

SCHOOL OF PUBLIC HEALTH • LABORATORY OF PHYSIOLOGICAL HYGIENE
STADIUM GATE 27 • MINNEAPOLIS, MINNESOTA 55455

I see no need for more dietary records if competent dietitians are available. It would be desirable to carry out 3-day diet recordings (weighing) on perhaps 30 men at random in each area, in 1968 or 1969, but collection of food for chemical analysis would be unnecessary. One dietitian and January 14, 1966 could cover 30 men in 3 weeks in this way and the cost would not be high--air fare--\$120, meals and housing--\$350, car hire, including driver--\$250, stipends for field work period plus time for calculating--\$1000, misc. local costs, typing, etc.--\$120, of \$2100 per survey.

Dr. Christ Aravanis

37 Vasilissis Sophias Av.

Athens, Greece

budget estimates for the Corfu re-examinations. Note that I shall take care of all costs for Dr. Blackburn and an E. C. G. man and that we would supply at least one E. C. G. machine and also take care of the cholesterol analyses, statistical work. Apart from these items my estimate totals \$6659.

Dear Christ:

This is further to the letter and application materials mailed to you last night. both Crete and Corfu. The cost per visit should be less than \$250, including stipends.

For the continuation of the work in Greece the following are the basic needs: The 10-year re-examinations in Crete and Corfu should be budgeted at \$7000 to \$8000 each, to allow for possible inflation, etc.

- 1) Check on mortality in both Crete and Corfu between now and July 1, 1966.
- 2) 3-year re-examinations in Corfu in August-September, 1966. Who is to handle the responsibilities between re-examinations. On the latter, the equivalent of one week of work in Crete should suffice for the small amount of things to be done--making sure that someone does the mortality checks, and preparing a brief progress report each year. Ideally, you and/or someone in your party should plan on meeting with others who are in these cooperative programs for several days in Italy in 1967, 1968, 1969 and 1970. An air passage of \$250 for each such meeting would do.
- 3) Check on mortality in Crete between July 1 and December 31, 1966.
- 4) Twice yearly check on mortality in both Crete and Corfu in 1967, 1968, 1969.
- 5) Check on mortality in both Crete and Corfu between January 1 and July 1, 1970.
- 6) 10-year re-examinations in Crete in August-September 1970. (This will include mortality check) The mortality data so far reported. The death rates are far out of line w/ any expectation. It is clear that a twice-yearly check in both Crete and Corfu is essential with every effort to be made to prevent any death being missed.
- 7) Check on mortality in Corfu between July 1 and December 31, 1970. For Crete, I note that the 1958 examination data do not cover 80 men who were aged 40-50 and examined in 1958. Only 10 men are reported to have died in the interim. How are the other 70 men accounted for?
- 8) Check on mortality in Corfu between January 1 and July 1, 1971.
- 9) 10-year re-examination in Corfu in August-September 1971. As for Corfu, our latest data on deaths date from 1963, at which time only 5 deaths were reported since September 1961. What is the experience since? Is it certain that only 5 deaths occurred in two years? Surely someone should go to Corfu in the next few months to make a thorough check. (Also to Crete.)
- 10) Work up all data for both Crete and Corfu and finish reports by August 31, 1972.

If there are other special jobs to be done regarding the men of Crete and Corfu, they must be planned and financed separately. other materials (objectives, detailed methods, significance, etc.) needed for the new

Page Two
January 14, 1966
Dr. Christ Aravanis

I see no need for more dietary studies of the type already done. If competent dietitians are available, it would be desirable to carry out 3-day diet recordings (weighing) on perhaps 30 men at random in each area, in 1968 or 1969, but collection of food for chemical analysis would be unnecessary. One dietitian and 3 helpers could cover 32 men in 2 weeks in this way and the cost would not be high--air fare--\$120, meals and housing--\$550, car hire, including driver--\$250, stipends for field work period plus time for calculating--\$1000, misc. local costs, typing, etc.--\$120, making a grand total of \$2100 per survey.

I enclose budget estimates for the Corfu re-examinations. Note that I shall take care of all costs for Dr. Blackburn and an E. C. G. man and that we would supply at least one E. C. G. machine and also take care of the cholesterol analyses, statistical work, etc. Apart from these items my estimate totals \$6659.

I further enclose estimates for the cost of checking mortality twice yearly in both Crete and Corfu. The cost per visit should be less than \$250, including stipends.

The 10-year re-examinations in Crete and Corfu should be budgeted at \$7000 to \$8000 each, to allow for possible inflation, etc.

CC: Dr. A. S. Denton

Then there is the question of interim office costs and your time or that of whoever is to handle the responsibilities between re-examinations. On the latter, the equivalent of one week of work a year should suffice for the small amount of things to be done--making sure that someone does the mortality checks, and preparing a brief progress report each year. Finally, you, Andy or someone in your group should plan on meeting with others who are in these cooperative programs for several days in Italy in 1967, 1968, 1969 and 1970. An allowance of \$250 for each such meeting would do.

I am much concerned about the mortality data so far reported. The death rates are far out of line of any expectation. It is clear that a twice-yearly check in both Crete and Corfu is essential with every effort to make sure no deaths are missed. For Crete, I note that the 1965 examination data do not cover 80 men who were aged 40-59 and examined in 1960. Only 10 men are reported to have died in the interim. How are the other 70 men accounted for?

As for Corfu, our latest data on deaths date from 1963, at which time only 5 deaths were recorded since September 1961. What is the experience since? Is it certain that only 5 deaths occurred in two years? Surely someone should go to Corfu in the next few months to make a thorough check. (Also to Crete.)

I am working hard on the Report for 1961 to date, as well as preparing all the other materials (objectives, detailed methods, significance, etc.) needed for the new

CORFU FOLLOW-UP August-September 1966

PERSONNEL	DAYS	STIPEND	AIR FARE	HOTEL, MEALS, etc.	TOTAL	TOTAL
Dr. C. Aravanis	25	\$500	\$30	\$275	\$805	
Dr. D. Lokos	25	400	30	275	705	
Dr. A. S. Dostas	25	400	30	275	705	
Dr. Adrian Corcondilas	25	400	30	275	705	
George Arniotakis	35	250	53	350	653	
One Athens Technician	24	150	30	240	420	
Second " "	24	150	30	240	420	
One Corfu Assistant	24	100	--	---	100	
Second " "	24	100	--	---	100	
Third " "	24	100	--	---	100	
Misc. Help		100	--	---	100	
Total		500	500	500	250	\$4813

SUPPLIES

Each visit involves one Dr. from Athens for 3 days (stipend--\$100), Air travel--(\$30),
 Recording paper, ink, rollers, notebooks, etc. 400
 Forms, printing 100

Each check up requires one Doctor from Athens (stipend--\$100, Air fare 500 \$30, per diem--\$40, total \$170), car hire for 3 days (rental--\$20, mileage--\$14, gas, hire of local helper for 3 days (\$30), making a grand total 100 of \$244.

CAR HIRE

Volkswagon, 1 week	66
Peugeot stationwagon, 4 weeks	330
Car and driver, 3 1/2 weeks	450
Total Car Hire	846

OFFICE COSTS (Athens)

Clerical help	150
Postage, telephone and telegraph, stationery, etc.	50
Total Office Costs	200

OTHER

Subjects	100
Misc.	100
Total Other	200
Grand Total	6659

January 14, 1966

UNIVERSITY OF *Minnesota* GREEK FOLLOW-UP

Mortality and Health Status Work

SCHOOL OF PUBLIC HEALTH · LABORATORY OF PHYSIOLOGICAL HYGIENE
SUMMER GATE ST. · APOLOS, MINNEAPOLIS, MINNESOTA

PLACE	1966		1967		1968		1969		1970		1971
	No. 2	No. 1	No. 2	No. 1	No. 2	No. 1	No. 2	No. 1	No. 2	No. 1	
Crete	244	244	244	244	244	244	244	244	244	244	---
Corfu	---	244	244	244	244	244	244	244	244	244	244
Misc.	6	12	12	12	12	12	12	12	12	6	6
Total	250	500	500	500	500	500	500	500	500	250	250

37 Vasilissis Sophias Av.
Athens, Greece

Dear Christa:

This is further to the letter and application materials mailed to you last night. Each visit involves one Dr. from Athens for 3 days (Stipend--\$100), Air travel--(\$30), Per diem--(\$45).

Continuation of the work in Greece the following are the basic needs: Each check up requires one Doctor from Athens for 3 days (Stipend--\$100, Air fare--\$30, per diem--\$40, total \$170), car hire for 3 days (rental--\$20, mileage--\$14, gas, etc. --\$10, total \$44), and hire of local helper for 5 days (\$30), making a grand total of \$244.

- 3) Check on mortality in Crete between July 1 and December 31, 1966.
- 4) Twice yearly check on mortality in both Crete and Corfu in 1967, 1968, 1969.
- 5) Check on mortality in both Crete and Corfu between January 1 and July 1, 1970.
- 6) 10-year re-examinations in Crete in August-September 1970. (This will include mortality check)
- 7) Check on mortality in Corfu between July 1 and December 31, 1970.
- 8) Check on mortality in Corfu between January 1 and July 1, 1971.
- 9) 10-year re-examination in Corfu in August-September 1971.
- 10) Work up all data for both Crete and Corfu and finish reports by August 31, 1972.

If there are other special jobs to be done regarding the men of Crete and Corfu, they must be planned and financed separately.