

IMAGE Newsletter

Important information for all NEWSLETTER RECIPIENTS

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

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

must read and sign a consent form. The consent forms can be accessed by clicking on the or copying link in your browser: <http://j.mp/2CA6DoA>. If you have any questions or want a paper copy of the consent mailed to you, please don't hesitate to call or email Tracy at 720 848-6418 or tracy.swibas@ucdenver.edu. We will also have consent forms you can sign at the Holiday Party.

NEW STAFF ANNOUNCEMENT

Claire Newman

Claire has a BS in Physical Education and Exercise Science from the College of Charleston and a Master of Education in Kinesiology focusing on Exercise Physiology from the University of Virginia (GO HOOSI!). She is currently working on DAMES and STEP-HI and is looking forward to future studies. Claire is new to Colorado, so if she is not at work you can find her exploring the mountains, playing soccer, or dreading cold weather.



NEW STAFF ANNOUNCEMENT

Emma Tussey

Emma received her BA in Integrative Physiology from the University of Colorado Boulder in 2015. Before joining the IMAGE group Emma helped create a database for neurological clinical trial data as a Medical Research Scientist at a company called MedAware Systems. She also worked as a Professional Research Assistant for studying the influence of sleep restriction on metabolism. She currently works on the SIIB, the TRF and the ARROW studies. In her free time Emma enjoys traveling, dancing, skiing and playing with her lovable dog Lola.



IMAGE HOLIDAY PARTY

Tuesday, December 4, 2018

4:00-6:00 PM

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

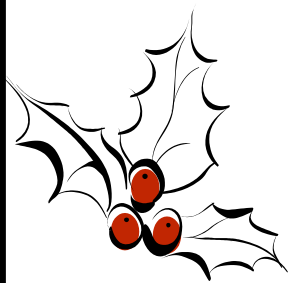
Keep an eye out for the invitations.

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?

Sleep Disruption Induced Impairments in Bone Formation "SIIB": We are looking for **healthy men** to participate in a research study on the effects of sleep restriction on bone. Volunteers should be 20-65 years old, habitually sleep 7-9 hours/night, have not done shift work in the past year, and do not currently smoke. Procedures include: measurements of bone mineral density, completion of sleep questionnaires/assessments, a general physical exam, activity monitoring with a wrist monitor, and blood/urine collection over ~2 weeks. You will be compensated for your time. For more information, contact Emma Tussey at SleepyBone-Head@ucdenver.edu. (PI Christine Swanson, MD, MCR, COMIRB #18-0015)

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 dehydroepiandrosterone DHEA (50 mg) or a placebo. If you are interested in DAMES, please email DAMES@ucdenver.edu (PI Kathy Jankowski, PhD. COMIRB protocol #16-2427).

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 55 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. 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 email 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 com-

plete 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 303-724-9115. (PI: Creasy, COMIRB 16-2662)

The **ACES** study wants to know how different blood pressure medications, combined with exercise, impact functional status and cardiovascular risk in older adults. We are looking for men and women with high blood pressure who are 60+ years old and do not exercise regularly. You can currently be taking a medication to control your blood pressure. If interested, please contact Toby at toby.wellington@ucdenver.edu or call 720-848-6376. (PI: Wendy Kohrt, PhD; COMIRB# 17-1758).

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 non-smokers, not using insulin, 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)

The purpose of the **MITO-CV study** is to examine how a dietary supplement affects the heart and arteries in Non-smoking men and postmenopausal women 50-75 years, in good general health. Volunteers should not be taking blood pressure or lipid lowering medications, hormones or exercising vigorously with no history of cancer, diabetes or heart disease. If interested, email MITOCVstudy@ucdenver.edu or call (720) 848- 6470 (PI: Runchey, MD COMIRB #17-1782)

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 email cardiovolt.study@ucdenver.edu or call Terry at 720 848-6441 (PI Kerrie Moreau COMIRB # 15-1162)

SRATH study The purpose of this study is to develop better equations to estimate energy expenditure (*calories* burned) from physical activity monitors among individuals with a wide variety of movement disorders (e.g. Parkinson's, Multiple Sclerosis, arthritis, knee replacement, stroke). Main Procedures/Tests Involved: physical function tests, resting metabolic rate and body composition measurement, and 12-hour stay in the metabolic room. Compensation provided. Please contact Jen Blankenship at 720-848-6477 or movementstudy@ucdenver.edu (PI: Melanson, COMIRB# 16-2706).

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