

# Stool Collection in the Canadian Longitudinal Study on Aging

## Why Your Follow-up Sample Matters

### Why is my stool sample important?

Your stool sample helps researchers understand the **gut microbiome**—the trillions of microbes that support digestion, brain health, immunity and overall well-being.



### Why are you asking for another sample?

Your gut changes over time—just like the rest of your body.

A follow-up sample shows how your gut microbiome has changed as you age.

**Why now, around three years later?** Three years is long enough for real, meaningful changes in the gut. This time frame helps researchers understand long-term aging patterns, not short-term shifts.

**One sample =  
a snapshot**  
**Two samples =  
change over time**

### Why is my second sample valuable to research?

Very few studies collect stool samples years apart. Because you already gave a first sample, **your second sample provides researchers rare and especially meaningful information.**



**Thank you!** Your participation in the CLSA helps support research that benefits Canadians today and in the future.