



# IMAGE Newsletter

## New Study Introduction

### Females, Aging, Metabolism, and Exercise (FAME)

The purpose of this research is to learn how the loss of estrogen changes metabolism and risk of disease in women. At the time of menopause there are changes to body composition and metabolism that may lead to an increase in the risk of chronic disease. Why this happens is not known, but it is thought to be related to the loss of estrogen. Women in this study will receive 6 monthly injections that contain either placebo (no active drug) or a study drug (leuprolide) that reduces estrogen to postmenopausal levels. During the 6 months of treatment, some women will also participate in a supervised exercise program and some will not. Participants randomized into the "no exercise" group will have the opportunity to take part in the exercise program after completing the study.

#### The main inclusion criteria for this study include:

- Healthy women aged 42 to 52 years with regular menstrual cycles
- No current use of hormonal contraceptives

#### Benefits for study volunteers include:

- Measurement of body composition and bone density
- Fitness testing
- Personalized and supervised exercise program

#### Frequently Asked Questions Regarding the FAME Study:

**1. What will I be paid for participating in this study?** The compensation for finishing this study is \$900. If the study is not completed for any reason, compensation is provided at \$80 for each of the 6 monthly drug injections, and up to \$140 for completing each of the 3 testing phases.

**2. Where do I go for study testing?** All of our testing will be on the Anschutz Medical Campus (Fitzsimons Campus) in Aurora.

**3. How long will I be in this study?** Participating in the FAME study should take approximately 1 year from the start of the screening process until the completion of the study.

**4. What are the benefits I will receive from this study?** The FAME study will allow you to learn more about your current health including your bone density, percent body fat, aerobic fitness, resting metabolic rate, and routine blood tests. You will also receive exercise training either during or after the research study.

**5. Why would I want my hormones suppressed?** The Lupron injections will give you a *reversible* preview into what menopause will be like. This will let you understand how to deal with some of the symptoms that your mothers, sisters, co-workers, and friends may be going through. Because the menopause may put women at risk for osteoporosis, diabetes, and heart disease, learning more about your current health status and understanding the importance of an active lifestyle will be an invaluable tool for dealing with menopause when that time comes for you.

**For more information on the FAME study please contact Anne Stavros at [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu) or 720-848-6399.** The Principal Investigator of the FAME study is Wendy Kohrt, PhD. This study is funded by the National Institutes of Health and has been approved by the Colorado Multiple Institutional Review Board (protocol #12-1157).

Check out the Image group on Facebook. Like us on Facebook at

<https://www.facebook.com/pages/IMAGE-Research-Group/105662940305?fref=ts>

Or on the email version click the link below



## IMAGE SUMMER PARTY

August 6th, 2013

4-6 PM

Keep an eye out for

**the invitations. The Summer party is at the same location (the Trivisible room in RC2) as the Holiday party. Directions and parking details can be found at [www.medschool.ucdenver.edu/image](http://www.medschool.ucdenver.edu/image)**

**Reserve the Date !!!**

(...and yes the chocolate fountain will be in attendance)



# Does the image group have a study for you?

## STUDIES FOR WOMEN & MEN:

**Environmental and Genetic Risk factors for Progressive Supranuclear Palsy**, We are looking for men and women over the age of 40 for a study of progressive supranuclear palsy (PSP). This study is seeking to identify possible environmental and genetic risk factors for PSP, and we need **controls** for the study for comparison with people who have PSP. The main requirement is that you do not have Parkinson disease or a related disorder and that you are not a caregiver for a person with PD, PSP, or related diseases. The study involves a single 60-minute visit, with three short questionnaires and a blood draw. For more information, please contact Carol Hennessy at 720-848-5334 or [carol.hennessy@ucdenver.edu](mailto:carol.hennessy@ucdenver.edu). (COMIRB 07-1040)

**SPARX** is a study to determine whether individuals recently diagnosed with Parkinson's disease (PD), and have not yet started drug treatment, can successfully take part in an aerobic exercise program. Individuals with PD are randomized to a control group that does not exercise, or to a group that exercises on a treadmill at a moderate or high intensity. Participants will exercise 4 days a week, for 30 minutes a day, for 6 months. If you or someone you know has been diagnosed with Parkinson's disease and is interested in participating in this clinical research, please contact at 720.848.6376 or [Toby.Wellington@ucdenver.edu](mailto:Toby.Wellington@ucdenver.edu). (COMIRB #11-1237)

**The Determination of Pain Phenotypes in Older Adults with Knee Osteoarthritis** study is exploring what causes pain with knee osteoarthritis. We are looking for people aged 50 to 85 years with and without knee pain to attend a single testing session at the Anschutz Medical Campus (~2 hours) to explore factors that contribute to knee pain. Monetary compensation provided. To learn more, please email [KNEEpain@ucdenver.edu](mailto:KNEEpain@ucdenver.edu) or call 303-724-9590 (COMIRB #12-1188)

**The R,ercise study**, seeks to identify barriers to physical activity for overweight people with and without type 2 diabetes. This study hopes to provide a greater understanding of how to overcome those barriers! This is a study for people both with *and* without type 2 diabetes (not on insulin). We're looking for non-smokers, 50-70 years of age, who exercise less than one hour per week, but would like to do more. If interested, please email or call Dylan at [Dylan.Mogk@ucdenver.edu](mailto:Dylan.Mogk@ucdenver.edu) or (720) 848-7103 to learn more! Qualified study participants will receive financial compensation.

**Exenatide**: Do you have type 2 diabetes? Exenatide is an FDA approved medication to treat type 2 diabetes. We are evaluating whether Exenatide *a/so* increases exercise capacity in people with diabetes. Qualified participants in this study will receive study medication (either injectable exenatide or salt-water), as well as free lab screenings, physical exams and exercise testing, and will be offered financial compensation. If you are a non-smoker, age 45-70 with type 2 diabetes that does not require insulin, and you exercise less than 1 hour per week, then this study could be for you. If interested, please contact Leah at (720) 848-6688.

**Leg Blood Flow Study** is a study evaluating people with and without type 2 diabetes during single leg calf exercise. We are evaluating the function of heart and blood vessels during exercise. Eligible participants are men and women with or without type 2 diabetes (not using insulin) between the ages 30-55 years old who are non-smokers and currently exercise no more than once per week. The study involves 8 study visits and two weeks of supervised exercise training over the course of two months. If you are interested in this study, please contact Shawna McMillin at 303-724-2255 or email [Shawna.mcmillin@ucdenver.edu](mailto:Shawna.mcmillin@ucdenver.edu) (COMIRB: 06-0062)

## STUDIES FOR WOMEN:

The **FAME study** is examining how the loss of estrogen changes metabolism and risk of disease in women. Eligible participants are healthy women between the ages of 42 and 52 years who have regular menstrual cycles and are not currently using hormonal contraceptives. Monetary compensation will be provided for your time (up to \$900). To learn more, please call 720-848-6399 email: [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu). (COMIRB #12-1157)

The **TEMPUS study** will examine whether one week of estrogen has different effects on insulin metabolism in women who are only a few years past menopause compared to women who are many years past menopause. Eligible participants are healthy women between the ages of 45 and 70 years who are not using hormone therapy and who are either within 6 years of menopause or more than 10 years past menopause. Volunteers will be asked to wear estrogen patches for one week prior to one of two study visits designed to measure insulin metabolism. Up to \$400 in compensation will be provided for participation in the study. To learn more, please email: [Tracy.Swibas@ucdenver.edu](mailto:Tracy.Swibas@ucdenver.edu) or call 720-848-6418 (COMIRB #11-0788)

The **POWER study** is examining the roles that exercise training and the female sex hormone estrogen play in preventing excess fat gain in women. Eligible participants are healthy women between the ages of 18 and 49 years who have regular menstrual cycles and are not currently using hormonal contraceptives. Monetary compensation will be provided for your time (up to \$850). To learn more, call 720-848-6399 or email: [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu). (COMIRB #06-0512)

To learn more about a study, offer comments, suggest an article, request this newsletter electronically or be removed from our mailing list contact:  
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