



# IMAGE Newsletter

## New Grant Announcement

The Geriatric Research Education and Clinical Center (GRECC) program was developed within the Veterans Health Administration (VHA) to attract outstanding scientists to the fields of geriatrics and aging-related research and train a new cadre of academic faculty interested in the clinical, educational and research issues of aging. In December, 2013 the first open competition for a new GRECC in more than 20 years was announced. Faculty members from the Eastern Colorado Health Care System (ECHSC; Denver) VA and the Division of Geriatric Medicine at the University of Colorado School of Medicine submitted an application and following the review of 13 competitive applications the single new GRECC program was recently awarded to the ECHCS VA. This winning application was the result of hard work and outstanding cooperation by the leadership of the ECHCS VA and the University of Colorado School of Medicine, as well as the entire Division of Geriatric Medicine.

The major research themes of the GRECC will be on *Gender-Related Health Issues* and the *Consequences and Treatments of Obesity in Older Adults*. In addition, minor research foci will be directed to end-of-life care (Advance Directives, Hospice, Palliative Care) and physical rehabilitation. The educational and clinical foci will include: distance medical care for rural Veterans (tele-health); improved care for veterans in nursing homes; and advanced geriatric education for physician and non-physician providers.

The GRECC leadership team includes Dr. Robert Schwartz (Director) with outstanding assistance from Drs. Wendy Kohrt (Research), Larry Robbins (Educational) and Susan Bray-Hall (Clinical). In addition to these leaders, the GRECC will recruit up to 15 new faculty to dual appointments at both ECHCS and the University. As part of this new collaboration between the University IMAGE group and the GRECC, many of the ongoing and new research protocols will be opened to Veterans.

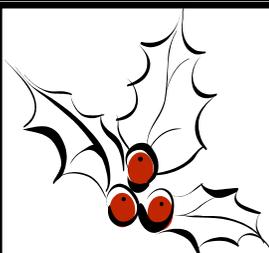
### NEW STAFF ANNOUNCEMENT

Cemal (pronounced Jemal) Ozemek received his PhD in Clinical Exercise Physiology from Ball State University and is now a postdoctoral fellow working under the direction of Dr. Kerrie Moreau. Much of Cemal's previous research has involved studying the physiological effects of exercise in cardiac patients as well as investigating the role of physical activity in the prevention of chronic diseases. Cemal is excited to join the IMAGE group and expand his understanding of aging, while acquiring new skills in vascular and cardiac imaging. Drs. Ozemek and Moreau will work together on the SHAPE-2 study to investigate the effects of estrogen and oxidative stress on vascular and cardiac function.



### NEW STAFF ANNOUNCEMENT

Sarah Wherry earned her PhD in Physical Activity, Nutrition, and Wellness at Arizona State University in May 2014. She started her postdoctoral training in August 2014 under the mentorship of Dr. Wendy Kohrt. Dr. Wherry's research interests include bone physiology, aging, and osteoporosis risk in postmenopausal women and older men. She will be working with Drs. Kohrt and Sherk on the PACE study to investigate calcium homeostasis



## IMAGE HOLIDAY PARTY

Tuesday, December 2, 2014

3:30-6:00 PM



Keep an eye out for the invitations. The Holiday party is at the same location as 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, 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)

**Sita Study:** Do you have type 2 diabetes? This research study will evaluate the effects of two FDA-approved diabetes medications on cardiovascular function during exercise. Qualified participants will receive study medication, as well as free lab screenings, physical exams and exercise testing. Financial compensation is provided. If you are between the ages of 22 and 70 years old with type 2 diabetes who takes metformin only for your diabetes, you may qualify for this study. If interested, email [Shawna.mcmillin@ucdenver.edu](mailto:Shawna.mcmillin@ucdenver.edu) or call Shawna at 303-724-2255 or (PI: Regensteiner, COMIRB# 13-2015)

**Leg Blood Flow Study** This is a study evaluating men and women with or without 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 years 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. (PI: Regensteiner, COMIRB# 06-0062)

In the **R**ercise study, we seek 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 male and female non-smokers, 50-70 years of age, who exercise less than one hr. per week, but would like to do more. If that describes you, please call 720.848.7103 or email

[Ian.Leavitt@UCDenver.edu](mailto:Ian.Leavitt@UCDenver.edu) to learn more! Qualified study participants will receive financial compensation.

The **B-WELL** study is to test whether decreasing time spent sitting and adding short intervals of walking improves the health of older adults. We are looking for healthy, non-smoking sedentary men or women between 60 and 85 years old without orthopedic conditions that limit ability to walk briskly. To learn more please contact Kate Lyden at [kate.lyden@ucdenver.edu](mailto:kate.lyden@ucdenver.edu) or call (720) 848-6474 (COMIRB# 13-2594).

The Collaborative-care Intervention to Promote Physical Activity after Total Knee Arthroplasty investigation is studying strategies to increase physical activity after total knee arthroplasty. We assess physical activity level and physical function 3 times over 6 months. To learn more, please email [tawnya.downing@ucdenver.edu](mailto:tawnya.downing@ucdenver.edu) or call 303-724-9590 (COMIRB #13-2568).

## 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: [Kimberly.Hamer@ucdenver.edu](mailto:Kimberly.Hamer@ucdenver.edu). (COMIRB# 12-1157)

The **GEM** study investigates the relationship between volume of aerobic exercise and positive changes in DNA methylation over four months among previously sedentary women and whether aerobic exercise favorably influences DNA methylation in genes associated with breast cancer. We are looking for women between the ages of 30 and 45 who plan to live in the Denver Metro area for the next 10 months. Eligible participants should not be exercising regularly but should be willing to participate in an exercise program 4 times per week for 16 weeks. Monetary compensation will be provided for time (up to \$300). To learn more, please call 303-492-9549 or email: [GEM.CUstudy@gmail.com](mailto:GEM.CUstudy@gmail.com). (COMIRB# 13-2314)

**SHAPE 2** The purpose of this study is to investigate how the menopause transition and the loss of estrogen impacts the health and function of arteries in women. We are looking for Premenopausal women 18-49 years, Perimenopausal women 40-55 years and Postmenopausal women 45-70 years (Non-smokers). Volunteers should NOT be taking Birth Control or Hormone Replacement Therapy (HRT), or exercising vigorously more than 2 days per week. To learn more, please call Lila Sisbarro 720-848-6419 or email [shape.study@ucdenver.edu](mailto:shape.study@ucdenver.edu); (PI Kerrie Moreau COMIRB# 06-0537)

To learn more about a study, offer comments, suggest an article, request this newsletter electronically or be removed from our mailing list contact:  
Drew Hepler, 720-848-6480, [Andrew.Hepler@ucdenver.edu](mailto:Andrew.Hepler@ucdenver.edu).

IMAGE Research Group  
Mallstop B-179  
12401 East 17<sup>th</sup> Avenue, RM 356  
Aurora, CO 80045

