The webinar, “They are older now: a snapshot of self-identified Veterans in the Canadian Longitudinal Study on Aging” will begin shortly.

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• Follow the instructions that appear on your screen and choose your audio preference (VoIP, or computer). To change your audio settings at any point during the webinar, select Audio>Audio Conference from the main toolbar.

• The only people in the session who can speak and be heard are the host and panelists.

• If you have questions/comments, you can type them into the chat box in the bottom right of the WebEx window. Ensure “All Participants” is selected from the dropdown menu before you press “send.” Mobile users must select “Chat with Everyone.” Questions will be visible to all attendees.

• You can type your questions at any point during the session, but they won’t be answered until the end of the presentation.

• At the conclusion of the webinar, please remember to exit the WebEx session.
They are older now:  
a snapshot of self-identified Veterans in the  
Canadian Longitudinal Study on Aging  

Presented by Dr. Christina Wolfson  

12 to 1 p.m. ET | November 13, 2017  

It is estimated that 600,000 Canadian Forces Veterans are alive today. However, little is  
known about the physical and mental health of older Veterans released from military  
service prior to the 1990s, or whether the trajectory of aging is different for these Veterans  
than amongst those who did not serve in the military.  

In 2009, a partnership was struck between the CLSA and Veterans Affairs Canada (VAC) to  
create the CLSA-Veterans’ Health Initiative (CLSA-VHI). As a result of this partnership, a  
set of VAC-approved Veteran Identifier questions and a four-item Post Traumatic Stress  
Disorder screening tool were included in the baseline interview of all CLSA participants.  

At the time of CLSA baseline data collection, more than 3,500 participants self-identified  
as Canadian Forces Veterans (including 466 women), and 900 participants identified as  
Veterans of other countries (including 39 women). In this webinar presentation,  

Dr. Wolfson will describe the CLSA participants who are part of the CLSA-VHI and share  
preliminary information about their physical and mental health status at baseline.

Register online at http://bit.ly/clsa webinars
They are older now: a snapshot of self-identified Veterans in the CLSA

Veterans Health Initiative Team: Christina Wolfson, Alice Aiken, Anthony Feinstein, Linda VanTil, Sandra Magalhaes, Brittany Scarfo, Juliana Schulz

CLSA Co-Principal Investigators: Christina Wolfson, Susan Kirkland and Parminder Raina

CLSA Webinar: Monday, November 13th, 2017
Why study Veterans?

- These individuals served on behalf of the population
- Many older people in Canada served in the military, some in situations of conflict
  - Estimated 700,000 Canadian Armed Forces Veterans
- Some returned with injuries that may now, years later, affect their health
- Military service may be a determinant of health and possibly of healthy aging
- Once released from the military, Veterans are difficult to identify
### Canada 20th and 21st Century Context

<table>
<thead>
<tr>
<th></th>
<th>Troops Sent</th>
<th>~Killed or Wounded</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWI</td>
<td>620,000</td>
<td>210,000</td>
</tr>
<tr>
<td>WWII</td>
<td>&gt; 1.1 million</td>
<td>100,000</td>
</tr>
<tr>
<td>Korea: 1950-53</td>
<td>27,000</td>
<td>1,500</td>
</tr>
<tr>
<td>Vietnam*:1955-75</td>
<td></td>
<td>110</td>
</tr>
<tr>
<td>Gulf: 1990-91</td>
<td>4,000</td>
<td>No deaths attributed</td>
</tr>
<tr>
<td>Afghanistan: 2001-2014</td>
<td>40,000</td>
<td>1950</td>
</tr>
<tr>
<td>Peacekeepers Somalia, Balkans</td>
<td>40,000</td>
<td>200</td>
</tr>
</tbody>
</table>

30,000 Canadians Volunteered for the US military and served in Vietnam
What do we know about the health of Veterans in Canada?

• 2013 Scoping Review
  – Little information available
• Transition to civilian life
  – Veterans released between 1998-2007
• Ontario Cohort*
  – Veterans released between 1990-2014
• No data on those released prior to 1990

The CLSA Veterans’ Health Initiative

• Early in the planning stages the CLSA Principal Investigators connected with the Research Directorate of Veterans Affairs Canada to discuss possible research opportunities within the CLSA

• This culminated in a research partnership in which VAC agreed to provide partial financial support for the inclusion of two supplementary modules in the baseline assessments of the CLSA
  • Veteran Identifier Questions
  • Screening tool for Post Traumatic Stress Disorder
The Canadian Longitudinal Study on Aging

- Strategic initiative of CIHR Institute of Aging; on the Canadian research agenda since 2001; nearly 10 years in the planning stages
- 3 co-principal investigators
  - Parminder Raina (McMaster), Susan Kirkland (Dalhousie), Christina Wolfson (McGill) supported by more than 160 co-investigators from 26 institutions
- Multidisciplinary - biology, genetics, medicine, psychology, sociology, demography, nursing, economics, epidemiology, nutrition, health services
- Largest study of its kind to date in Canada: following 51,000 participants (aged 45-85 at enrolment) for at least 20 years
CLSA Aim and Vision

- **AIM**: To examine life transitions and capture trajectories to enable the identification of modifiable factors with the potential to inform interventions/strategies to improve the health of populations as they age.

- **VISION**: To create a research platform and infrastructure for researchers to enable state-of-the-art, interdisciplinary population-based research leading to better health and quality of life for Canadians as they age.
The CLSA design overview

51,338 women and men in Canada aged 45 - 85 at baseline

- Questionnaires by telephone interview on 21,241 participants
  - Randomly selected 10 provinces

- Questionnaires by in-person interviews and physical assessments on 30,097 participants
  - Randomly selected 25-50 km of 11 sites in 7 provinces

20 year study: Follow up every 3 years

Data Linkage with health care, mortality and disease registries
Recruiting the Cohort
using 3 sampling frames

1. Partnership with Statistics Canada
   • Canadian Community Health Survey 4.2 Healthy Aging (2008-09) CCHS 4.2
     • CCHS participant agreement to share contact information with the CLSA – a first for Statistics Canada

2. Partnership with provincial Ministries of Health
   • Health Card Registration databases
   • Mailouts, return Consent-to-Contact form, CLSA follow up

3. Random Digit Dialing
   • Leger Marketing and CLSA Computer Assisted Telephonne Interview Sites
Cohort Exclusion Criteria at Baseline

Driven by CCHS 4.2 exclusion criteria 1. to 5.

1. Residents of the 3 territories
   - Northwest Territories, Nunavut, Yukon
2. Living in an institution
3. Living on a First Nation Reserve
4. Full time members of the armed forces
5. Temporary visa holders

CLSA Added Criteria

- Cognitively impaired (at baseline)
- Unable to communicate in French or English

1 to 5 exclude <4% of the target population
Baseline questionnaire modules
All 51,338 participants

Demographic
- Education
- Marital status
- Sexual orientation
- Language
- Ethnicity
- Veteran Status
- Smoking, alcohol
- Nutritional risk
- Physical activity
- Health care utilization
- Medication use
- Supplement use

Health
- General health
- Chronic conditions
- Disease symptoms
- Sleep
- Oral health
- Injuries, falls
- Mobility
- Pain, discomfort
- Functional status
- ADL, IADL
- Cognition
- Mental Health
- Depression
- PTSD Screen
- Life Satisfaction

Social
- Social
- networks
- support
- Participation
- inequality
- Online communication
- Care receiving
- Care giving
- Labour force participation
- Retirement planning
- Retirement status
- Transportation
- Mobility, Migration
- Built environments
- Home ownership
Additional COMPREHENSIVE Assessments
(30,097 of 51,338)

**Basic Measures**
- Height
- Weight
- Hip Circumference
- Hearing
- Vision

**Function**
- Timed-up-and-go
- Standing balance
- 4 metre walk
- Chair rise
- Hand grip strength
- Neuropsych testing

**Physical Measures**
- Blood pressure
- Spirometry
- Carotid ultrasound
- ECG
- DEXA
- Blood sample
- Urine Sample
- Tonometry
- Fundus photography
How did we identify Veterans in the CLSA?

Questions* asked of ALL CLSA participants at baseline

1. Have you ever served in the military forces?
   – Yes, the Canadian Military Forces
   – Yes, the Military Forces outside of Canada (specify country)
   – No

2. Was this service in the
   – Army, Navy, Air Forces, Reserves, Other?

3. Are you currently in the military forces?
   – Yes/No

4. What year did you release from the Military?

5. What year did you join the Military?

Primary Care–PTSD screen
asked of ALL CLSA participants by phone or face-to-face

• The PC-PTSD screening tool
• In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you…..
  1. Have had nightmares about it or thought about it when you did not want to?
  2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
  3. Were constantly on guard, watchful, or easily startled?
  4. Felt numb or detached from others, activities, or your surroundings?
PC-PTSD Features

• Validated in U.S. Veterans Affairs primary care settings.
• PC-PTSD demonstrated excellent sensitivity (78%) and specificity (87%) using a cut point of 3/4 when compared to a more extensive clinician-administered scale.
• The PC-PTSD reflects the DMS-IV PTSD diagnostic criteria using a score of at least 3 out of 4 as the screening threshold.
  – There has been some recent work on a modification to the PC-PTSD to reflect the 2013 DSM-V which included revisions PC-PTSD-5.

Baseline Data
Collected 2012-2015

Focus: CLSA Self Reported Veterans
## Veteran Identification

<table>
<thead>
<tr>
<th></th>
<th>Canadian Veterans</th>
<th>Non Canadian Veterans</th>
<th>Total</th>
<th>Current Military Service</th>
<th>Missing Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracking Cohort</td>
<td>1446</td>
<td>329</td>
<td>1775</td>
<td>32</td>
<td>4</td>
</tr>
<tr>
<td>Comprehensive Cohort</td>
<td>2112</td>
<td>580</td>
<td>2692</td>
<td>36</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3558</strong></td>
<td><strong>909</strong></td>
<td><strong>4467</strong></td>
<td><strong>68</strong></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>
# Veteran Descriptors

<table>
<thead>
<tr>
<th></th>
<th>Canadian Veterans N=3558</th>
<th>Non Canadian Veterans N=909</th>
<th>Full CLSA Cohort</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mean Age (SD)</strong></td>
<td>66.6 (10.8)</td>
<td>69.6 (11.1)</td>
<td>62.9 (10.4)</td>
</tr>
<tr>
<td><strong>Median Age</strong></td>
<td>68</td>
<td>72</td>
<td>62</td>
</tr>
<tr>
<td><strong>Age Range</strong></td>
<td>45-85</td>
<td>45-85</td>
<td>45-85</td>
</tr>
<tr>
<td><strong>Sex (%Male)</strong></td>
<td>86.8</td>
<td>95.7</td>
<td>49%</td>
</tr>
<tr>
<td><strong>Number Females</strong></td>
<td>466</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><strong>Marital Status (% Married)</strong></td>
<td>73.3</td>
<td>76.2</td>
<td>68.6</td>
</tr>
<tr>
<td>Province</td>
<td>Full Sample 51,528</td>
<td>Canadian Veterans 3558</td>
<td>Non Canadian Vets 909</td>
</tr>
<tr>
<td>-----------------------</td>
<td>--------------------</td>
<td>------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>British Columbia</td>
<td>8858 (17.3)</td>
<td>602 (16.9)</td>
<td>244 (26.8)</td>
</tr>
<tr>
<td>Alberta</td>
<td>5091 (9.9)</td>
<td>299 (8.4)</td>
<td>89 (9.8)</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>1391 (2.7)</td>
<td>65 (1.8)</td>
<td>9 (1.0)</td>
</tr>
<tr>
<td>Manitoba</td>
<td>4595 (9.0)</td>
<td>289 (8.1)</td>
<td>53 (5.8)</td>
</tr>
<tr>
<td>Ontario</td>
<td>11122 (21.7)</td>
<td>784 (22.0)</td>
<td>225 (24.8)</td>
</tr>
<tr>
<td>Quebec</td>
<td>9663 (18.9)</td>
<td>477 (13.4)</td>
<td>158 (17.4)</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>1357 (2.6)</td>
<td>133 (3.7)</td>
<td>14 (1.5)</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>4616 (9.0)</td>
<td>561 (15.8)</td>
<td>76 (8.4)</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>1138 (2.2)</td>
<td>118 (3.3)</td>
<td>10 (1.1)</td>
</tr>
<tr>
<td>Newfoundland</td>
<td>3457 (6.7)</td>
<td>231 (6.5)</td>
<td>31 (3.4)</td>
</tr>
</tbody>
</table>
909 Non-Canadian Veterans
Most commonly reported country of service

- UK: Tracking 37.1, Comprehensive 28.6, Total 31.7
- US: Tracking 12.9, Comprehensive 13.1, Total 12.8
- Netherlands: Tracking 5.2, Comprehensive 5.3, Total 5.3
- France: Tracking 7.3, Comprehensive 9.1, Total 8.5
- Germany: Tracking 4.6, Comprehensive 1.2, Total 2.4
Age at CLSA enrolment (%)
Duration of military service (%)

- Can V
  - < 5 yrs: 47.3%
  - 5 to 14: 22.1%
  - 15-24: 9.8%
  - 25+: 17%
- Non Can V
  - < 5 yrs: 72.7%
  - 5 to 14: 19.3%
  - 15-24: 4.3%
  - 25+: 1.9%
- Total
  - < 5 yrs: 52.5%
  - 5 to 14: 21.5%
  - 15-24: 8.7%
  - 25+: 14.7%
Military Join Year (%)

<table>
<thead>
<tr>
<th>Year</th>
<th>Can V</th>
<th>Non Can V</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1950</td>
<td>4.2</td>
<td>8.3</td>
</tr>
<tr>
<td>1950-59</td>
<td>31.5</td>
<td>38.7</td>
</tr>
<tr>
<td>1960-69</td>
<td>27.9</td>
<td>23.5</td>
</tr>
<tr>
<td>1970-79</td>
<td>19.9</td>
<td>15</td>
</tr>
<tr>
<td>1980-89</td>
<td>13.3</td>
<td>12.5</td>
</tr>
<tr>
<td>1990+</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
Veterans in Canada 45-85
Further verification needed

• Based on the CLSA data we estimated
  – 718,893 Canadian Veterans between the ages of 45 and 85
  – 185,548 Non Canadian Veterans between the ages of 45 and 85

• These are underestimates of the total number of Veterans in Canada due to
  – CLSA exclusion criteria
  – CLSA age range
  – Timing of CLSA baseline
Health Status Variables

Preliminary Results
Self Reported Health/Mental Health and Healthy Aging

% Very Good or Excellent

<table>
<thead>
<tr>
<th></th>
<th>Non Vets</th>
<th>Can V</th>
<th>Non Can V</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRH VG+</td>
<td>59.7</td>
<td>56.9</td>
<td>61.5</td>
</tr>
<tr>
<td>SR Mental Health VG+</td>
<td>69.5</td>
<td>67.4</td>
<td>67</td>
</tr>
<tr>
<td>SR Healthy Aging VG+</td>
<td>60.7</td>
<td>58.5</td>
<td>53.6</td>
</tr>
</tbody>
</table>

Diagram showing the percentage of very good or excellent ratings for self-reported health (SRH), mental health (SR Mental Health), and healthy aging (SR Healthy Aging) among non-veterans (Non Vets), Canadian veterans (Can V), and non-Canadian veterans (Non Can V).
## Prevalence (%) – selected conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Non Veterans</th>
<th>Canadian Veterans</th>
<th>Non Canadian Veterans</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTSD</td>
<td>5.2</td>
<td>6.2</td>
<td>8.0</td>
</tr>
<tr>
<td>Anxiety</td>
<td>8.0</td>
<td>9.6</td>
<td>13.4</td>
</tr>
<tr>
<td>Mood disorder</td>
<td>16.0</td>
<td>17.6</td>
<td>22.1</td>
</tr>
<tr>
<td>Depression</td>
<td>16.2</td>
<td>16.6</td>
<td>18.0</td>
</tr>
<tr>
<td>HBP</td>
<td>37.4</td>
<td>36.5</td>
<td>34.1</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>11.1</td>
<td>11.0</td>
<td>8.7</td>
</tr>
<tr>
<td>Cancer</td>
<td>15.3</td>
<td>19.1</td>
<td>19.9</td>
</tr>
<tr>
<td>OA Knee</td>
<td>15.3</td>
<td>16.9</td>
<td>15.2</td>
</tr>
<tr>
<td>OA Hip</td>
<td>8.9</td>
<td>9.7</td>
<td>9.5</td>
</tr>
<tr>
<td>OA Hand</td>
<td>13.2</td>
<td>13.7</td>
<td>12.3</td>
</tr>
</tbody>
</table>

*Age, sex adjusted*
### PC-PTSD Score Adjusted for Age

<table>
<thead>
<tr>
<th></th>
<th>Non Vet</th>
<th>Can Vet</th>
<th>Non Can Vet</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>76.7</td>
<td>75</td>
<td>75.4</td>
</tr>
<tr>
<td>1</td>
<td>10.7</td>
<td>10.8</td>
<td>9</td>
</tr>
<tr>
<td>2</td>
<td>6.8</td>
<td>7.6</td>
<td>7.3</td>
</tr>
<tr>
<td>3</td>
<td>3.5</td>
<td>3.8</td>
<td>7.8</td>
</tr>
<tr>
<td>4</td>
<td>1.7</td>
<td>2.3</td>
<td>0.1</td>
</tr>
</tbody>
</table>
## Logistic Regression PTSD
### Full Sample

<table>
<thead>
<tr>
<th></th>
<th>Coefficient</th>
<th>OR</th>
<th>95 % C.I.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retired - completely</td>
<td>0.4225</td>
<td>1.5258</td>
<td>(1.3636, 1.7072)</td>
</tr>
<tr>
<td>Retired - partly</td>
<td>0.2256</td>
<td>1.2531</td>
<td>(1.0769, 1.4581)</td>
</tr>
<tr>
<td>Female</td>
<td>0.4475</td>
<td>1.5643</td>
<td>(1.4352, 1.7051)</td>
</tr>
<tr>
<td>Canadian Veteran</td>
<td>0.2828</td>
<td>1.3269</td>
<td>(1.1260, 1.5637)</td>
</tr>
<tr>
<td>Non-Canadian Veteran</td>
<td>0.2565</td>
<td>1.2924</td>
<td>(0.8996, 1.8567)</td>
</tr>
<tr>
<td>Married</td>
<td>-0.5833</td>
<td>0.5580</td>
<td>(0.4934, 0.6311)</td>
</tr>
<tr>
<td>Widowed</td>
<td>0.0028</td>
<td>1.0028</td>
<td>(0.8410, 1.1959)</td>
</tr>
<tr>
<td>Divorced</td>
<td>0.1241</td>
<td>1.1322</td>
<td>(0.9736, 1.3165)</td>
</tr>
<tr>
<td>Separated</td>
<td>0.1831</td>
<td>1.2009</td>
<td>(0.9686, 1.4889)</td>
</tr>
<tr>
<td>Education Level 2</td>
<td>-0.5707</td>
<td>0.5651</td>
<td>(0.4785, 0.6675)</td>
</tr>
<tr>
<td>Education Level 3</td>
<td>-0.6544</td>
<td>0.5198</td>
<td>(0.4304, 0.6277)</td>
</tr>
<tr>
<td>Education Level 4</td>
<td>-0.7644</td>
<td>0.4656</td>
<td>(0.4073, 0.5322)</td>
</tr>
<tr>
<td>Comprehensive Indicator</td>
<td>-0.0832</td>
<td>0.9202</td>
<td>(0.8494, 0.9969)</td>
</tr>
</tbody>
</table>
# Logistic Regression – PTSD

All Veterans

<table>
<thead>
<tr>
<th></th>
<th>Coefficient</th>
<th>OR</th>
<th>95 % C.I.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-0.0875</td>
<td>0.9162</td>
<td>(0.8989, 0.9338)</td>
</tr>
<tr>
<td>Retired - completely</td>
<td>0.9873</td>
<td>2.6841</td>
<td>(1.7705, 4.0691)</td>
</tr>
<tr>
<td>Retired - partly</td>
<td>0.5334</td>
<td>1.7048</td>
<td>(1.0202, 2.8486)</td>
</tr>
</tbody>
</table>
## Logistic Regression - PTSD Canadian Veterans

<table>
<thead>
<tr>
<th></th>
<th>Coefficient</th>
<th>OR</th>
<th>95 % C.I.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-0.0863</td>
<td>0.9173</td>
<td>(0.8991, 0.9358)</td>
</tr>
<tr>
<td>Retired - completely</td>
<td>0.9449</td>
<td>2.5725</td>
<td>(1.6619, 3.9821)</td>
</tr>
<tr>
<td>Retired - partly</td>
<td>0.5367</td>
<td>1.7104</td>
<td>(1.0067, 2.9057)</td>
</tr>
<tr>
<td>Army Indicator</td>
<td>0.5289</td>
<td>1.6971</td>
<td>(1.2270, 2.3472)</td>
</tr>
</tbody>
</table>
PC-PTSD and Other Measures

Simple correlations revealed anticipated relationships between PC-PTSD screen positive and:

- ↑ self report of mood disorder, anxiety disorder, depression
- ↓ self report of satisfaction with life, self rated general health, self rated mental health, self rated healthy aging
Preliminary Findings -1

- Self reported Veterans appear to be very similar to non Veterans in relation to self reported physical conditions (those with prevalence of at least 5%)
- The data suggest slightly higher self report of measures of mental health issues
  - PTSD, mood disorder, anxiety disorder and depression
  - Most apparent amongst non Canadian Veterans
Preliminary Findings -2

- Robust finding of retirement as a correlate of positive PTSD screen
  - Consistent with other studies
  - Cross sectional data preclude clear interpretation
  - Further analyses needed
Limitations and Future Work

- Self-reported Veteran Status
- Self-reported health measures
- PC-PTSD screen not a diagnosis of PTSD
- Cross sectional data
- More detailed analyses to confirm the performance of the PC-PTSD
- Further analyses to include objective measures of health and cognitive measures
Acknowledgements

- CLSA Participants
- Data Analysis was supported by
  - Veterans Affairs Canada
  - CIHR – Catalyst Grant
- CLSA

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IN FLANDERS FIELDS
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scare the heap amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.
3 May 1915
Lieutenant Colonel John McCrae

SHOULDER TO SHOULDER

AN INTEGRAL PART OF THE CANADIAN ARMY

CANADIAN WOMEN’S ARMY CORPS

LEST WE FORGET

BRENTWOOD

LA VIE DE CES HOMMES

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