

# IMAGE Newsletter

## New study announcement

The **B-WELL** (**B**risk intermittent **W**alking: **E**ffects on metabo**L**ism in older adu**L**ts) study is to test whether decreasing sedentary time (time spent sitting) and adding short intervals of walking improves the health of older adults. Other studies have recently shown that when middle-aged adults walk briskly for 2-minutes every 20-minutes their metabolic health is improved. We do not know if a similar exercise prescription would also be effective in older adults. We also do not know how such exercise would compare to one, continuous brisk walking bout (e.g. 30-minutes).

**The inclusion criteria for this study are:** You must be:

- ◆ A healthy non-smoking man or woman between 60 and 85 years old
- ◆ Participating in less than 30 minutes of moderate physical activity a day
- ◆ Free from any diagnosed conditions such as diabetes, heart disease and cancer
- ◆ Free from any orthopedic conditions that limit your ability to walk briskly

**Benefits for study volunteers include:**

- ◆ Measurement of body composition and bone density
- ◆ Measurement of the amount of calories your body burns while at rest – this is known as your resting metabolic rate
- ◆ Assessment of metabolic health, including key factors that are important to healthy aging

**Frequently asked questions:**

**Will I be paid for participating?** Yes. If you complete all study visits you will be compensated \$325. If you start the study, but do not complete all of the study visits for any reason, you will be paid only for the visits that you completed.

**How long will I be in the study? Where do I go for study testing?** Participation in this study should take approximately 2-3 months from the start of the screening process until completion of the study. All testing sessions will take place on the Anschutz Medical Campus in Aurora, CO.

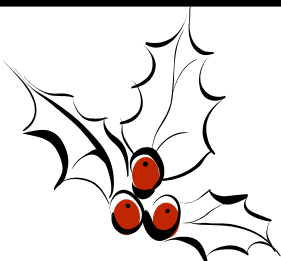
**For more information please contact Kate Lyden at [kate.lyden@ucdenver.edu](mailto:kate.lyden@ucdenver.edu) or call (720) 848-6474.** This study is funded by the NIH (COMIRB #13-2594).

## COPE study results

The IMAGE Group has found that vigorous bicycling causes a decrease in blood calcium level. This leads to an increase in parathyroid hormone (PTH), which stimulates the release of calcium from bone. When young men drank a calcium-enriched beverage before and during exercise, the changes in blood calcium and PTH were reduced.

The COPE study examined whether vigorous walking has similar effects on calcium and PTH in women 60+ years of age. COPE involved two different experiments. In experiment 1, 10 women drank either a calcium or placebo (no calcium) beverage every 15 minutes during exercise starting 1 hour before exercise. In experiment 2, 23 women drank a calcium or placebo beverage every 15 minutes starting 15 minutes before exercise. Each exercise bout was 1 hour of vigorous treadmill walking. The major findings were that the calcium beverage was successful in minimizing the decline in blood calcium and increase in PTH when started 60 minutes before exercise, but not when started 15 minutes before.

The implications of this research on bone health remain to be determined. However, we speculate that the loss of calcium during exercise, which may be through sweating, could diminish the benefits of exercise to improve bone density.



## IMAGE HOLIDAY PARTY

December 3, 2013

3:30-6:30 PM



**Keep an eye out for the invitations. The Holiday party is at the same location as the last year's party (Trivisible room in RC2). Reserve the Date !!!**

**Directions and parking details can be found at**  
**[www.medschool.ucdenver.edu/image](http://www.medschool.ucdenver.edu/image)**

**(...and yes the chocolate fountain will be in attendance)**

# Does the image group have a study for you?

## STUDIES FOR WOMEN & MEN:

**SPARX** is a study to determine whether individuals recently diagnosed with Parkinson's disease (PD), and have not yet started drug treatment, can successfully take part in an aerobic exercise program. Individuals with PD are randomized to a control group that does not exercise, or to a group that exercises on a treadmill at a moderate or high intensity. Participants will exercise 4 days a week, for 30 minutes a day, for 6 months. If you or someone you know has been diagnosed with Parkinson's disease and is interested in participating in this clinical research, please contact at 720.848.6376 or [Toby.Wellington@ucdenver.edu](mailto:Toby.Wellington@ucdenver.edu). (COMIRB #11-1237)

**The Determination of Pain Phenotypes in Older Adults with Knee Osteoarthritis** study is exploring what causes pain with knee osteoarthritis. We are looking for people aged 50 to 85 years with and without knee pain to attend a single testing session at the Anschutz Medical Campus (~2 hours) to explore factors that contribute to knee pain. Monetary compensation provided. To learn more, please email [KNEEpain@ucdenver.edu](mailto:KNEEpain@ucdenver.edu) or call 303-724-9590 (COMIRB #12-1188)

**The R,ercise study**, seeks to identify barriers to physical activity for overweight people with and without type 2 diabetes. This study hopes to provide a greater understanding of how to overcome those barriers! This is a study for people both with *and* without type 2 diabetes (not on insulin). We're looking for non-smokers, 50-70 years of age, who exercise less than one hour per week, but would like to do more. If interested, please email or call Dylan at [Dylan.Mogk@ucdenver.edu](mailto:Dylan.Mogk@ucdenver.edu) or (720) 848-7103 to learn more! Qualified study participants will receive financial compensation. (COMIRB # 11-0909)

**Exenatide:** Do you have type 2 diabetes? Exenatide is an FDA approved medication to treat type 2 diabetes. We are evaluating whether Exenatide *also* increases exercise capacity in people with diabetes. Qualified participants in this study will receive study medication (either injectable exenatide or salt-water), as well as free lab screenings, physical exams and exercise testing, and will be offered financial compensation. If you are a non-smoker, age 45-70 with type 2 diabetes that does not require insulin, and you exercise less than 1 hour per week, then this study could be for you! If interested, please contact Leah at (720) 848-6688. (COMIRB # 06-0062)

**Leg Blood Flow Study** This is a study evaluating men and women with type 2 diabetes during single leg calf exercise. We are evaluating the function of heart and blood vessels during exercise. Eligible participants are healthy men and women with type 2 diabetes (not using insulin) between the ages 30-70 year who are non-smokers and currently exercise no more than once per week. The study involves 8 study visits and two weeks of supervised

exercise training over the course of two months. If you are interested in participating in this study, please contact Shawna McMillin by email [Shawna.mcmillin@ucdenver.edu](mailto:Shawna.mcmillin@ucdenver.edu) or call 303-724-2255 or at . (PI: Regensteiner, COMIRB: 06-0062)

**NEW** AcT2: The AcT2 study is looking at a medication called acipimox and its effects on type 2 diabetes and exercise capacity. Study participants will be financially compensated and receive no cost lab screenings, physical exams, exercise testing and more. Participants will be asked to take the investigational drug or placebo for 9 days on two separate occasions. If you are a non-smoker, age 30-60 with type 2 diabetes that does not require insulin, and you exercise less than 1 hour per week, then this study could be for you! If interested, please contact Leah at 720-848-6688. (COMIRB # 10-1393)

## STUDIES FOR WOMEN:

The **FAME study** is examining how the loss of estrogen changes metabolism and risk of disease in women. Eligible participants are healthy women between the ages of 42 and 52 years who have regular menstrual cycles and are not currently using hormonal contraceptives. Monetary compensation will be provided for your time (up to \$900). To learn more, please call 720-848-6399 or email: [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu). (COMIRB #12-1157)

The **TEMPUS study** will examine whether one week of estrogen has different effects on insulin metabolism in women who are only a few years past menopause compared to women who are many years past menopause. Eligible participants are healthy women between the ages of 45 and 70 years who are not using hormone therapy and who are either within 6 years of menopause or more than 10 years past menopause. Volunteers will be asked to wear estrogen patches for one week prior to one of two study visits designed to measure insulin metabolism. Up to \$400 in compensation will be provided for participation in the study. To learn more, please email: [Molly.Anderson@ucdenver.edu](mailto:Molly.Anderson@ucdenver.edu) or call 720-848-6418 (COMIRB #11-0788)

**NEW** The **BATE study** is investigating whether estrogen influences the activity of brown adipose tissue in females. Brown fat is different than regular "white fat" in that it burns calories. Eligible participants are healthy women between the ages of 20 and 40 years who have regular menstrual cycles and are not currently using hormonal contraceptives. Monetary compensation will be provided for your time (up to \$400). To learn more, call 720-848-6399 or email: [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu). (COMIRB #13-0149)

To learn more about a study, offer comments, suggest an article, request this newsletter electronically or be removed from our mailing list contact:  
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