



# IMAGE Newsletter

## COVID-19 FACTS, FAQS AND MYTH

As we all continue to look for information about the ongoing pandemic we thought we would try to provide our participants some information on COVID-19

### Frequently Asked Questions

- Who should get a third vaccine dose (who is considered immunocompromised)?

*The CDC is recommending that people with a moderately to severely compromised immune system receive a third dose of the Pfizer or Moderna COVID-19 vaccine. Please talk to your doctor about your medical condition, and whether getting an additional dose is right for you.*

- Who is eligible for a booster shot?

*A booster shot is an additional dose of a vaccine after a person has already completed the full vaccination series. An extra dose "boosts" your immune system, creating better protection against an illness. It's normal for some vaccines to wane or become slightly less effective over time. Research by the COVID-19 vaccine makers and scientists is showing that the Pfizer and Moderna COVID-19 vaccines are waning several months after recipients get their first doses. Because of new infections and waning effectiveness of some COVID-19 vaccines, FDA and CDC experts are recommending booster doses for many people.*

*Booster shots are recommended for the following people received 2 doses of the Pfizer, Moderna or AstraZeneca COVID-19 vaccines, 6 months or more after their initial series: People age 65 or older, People age 18 or older who live in long-term care settings, People age 18 or older who have underlying medical conditions, or people age 18 or older who work or live in high-risk settings.*

*\*For People who received a Johnson & Johnson COVID-19 vaccine, a booster shot of any of the authorized COVID-19 vaccines is recommended for everyone age 18 or older who was vaccinated 2 or more months ago*

- Can I get my COVID-19 vaccine and my flu shot at the same time?

*Yes, the CDC says people can get the flu shot and other vaccines at the same time as the COVID-19 vaccine. It is recommended that you get one shot in each arm.*

Colorado is currently vaccinating	Number of vaccine providers	Vaccines distributed
Anyone 12 years old or older	Over 1,600	Over 7.6 million
People immunized with one dose	People fully Immunized	Total doses administered
Over 3.7 million	Over 3.4 million	Over 7.2 million

For more info click this link: <https://covid19.colorado.gov/vaccine#PhasedApproach>

### COVID-19 & Vaccine Myths

**Myth:** I've already had COVID-19, so I'm immune.

**Fact:** We do not know how long you will be protected from getting sick again. Experts agree that you should get the vaccine whether or not you have already had COVID-19. Some people have gotten COVID-19 twice.

**Myth:** The vaccine isn't 100% effective, so what's the point?

**Fact:** The COVID-19 vaccines are highly effective at preventing COVID-19, including preventing almost 100% of severe illness, hospitalizations and deaths.

**Myth:** The vaccine was developed too fast. It's better to wait and see what happens.

**Fact:** Scientists didn't start from scratch. They built upon years of research that had already been done with past respiratory virus vaccines. Because COVID-19 is widespread, trials were able to move forward quickly. No steps in the normal vaccine development process were skipped. More than 90% of UCHealth doctors have already been fully vaccinated.



## IMAGE HOLIDAY PARTY

**Unfortunately due to Campus COVID restrictions, the Image Holiday Party will be canceled again this year. We hope you are doing well and hope to see you soon.**

## 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>.

# Does the IMAGE group have a study for you?

**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, 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 weeks. Volunteers will be compensated for their participation. If you are interested please contact Lucas at [MoTrPAC@cuanschutz.edu](mailto:MoTrPAC@cuanschutz.edu) or 720-848-6396. (PI: Kohrt, COMIRB 18-0220)

**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@cuanschutz.edu](mailto:cardiovolt.study@cuanschutz.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 who have osteopenia or mild to moderate osteoporosis. We are looking for 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 Jillian at 720-848-6476 or email [DAMES@cuanschutz.edu](mailto:DAMES@cuanschutz.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 9 study visits and three months of supervised exercise training. If interested, email [Deirdre.rafferty@cuanschutz.edu](mailto:Deirdre.rafferty@cuanschutz.edu) or call Deirdre at 720-848-6688 (PI: Regensteiner, COMIRB# 17-0356)

**SitWise Study** This is a study evaluating how the time we spend sitting influences cardiovascular and muscle health in women with type two diabetes. The study involves up to seven study visits, including two visits that will be completed over video conference and five in-person visits at the University of Colorado CTRC. Eligible participants for this study are women between the ages of 60-75 years old, are non-smokers, and are not using insulin. If interested please email Kristina Chapman at [kristina.chapman@cuanschutz.edu](mailto:kristina.chapman@cuanschutz.edu) or call 720-848-6690. (PI Whipple, COMIRB #19-2758)

We are recruiting adults between the ages of 55 and 75 who have retired within the last year and are interested in becoming more physically active. Participants must own a

functioning smart phone and engage in less than 150 minutes of moderate-to-vigorous activity per week. This study will involve participating in a virtual focus group to collect opinions about a newly developed smartphone-based physical activity program. Participants will receive a \$50 Amazon gift card. The focus group will last approximately 60 -90 minutes. Please contact Principal Investigator Dr. Jonathan Shaffer [jonathan.shaffer@ucdenver.edu](mailto:jonathan.shaffer@ucdenver.edu) for more information.

**The SPOTLIGHT Study (Skeletal Response to Simulated Night Shift ).** We are looking for **healthy men & women** to study the effects of night shift work on bone. You may qualify if you are 20-40 years old, habitually sleep 7-9 hours per night, haven't done night shift work in the past year and do not currently smoke. Involvement includes measurements of bone mineral density, completion of sleep questionnaires/assessments, sleep with a simulated night shift schedule, a general physical exam, activity monitoring with a wrist monitor, blood/urine collection, arterial line placement and 2 inpatient stays (4 nights each). Your participation in the study will last up to 6 weeks (including two 4-night inpatient stays). You will receive up to \$1,500 and a FitBit for your time. If interested, email [SPOTLIGHT@ucdenver.edu](mailto:SPOTLIGHT@ucdenver.edu) and ask about the SPOTLIGHT study.

The purpose of the **EBB** study is to learn if the type of exercise (stationary cycling versus walking on a treadmill) impacts how certain bone markers in your blood respond to exercise. We are looking for Veteran men and women who are 60+ years old and who are used to regular endurance exercise lasting at least 1 hour. If eligible, participants will complete two one-hour exercise sessions: one on a treadmill and one on a stationary bike. Blood will be drawn before, during, and after exercise. If you are interested in **EBB**, please call Sarah at 720-848-6475 or email [sarah.wherry@va.gov](mailto:sarah.wherry@va.gov) (PI: Sarah Wherry, PhD. COMIRB# 21-2580).

The purpose of the **EsKAPE** study is to learn if exercise training impacts how certain bone markers in your blood respond to exercise over time. We are looking for Veteran men and women who are 25-45 **OR** 55-75 years old and who are not regularly exercising. If eligible, participants will complete 4 weeks of endurance exercise training. We will collect blood before and after exercise at the beginning, middle, and end of the 4-week program. If you are interested in **EsKAPE** please call Sarah at 720-848-6475 or email [sarah.wherry@va.gov](mailto:sarah.wherry@va.gov) (PI: Wendy Kohrt, PhD. COMIRB# 21-3163).

## New Staff announcement



Victoria Bland, PhD, RD, is a new postdoctoral fellow in the Division of Geriatrics on the Integrative Physiology of Aging training grant and is currently serving as study coordinator for the Bioenergetic Effects of Aging and Menopause (BEAM) study. Victoria completed her bachelor's degree in Human Nutrition, Foods, and Exercise at Virginia Tech (2013), combined dietetic internship & master's degree in Foods and Nutrition at the University of Georgia (2015), and PhD in Nutritional Sciences at the University of Arizona (2021). She brings additional experience as a clinical dietitian and teaching undergraduate nutrition courses. Her research broadly focuses on how body composition, genetics, and physical activity influence bone health during adolescence and older adulthood. In her free time, Victoria enjoys spending time outside with her husband, Craig, and two dogs, Cooper and Summit.

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

## IMAGE Research Group

Mailstop B-179  
12401 East 17<sup>th</sup> Avenue, RM 356  
Aurora, CO 80045

