

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.

NEW Study Announcement

Bioenergetic Effects of Aging and Menopause (BEAM)

As women go through menopause there are changes in metabolism that lead to an increase in abdominal fat, and this is thought to be caused by the loss of estrogen. However, a normal consequence of the decrease in estrogen is an increase in follicle stimulating hormone, or FSH. Studies of animals suggest that it is the increase in FSH that causes the increase in abdominal fat. BEAM is the first study of the independent effects of estrogen and FSH on metabolism and abdominal fat in women.

We are looking for:

Premenopausal women:

- Healthy women aged 18 to 45 years
- Regular menstrual cycles
- No current use of hormonal birth control

Postmenopausal women:

- No menstrual cycles in the past 6 months
- No hysterectomy

Benefits for study volunteers include:

- Measurement of body composition (fat and muscle mass) and bone density
- Measurement of resting metabolic rate

What study participants will do:

Premenopausal women will receive one injection of a study drug (degarelix) that suppresses estrogen and FSH levels for 12 weeks. Women will also be randomly assigned to wear a patch on their skin that contains either estrogen or placebo (no drug). Degarelix suppresses estrogen to postmenopausal levels and this reverses back to normal after the drug wears off. Thus, the study will give premenopausal women a preview into what menopause may be like for them.

Postmenopausal women will receive two injections of either a study drug (degarelix) that suppresses estrogen and FSH levels for 24 weeks or two injections of a placebo (no drug). Women will also be randomly assigned to wear a patch on their skin that contains either estrogen or placebo (no drug). Because estrogen levels are low in postmenopausal women, degarelix will primarily suppress FSH levels. BEAM will determine if suppressing FSH has beneficial effects on metabolism.

For more information on the BEAM study please contact Dori Miller (720) 848-6399 or dori.miller@cuanschutz.edu. (PI: Wendy Kohrt; COMIRB#18-2483).

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@cuanschutz.edu. (PI Christine Swanson, MD, MCR, COMIRB #18-0015)

Does the IMAGE group have a study for you?

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@cuanschutz.edu. (PI: Wendy Kohrt, PhD 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@cuanschutz.edu (PI: Melanson, CO-MIRB# 16-1479)

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 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 Mo-TrPAC 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 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 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 cardio-volt.study@cudenveredu 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 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@cudenver.edu (PI Kathy Jankowski, PhD. COMIRB protocol #16-2427).

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@cuanschutz.edu or 303-724-9115. (PI: Creasy, COMIRB 16-2662)

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 or call Deirdre at 720-848-6688 (PI: Regensteiner, COMIRB# 17-0356)

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 or call Drew at, 720-848-6480

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