

# 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

### Adaptive Responses to Overfeeding and Weight



The **ARROW** study is interested in learning if there is a biological reason people tend to gain weight. We want to test how a period of overeating affects metabolism, physical activity and appetite. We will be utilizing some innovative approaches to understanding this issue around obesity including a specialized whole room calorimeter that accurately measures your metabolism and how your body uses the food that you eat.

**We are looking for:** both male and female volunteers aged 25 – 50 years old, weight stable with a BMI between 30-40 kg/m<sup>2</sup> and satisfied with their current weight, and **NOT interested in losing weight over the next year**. If you are generally healthy, without diabetes, sleep issues or heart disease, please email: [my.arrow@ucdenver.edu](mailto:my.arrow@ucdenver.edu) for more information and a link to a prescreening questionnaire (used to see if you are likely to qualify for the study).

**What the study participants will do:** This is a one year program that includes understanding each participant's individual metabolism. Procedures include: Body composition testing (DXA), resting metabolic testing (RMR), inpatient metabolic testing (room calorimeter), exercise testing and MORE! You will be compensated for your time. If eligible, each participant will be scheduled for 2 separate, 10-day study periods that include an inpatient stay (35 hours each stay during the 10-day period) in the specialized metabolic room located on the 12<sup>th</sup> floor of the University of Colorado Hospital to have their metabolism measured under two different feeding conditions.

**Benefits for Research Study Volunteers:** If you are interested in learning more about how your metabolism works, you will receive this specialized testing free of charge, free membership to the Anschutz Health and Wellness Center Fitness center, access to Weight Loss 4 Life program and much more! Financial compensation will also be provided. If you are interested in ARROW, please contact the ARROW staff at [my.arrow@ucdenver.edu](mailto:my.arrow@ucdenver.edu). (PI: Dan Bessesen, MD, Corey Rynders PhD; COMIRB# 18-0091).

## 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, email [SleepyBone-Head@ucdenver.edu](mailto:SleepyBone-Head@ucdenver.edu). (PI Christine Swanson, MD, MCR, COMIRB #18-0015)

# 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](mailto: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](mailto:Kathleen.Gavin@ucdenver.edu). (COMIRB#: 13-0026)

The **BEST** study wants to know how two exercise programs that load the skeleton differently impact bone health. We are looking for healthy women and Veteran men, aged 60-80 years, not currently participating in a regular exercise program. If interested, call Toby Wellington at 720-848-6376 or email [toby.wellington@ucdenver.edu](mailto:toby.wellington@ucdenver.edu). (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](mailto: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](mailto: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 Zach at [zachary.buxo@ucdenver.edu](mailto:zachary.buxo@ucdenver.edu) or call 720-848-7557. (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](mailto: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](mailto: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](mailto: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](mailto:movementstudy@ucdenver.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).

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](mailto:Andrew.Hepler@ucdenver.edu) or call Drew at, 720-848-6480