



# PRECISION-CARRS NEWSLETTER

## JUNE 2023 ISSUE



### Precision-CARRS has entered a new phase as specialized imaging tests officially begin!

The [CARRS Cohort](#) is a state-of-the-art, population-based cohort of South Asians to address existing and emerging questions related to cardio-metabolic disease. Since inception, the CARRS Cohort has grown to follow a diverse population-based sample of more than 20,000 adults living in India, with ongoing follow-up for clinical cardiovascular risk factors, clinical disease, and mortality.

At the beginning of 2023, the newest iteration of the CARRS Cohort Study, **Precision-CARRS** (P-CARRS), began rolling out data collection activities. These field activities include in-person interviews, anthropometric and blood pressure measurements, bio-sample collection, and most recently, specialized imaging. These newly incorporated imaging tests include cardiac echocardiography, carotid ultrasound, CT scan of the heart and liver, arterial stiffness, and electrocardiogram. Additionally, P-CARRS will also focus on integrative omics analyses, measurements on ambient air pollution, spousal and behavioral influences, and adverse cardiovascular events.

Our team looks forward to sharing our findings as the data emerge!

[>> Meet Our Partners](#)

# The success of the CARRS Cohort is a direct result of a long-standing, supportive collaboration of partners in India and the US.

Some of these partnerships were established **more than 13 years ago**, while some relationships have formed more recently. Each institution contributes to the overall goals and objectives of this study. The partnerships built have fostered productive and impactful work and we're thankful for this continued collaboration.



**Centre for Chronic Disease Control**  
New Delhi, India

**Madras Diabetes Research Foundation**  
Chennai, India

**All India Institute of Medical Sciences**  
New Delhi, India

**Institute of Genomics and Integrative Biology**  
New Delhi, India

**Sri Ramachandra Institute of Higher Education & Research**  
Chennai, India

**Ashoka University**  
Haryana, India

**University of California, San Francisco**  
San Francisco, US

**Emory Global Diabetes Research Center**  
Atlanta, US

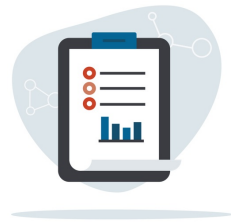
## >> By the Numbers

### Data Collection Breakdown:

**7042**.....Questionnaires Administered

**1986**.....Bio-Samples Collected

**247**.....Imaging Tests Completed



## >> Participant Perspective

### Our participants play a significant role in the overall success of P-CARRS.

We want to ensure that participants fully understand the study, as well as their important role and contributions.

To explain each component of our study to the participants, we created the following videos to walk them through each step of the process. Please take a look!



Delhi Site



Chennai Site

## >> Interested in CARRS data?

We strongly encourage and support the use of CARRS data to expand the scientific impact of P-CARRS.

Since inception, CARRS has had 57 publications.



### MOST RECENT PUBLICATION

#### Journal of Epidemiology & Community Health.

Couple Concordance in Diabetes, Hypertension and Dyslipidemia in Urban India and Pakistan and Associated Socio-economic and Household Characteristics and Modifiable Risk Factors

Nielsen J, Shivashankar R, Cunningham SA, Prabhakaran D, Tandon N, Mohan V, Iqbal R, Narayan KV, Ali MK, Patel SA.

All manuscripts, presentations, or ancillary study proposals involving P-CARRS participants or data must be submitted to and reviewed by the **Publications, Presentations, and Ancillary Studies Committee**.

You can review the guidelines and submit a request using the links below.

[Guidelines](#)

[Request Form](#)

[Publications](#)

## >> Team Spotlight

Precision-CARRS is very lucky to have such a wonderful team of investigators, staff, physicians, technicians, field interviewers, and trainees.

We'd like to highlight a few people below!



### Kajal Kashyap

**Study Site:** Delhi

**Role:** Field investigator

**Years with CARRS:** 10 years

Kajal has approached the most participants at the Delhi site. Her work



### D. Velmuruganame

**Study Site:** Chennai

**Role:** Field investigator

**Years with CARRS:** 11 years

Velmurugan has good rapport with the CARRS community and knows almost all

has high quality and she exudes great leadership skills.

the houses of the participants. He is a big strength to the Chennai field team.

## >> Connect With Us

Please check out our website & feel free to reach out with any questions!

[CARRS Website](#)

[Email us](#)