

IMAGE Newsletter

Important information for all NEWSLETTER RECIPIENTS

Our Ethics Board (COMIRB) has requested that anyone interested in continuing to receive any of the following:

- IMAGE Newsletter
- IMAGE Holiday party invitations
- Recruiting information about future IMAGE studies

should read and sign a consent form. The consent forms will be available at the IMAGE holiday party or can be accessed by clicking on the link below (or copying link in your browser):

<https://redcap.ucdenver.edu/surveys/?s=YCXR4LLF4A>

If you have any questions, please don't hesitate to call or email Tracy at 720.848.6418 or tracy.swibas@ucdenver.edu

NEW Study Announcement

DHEA Augmentation of Musculoskeletal Adaptations to Exercise in Older Women research Study (DAMES)

The purpose of DAMES is to learn more about how to improve bone health in postmenopausal women with low bone mass (osteopenia). Dehydroepiandrosterone (DHEA) is a hormone made by the adrenal glands. As we get older, DHEA levels decline. In postmenopausal women, DHEA is the major source of estrogen and testosterone, which are important to bone health. DHEA can be taken in a pill. We are studying whether DHEA improves the effects exercise has on bones and muscles. It is important to study women with low bone density because they have increased risk of osteoporosis and fracture.

We are looking for postmenopausal women who: are 60 to 85 years old; do not exercise regularly; and do not have a personal history of breast cancer. The volunteers who meet the above criteria will have additional screening questions and tests, including a bone mineral density test.

What the study participants will do: If eligible, women will be randomized (by chance) to exercise in the IMAGE Research Lab 3 days a week for 36 weeks, or to not change their current exercise. All women in the study will take a study pill that is either DHEA (50 mg) or a placebo. You will not know which pill you are getting until you finish the study. The 6 testing visits for everyone include blood draws, exercise tests, and scans for bone density.

Benefits for Research Study Volunteers: measurement of bone density and exercise instruction. Women in the no-exercise group will be offered the same exercise after they complete the study. Monetary compensation will also be provided. If you are interested in DAMES, please contact Sean at 720-848-6476 or email DAMES@ucdenver.edu (PI Kathy Jankowski, PhD. COMIRB protocol #16-2427).

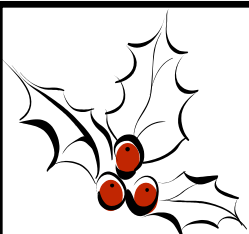


IMAGE HOLIDAY PARTY

Tuesday, December 5, 2017

4:00-6:00 PM

Keep an eye out for the invitations.

The Holiday party is at the same location as last year's party (Krugman Hall, Rm 2100, in RC2). Reserve the Date !!!

Directions and parking details can be found at

www.medschool.ucdenver.edu/image



Does the image group have a study for you?

The purpose of the **MYTH** study is to learn more about where the fat cells in your body come from. We are enrolling men and women who are 21-40 or 55-100 years old with a BMI of 22-35. Volunteers should be healthy, weight stable, inactive or moderately active, and not taking any hormones (e.g., testosterone, estrogen replacement, or hormonal contraceptives). If you meet these qualifications and are willing to undergo a fat biopsy, please contact Kathleen at 303-724-7472 or Kathleen.Gavin@ucdenver.edu. (COMIRB#: 15-1779)

The **BMT/CML** study is looking for people who have either had an allogeneic hematopoietic stem cell transplant (at least 6 months ago) **OR** have chronic phase chronic myeloid leukemia to participate in a research study to understand if some fat cells may come from cells in the bone marrow. If you meet one of the two qualifications above, are between the ages of 18 and 75 and think you may be interested in participating, please contact Kathleen at 303-724-7472 or Kathleen.Gavin@ucdenver.edu. (COMIRB#: 13-0026)

The **Rest-HF** Study seeking women and men, age 65 or older, with heart failure for a research study on Increasing Physical Activity in Heart Failure patients. We want to know how two different physical activity programs can help patients with heart failure to be more active. You will be asked to wear an activity monitor and keep record of any physical activity. You will meet with an exercise behavioral specialist to discuss physical activity recommendations and set goals at four separate visits over 12 weeks. For more info call Blythe Dollar at 720-848-7561 or email at blythe.dollar@ucdenver.edu.

The **BEST study** wants to know how two exercise programs that load the skeleton differently impact bone health. We are looking for healthy adult Veterans, aged 60-80 years, not currently participating in a regular exercise program. Compensation will be provided for your time. If interested, email Toby Wellington at toby.wellington@ucdenver.edu or call 720-848-6376. (PI: Rebecca Boxer, MD, MS; VA PI: Robert Schwartz, MD COMIRB #15-1451)

The purpose of the **BATE3 study** is to research how estrogen affects brown fat and resting metabolic rate. We are looking for healthy: **pre-menopausal** women (not pregnant or using contraceptives) **OR** **postmenopausal women** (no cycle within the last year). Monetary compensation will be provided. To learn more please contact Tracy Swibas at 720.848.6418 or Tracy.Swibas@ucdenver.edu (PI: Melanson, COMIRB# 16-1479)

GLYDE Study: The purpose of this study is to compare the effect of two different exercise programs on blood glucose levels. We are seeking men and women between the ages of 60-79 years old with elevated blood glucose levels but are otherwise healthy. The study involves tests of body composition, exercise capacity, metabolic rate, blood sugar, physical activity, sleep, and fatigue. If eligible you will complete these tests before and after 12 weeks of exercise training. Compensation is provided. If you are interested please contact Seth Creasy at seth.creasy@ucdenver.edu or 720-848-6477. (PI: Creasy, COMIRB 16-2662)

CardioVOLT The purpose of this study is to investigate how the loss of testosterone effects the health of the heart and arteries in men. We are looking for men 18-40 years or 50-75 years old, in general good health. No history of cancer, diabetes or heart disease. Volunteers should not be currently taking testosterone replacement therapy or exercising vigorously more than 2 days per week. To learn more, please call Sue at 303 724-2253 or email cardio-volt.study@ucdenver.edu (PI Kerrie Moreau COMIRB # 15-1162)

The purpose of **DAMES** study is to learn more about how to improve bone health in postmenopausal women with low bone mass (osteopenia). We are looking for postmenopausal women who are 60 to 85 years old and do not exercise regularly. If eligible, women will be randomized (by chance) to exercise in the IMAGE Research Lab 3 days a week for 36 weeks, or to not change their current exercise. All women in the study will take a study pill that is either DHEA (50 mg) or a placebo. If you are interested in DAMES, please contact Sean at 720-848-6476 or email DAMES@ucdenver.edu (PI Kathy Jankowski, PhD. COMIRB protocol #16-2427).

MIXED Study This is a study evaluating the effects of cardiovascular exercise on men and women with and without type 2 diabetes. We are evaluating the function of heart and blood vessels in response to exercise. Eligible participants must be Veterans, not using insulin, non-smokers, and be between the ages 30-55 years who currently exercise no more than once per week. The study involves 11 study visits and three months of supervised exercise training. If interested, email Deirdre.rafferty@ucdenver.edu or call Deirdre at 720-848-6688 (PI: Regensteiner, COMIRB# 17-0356)

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

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