

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 link below (or copying link in your browser): <https://redcap.ucdenver.edu/surveys/?s=YCXR4LLF4A>

If you have any questions or want a paper copy of the consent mailed, please don't hesitate to call or email Tracy at 720 848-6418 or tracy.swibas@ucdenver.edu

NEW Study Announcement

Antihypertensives Combined with Exercise for Seniors (ACES)

The **ACES** study wants to know how different blood pressure medications, combined with exercise, impact functional status and cardiovascular risk in older adults. Functional status is measured using things like walking speed and it is an important predictor of cardiovascular health in older adults. Seniors with low function have more cardiovascular events and are at a higher risk of needing cardiac surgery and/or suffering a cardiovascular-related death than higher-functioning peers. Seniors with hypertension (high blood pressure) have faster declines in function and exercise is the one of the ways to slow this decline. However, the response to exercise can be different based on the type of blood pressure medication(s) used.

We are looking for: men and women aged 60 years or older who do not exercise regularly and have been told by their doctor they have high blood pressure. Volunteers can currently be taking blood pressure medication, but this is not required. Volunteers who meet these criteria will have additional screening questions and tests to determine if they qualify for the study.

What the study participants will do: If eligible, participants will be randomized (assigned by chance) to take one of three blood pressure medications. You will not know which medication you are getting until you finish the study. All medications will be provided by the study. Participants will be asked to exercise in the IMAGE gym twice a week and walk at home twice a week for 20 weeks. The 7 testing visits for everyone include blood draws, functional tests (walk tests, balance tests, etc.), and scans for body composition.

Benefits for Research Study Volunteers: blood pressure medication and exercise instruction. Monetary compensation will also be provided. If you are interested in ACES, please contact Toby at toby.wellington@ucdenver.edu or call 720-848-6376. (PI: Wendy Kohrt, PhD; COMIRB# 17-1758).

Does the image group have a study for you?

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).

(Cont. on next page.)

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 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.

ing. 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 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)

PACE Sr. EXP2 wants to know how different bone cells might impact how bone responds to walking exercise. We are looking for physically active women who are 60 to 80 years old and currently taking a bisphosphonate medication. If you are interested, call Toby 720-848-6376 or email toby.wellington@ucdenver.edu (PI: Sarah Wherry, PhD; COMIRB #15-0878).

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

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