(7) Are you able to toilet activities (e.g. change underwear, treatment of excrement) by yourself?
   i. Yes, I can    ii. Yes, with assistance     iii. No, I can’t

(8) Do you currently smoke cigarettes? Yes (current smoker)
   1. Quitted smoking
      (If so, circle the reason:   i. because of illness  ii. for health  iii. others)
   2. No (never smoker)
      If you circled 1 or 2,
         How old were you when you began smoking? (     years old)
         How many cigarettes per day did you smoke? (     cigarettes per day)

(9) If you have been married, does your spouse smoke cigarettes?
   1. Yes (currently smoking)
   2. Quitted smoking (     years ago,     month ago)
   3. No (never smoking)

(10) Do you drink alcoholic beverages?
   1. Yes
   2. Quitted drinking (     years ago,     month ago)
      (If so, circle the reason:   i. because of illness  ii. for health  iii. others)
   3. No
      If you circled 1 or 2,
         1) How old were you when you began drinking alcohol beverages? (     years old)
         2) How often do (did) you drink alcohol beverages?
            i. Almost every day (more than five times per week)
            ii. Three to four times per week    iii. One to two times per week
            iv. Less than once a week
         3) What kind of alcohol beverages do you often drink? Circle all apply.
         4) How much do you drink alcohol beverage per one time? Convert into the amount of
            Japanese sake. (Have a look at the table below to calculate)
            i. Less than one gou   ii. About one gou   iii. About two gou    iv. About three gou
               v. About four gou    vi. More than five gou

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>One gou of shochu</td>
<td>= 1 ½ gou</td>
</tr>
<tr>
<td>A large bottle of</td>
<td>= 1 gou</td>
</tr>
<tr>
<td>A glass of Whisky</td>
<td>= 1 gou</td>
</tr>
<tr>
<td>A glass of wine</td>
<td>= 1 gou</td>
</tr>
</tbody>
</table>

If you would like to mix and drink the alcohol beverages with water, calculate without amount of water.