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Roger Nasiff, Ph.D.
Nasiff Associates, Inc.
841-1 County Route 36, Ste 37
Central Square, NY 13036

Dear Dr. Nasiff:

I have intended for some time to write and tell you how much I enjoyed using the Nasiff CardioCard for my last project before I retired in 2014. It has taken a very long time to finish it, but it was finally published in *Metabolic Syndrome and Related Disorders* last month, and I am enclosing a reprint for your information and use. Sadly, it seems that the low-grade inflammation and autonomic dysfunction that are characteristic of adult type 2 diabetes are already present in obese teenagers before they develop frank diabetes.

The IRB at our institution made this project an absolute incubus, and there were setbacks with measuring R-R intervals until I learned of the CardioCard. Your instrument and your personal help and advice made the data collection as easy as it could be once I had the CardioCard. The list of R-R intervals was easily importable into SAS and Excel files and standard electrocardiograms were attractively and easily printed. I don't think it an exaggeration to say that this project would not have been possible without the CardioCard.

I still have access to the instrument even after retirement, when my lab was dismantled and the loot distributed among the barbarians, so I hope to do some more work with heart rate variability. I'm still active in the Department of Medicine in the medical school, so I hope to educate some of the residents about resting heart rate variability. Also, if there is anything I can do to help you with development of this instrument, please let me know. I'm not looking for a salary, just interesting things to do.

Yours very truly,

Roy Parish, Pharm.D.