



Are you Interested in Participating in an ADPKD Research Study on Weight Loss?

Study Purpose: This research study is being conducted to learn more about a behavioral weight loss program in people with ADPKD.

What procedures will be done in the study?:

- ✓ A 2-year group-based weight loss program delivered online or control group
- ✓ Blood draw and assessment of lab values
- ✓ MRI scan of kidneys
- ✓ Assessment of dietary intake



We are looking males and females:

- ❖ Ages 18-65
- ❖ Diagnosis of ADPKD with an eGFR ≥ 30 ml/min/1.73m²
- ❖ Non-smokers
- ❖ Free from heart disease and diabetes
- ❖ Not currently participating in a formal weight loss program
- ❖ Not currently using a weight less medication or planning on starting one
- ❖ Weight stable
- ❖ BMI between 25 and 45 kg/m²
- ❖ Willing to reduce food intake (reducing calories by approximately 34% every day) or be randomized into a control group.

The study will take place at University of Colorado Anschutz Medical Campus. In person visits will occur at baseline and 2 years later. These visits will last 3-5 hours. Participants must be willing to attend virtual group weight loss meetings for 2 years (about 60 minutes in duration).

Check your BMI at:

<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>

This study is being funded by the National Institutes of Health.

Compensation provided. Travel and hotel reimbursement offered if you live outside the greater Denver metropolitan area.

For more information, please contact the study coordinator at
Diana.George@cuanschutz.edu or 303-724-1684