

# IMAGE Newsletter

## Important information for all NEWSLETTER RECIPIENTS

Our ethics board (COMIRB) requests 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](mailto:tracy.swibas@ucdenver.edu).

## NEW Study Announcement

### MOLECULAR TRANSDUCERS OF PHYSICAL ACTIVITY CONSORTIUM: *MoTrPAC*

The goal of the Molecular Transducers of Physical Activity Consortium, known as MoTrPAC (pronounced as MotorPack), is to create a comprehensive map of the molecular responses to exercise and the relation of these responses to health. Decades of scientific research have shown that exercise has many health benefits, yet relatively little is known about what happens at the molecular level to produce health improvements.

The study will enroll 2,280 adults at 10 clinical sites nationwide. Sites include: Advent Health, Orlando, Florida; Ball State University, Muncie, Indiana; University of Alabama at Birmingham; Duke University, Durham, North Carolina; East Carolina University, Greenville, North Carolina; University of Texas Health Science Center at San Antonio; University of Texas Medical Branch at Galveston; University of Pittsburgh; Pennington Biomedical Research Center at Baton Rouge; and **University of Colorado, Anschutz Medical Campus**.

Most of the study participants will be people who do not exercise regularly. They will be divided into three groups: 840 who will do endurance exercise; 840 who will do resistance exercise; and 300 controls who will not exercise. Participants in both exercise groups will receive personal coaching; the control participants can get this coaching at the end of the study. The exercise groups will do three supervised 1-hour training sessions per week. There will also be a comparison group consisting of 300 people considered highly active, meaning they work out at least four hours per week doing either endurance or resistance exercise.

To qualify for this research study, you must be 18 years of age or older, have a BMI between 19 and 35. You cannot exercise regularly more than 1 time a week, and cannot have a history of diabetes or heart disease. Participants must be willing to have study-related health exams and come to the lab to exercise for 12 weeks. Highly active participants must be 18 years of age or older, have a BMI between 19 and 35, have been cycling or weight lifting on a regular basis for more than a year, have no history of diabetes or heart disease, and be willing to have study-related health exams.

Participation in this research study will last approximately 6 months. Volunteers will be compensated for their participation. If you are interested please contact [MoTrPAC@ucdenver.edu](mailto:MoTrPAC@ucdenver.edu) or call 720-848-6408. (PI: Kohrt, COMIRB 18-0220)

## IMAGE HOLIDAY PARTY

**Tuesday, December 3, 2019**

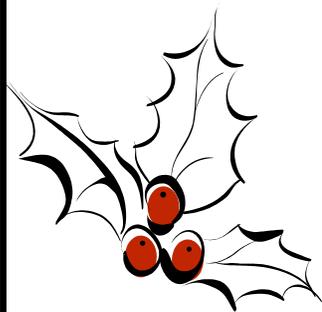
**4:00-6:00 PM**

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

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

**RSVP to [Jere.Hamilton@cuanschutz.edu](mailto:Jere.Hamilton@cuanschutz.edu) or call 720-848-6375**

**Directions and parking details can be found at**



# Does the IMAGE group have a study for you?

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 Zach at [zachary.buxo@cuanschutz.edu](mailto:zachary.buxo@cuanschutz.edu) or call 720-848-7557. (PI: Wendy Kohrt, PhD; COMIRB# 17-1758).

**The MoTrPAC Study** is the largest effort to date aimed at understanding how physical activity improves health and prevents disease. The main goal of MoTrPAC is to gain a better understanding of how the body changes with physical activity. This will help researchers and doctors to prescribe tailored exercise programs in the future. To qualify for this research study you must be 18 years of age or older, have a BMI between 19-35, exercise 1 time a week or less, have no history of diabetes or heart disease, be willing to have study-related health exams and exercise with a personal trainer for 12 weeks. Or you must be 18 years of age or older, have a BMI between 19-35, have been cycling or weight lifting on a regular basis for more than a year, have no history of diabetes or heart disease and be willing to have study-related health exams. Participation in this research study will last approximately 6 months. Volunteers will be compensated for their participation. If you are interested please contact Ellie Gibbons at [Mo-TrPAC@ucdenver.edu](mailto:Mo-TrPAC@ucdenver.edu) or 720-848-6408. (PI: Kohrt, COMIRB 18-0220)

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](mailto:MITOCVstudy@ucdenver.edu) or call (720) 848-6470 (PI: Babcock, PhD 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 [cardio-volt.study@ucdenver.edu](mailto:cardio-volt.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 con-

tact Jen Blankenship at 720-848-6477 or [movement-study@cuanschutz.edu](mailto:movement-study@cuanschutz.edu) (PI: Melanson, COMIRB# 16-2706).

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 55 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 call Jackie at 720 848-6476 or email [DAMES@ucdenver.edu](mailto: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 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](mailto:Deirdre.rafferty@ucdenver.edu) or call Deirdre at 720-848-6688 (PI: Regensteiner, COMIRB# 17-0356)

**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, email [SleepyBoneHead@cuanschutz.edu](mailto:SleepyBoneHead@cuanschutz.edu). (PI Christine Swanson, MD, MCR, COMIRB #18-0015)

**Knee Replacement Study:** The purpose of this study is to compare two different methods of delivery for exercise programs after a knee replacement. We are seeking adults aged 50 and up, who will receive a knee replacement in the next six months, and who have access to a stable Wi-Fi connection. The study involves randomization into a traditional paper method of delivery, or an app method of delivery for home exercise programs prescribed by your physical therapist after surgery. We will ask you to complete two testing sessions, one before surgery and one 30 days after you have started physical therapy. Participants who complete both testing sessions will receive \$100 in Amazon gift cards. If you are interested, please contact [PT\\_studies@cuanschutz.edu](mailto:PT_studies@cuanschutz.edu) or call our office at 303-724-9590. (PI: Jennifer Stevens-Lapsley MPT, PhD COMIRB 18-2532)

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

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