

# IMAGE Newsletter

## IMAGE COVID PRECAUTIONS AND RESTART INFO

The IMAGE group has faced an unprecedented challenge this past year due to the ongoing COVID-19 pandemic. The IMAGE group faces a unique situation, in that most of our studies require participants to exercise, and exercising within an enclosed space can increase the risk of transmitting the virus that causes COVID-19. The primary way people get COVID-19 is through exposure to respiratory droplets carrying the virus. Respiratory droplets are produced during exhalation (breathing, speaking, coughing, sneezing) and can remain suspended in the air for minutes to hours depending on the size of the droplets, and have the potential to travel on air currents. The IMAGE group has deployed a wide variety of preventive measures to reduce the likelihood of virus transmission in our facility, and to ensure the health and wellbeing of both participants and employees.

### What you may need to know

- If study participants are experiencing any symptoms or if have been exposed to an individual diagnosed with COVID-19, they must stay home and notify their study coordinator and reschedule study visits.
- While participants exercise in our facility, the IMAGE group encourages the use of a Hans Rudolph mask with a special filter attached, which filters 99.9% of viral and bacterial particles out of the air breathed in and out. If you do not tolerate wearing the mask, the IMAGE group may be able to schedule your exercise sessions at a time when you will be able to wear your own surgical mask. These sessions will be scheduled outside of the regular exercise blocks, and may be limited by staff availability.

### Screening/Scheduling

To allow for social distancing, a limited number of participants will be scheduled for each exercise session. The IMAGE group is also using a screening process to ensure that the exercise research lab remains a safe environment.

- Screening processes have been implemented to identify both participants and IMAGE employees who have COVID-19 symptoms or were exposed to an individual with COVID-19 prior to their arrival on campus. Participants will be asked to complete the screening questionnaire 24 to 72 hours before every study visit.
- If a participant reports COVID-19 symptoms or if they were exposed to an individual with COVID-19 they **MUST** contact their study coordinator to reschedule their study appointment.
- Screening for symptoms and potential exposures will also occur when a participant arrives for their study visit to ensure a safe environment is maintained at the exercise research lab.

### Exercise Sessions

The IMAGE group has also implemented a series of preventive measure within the exercise research lab to reduce the likelihood of virus transmission.

- Cleaning stations have been placed throughout the gym stocked with disinfecting reagents such as CaviCide, 70% Ethanol, and Sani-cloth wipes to allow for quick and efficient decontamination of equipment before and after use.
- Plastic tarps have been placed over equipment not in use to prevent potential surface contamination as well as to ensure participants are using equipment which has been properly decontaminated.
- A one-way footpath has been established within the exercise research lab to limit run-ins between participants and employees and reduce the likelihood of exposure.
- Hans Rudolph masks with personal spirometry filters have been distributed to research participants. Hans Rudolph masks have a minimal impact on exercise data being collected and, when paired with the spirometry filters, greatly reduce the risk of infection from Covid-19. Spirometry filters have been shown to be **99.9%** effective in filtering bacterial and viral particles.
- Hans Rudolph masks are sterilized in the hospital sterile processing lab after each use to ensure that cross-contamination does not occur. Spirometry filters are assigned to each individual participant and are also replaced on a regular basis to ensure their effectiveness in disease prevention.

## 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 Ellie at 720 848-6408 or [el-lie.gibbons@ucdenver.edu](mailto:el-lie.gibbons@ucdenver.edu).

# 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 Gabe at [Gabriel.buxo@cuanschutz.edu](mailto:Gabriel.buxo@cuanschutz.edu) or call 720-848-61419. (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, 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 Ellie Gibbons at [MoTrPAC@cuanschutz.edu](mailto:MoTrPAC@cuanschutz.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@cuanschutz.edu](mailto:MITOCVstudy@cuanschutz.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 affects 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)

**STRATH 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@cuanschutz.edu](mailto:movementstudy@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 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 Nora at 720-848-6476 or email [DAMES@cuanschutz.edu](mailto:DAMES@cuanschutz.edu) (PI Kathy Jankowski, PhD. CO-MIRB 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@cuanschutz.edu](mailto:Deirdre.rafferty@cuanschutz.edu) or call Deirdre at 720-848-6688 (PI: Regensteiner, COMIRB# 17-0356)

**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)

**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 seven study visits, including two visits that will be completed over video conference and five in-person visits at the University of Colorado CTSC. 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.

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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