC)  
World Health Organization**

# EPIC GREECE



# EPIC : PROSPECTIVE STUDY

**exposure**

**end-point**

**Nutrition**

**Cancer**

**Lifestyle**

**Chronic diseases**

**Biological samples (*serum, plasma buffy coat*)**

# EPIC Protocol

## *Baseline data:*

Questionnaires (Dietary –Life style)

Somatometry

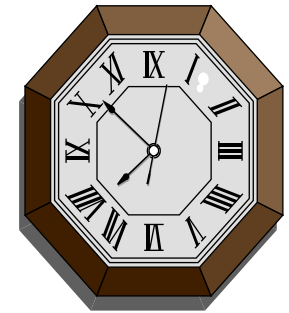
Blood Sampling

## *Follow up:*

Questionnaires

Telephone

# EPIC Study - Timetable



- 1992–1998 Subject recruitment
- 1998– Start of follow-up for cancer incidence and mortality
- 1997–1999 Follow-up on lifestyle changes
- 1998–2000 Descriptive studies on diet and life-style
- 2000–2004 Results on cancers of the breast, colorectum, stomach and lung
- 2004–2006 Results on cancers of the prostate, endometrium, ovary, lymphomas...
- 2006–2010 Continuation of follow-up



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