Instructions for Participating in Crewmember Research Study

1. Read “Introduction to the Auto-Antibody Crewmember Research Study” to determine whether or not you are eligible to participate and, if so, in which study group (A, B, or C).

2. Read and keep the Letter to Patient for your records.

3. Give the Letter to the Physician to your doctor for their records.

4. Sign the Consent Form and send it to Prof. Abou-Donia with the serum sample, prepared according to the instructions below.
   a. Ask your doctor to draw your blood and prepare the serum, then follow the instructions in the “Letter to Physician” about how to freeze and send it to the laboratory.
   b. Ship the sample in dry ice along with the signed consent form EARLY in the week (Sun-Wed), so that the lab is guaranteed to receive it on a weekday (prefer Mon-Thurs) and not on the weekend. Note that many medical offices do not store dry ice, so here are some shipping tips:
      i. Either have the blood sample drawn and prepared for shipment at your doctor’s office, and then ask them to give you the sealed test tube in a small cardboard box. Immediately take the box with the blood sample to a commercial shipper (FedEx or UPS) for shipment overnight to the lab on dry ice. This is the less expensive option if your doctor’s office does not charge for the blood draw and you are able to use an employee discount for shipping;
      ii. Or have the blood drawn, prepared, and shipped overnight on dry ice by a large commercial lab that is able to provide this service. Call first to confirm that the lab offers this service and also to confirm the cost.
      iii. If you are shipping from overseas (or during a particularly hot summer), please ship with extra dry ice to prevent spoilage of the sample.
   c. Disregard the reference to collection of saliva sample in the consent form. That is relevant to a future study.

5. Fill out the relevant questionnaire (Groups A/B or Group C) and return it Prof. Abou-Donia, either by email (donia@duke.edu) or by mail (below).

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