



# IMAGE Newsletter

## NEW Study Announcement

### CardioVascular Outcomes of Low Testosterone (CardioVOLT)

In some men as they get older, testosterone levels fall below the normal range as that seen in young men. Also, as men get older cardiovascular health can deteriorate which can lead to high blood pressure and heart disease. In this study we want to find out what causes cardiovascular health to deteriorate in older men and whether older men who have low testosterone have worse cardiovascular health than men with normal testosterone. Additionally, we want to find out what happens to cardiovascular health when testosterone levels are lowered for a short time in men who have normal testosterone levels. Specifically, we want to see if the decline in cardiovascular health in older men with low testosterone levels is because of damage to mitochondria, which are the main energy source of the cells in our body. The results from this study will help to understand why cardiovascular health declines in older men with low testosterone levels compared to younger men and older men who have higher



testosterone levels so that we can develop appropriate strategies and treatments to maintain cardiovascular health in men as they age. The main procedures of this research study are a physician supervised exercise stress test, ultrasound of the blood vessels and heart, blood cholesterol profile, dietary analyses, measurements of bone density and body composition. The participation time commitment is 2-3 months. Knowing this information will help to develop therapies to prevent heart disease in men. If interested in learning more about participating in CardioVOLT, please contact Sue Felton at 303 724-2253 or email [cardiovolt.study@ucdenver.edu](mailto:cardiovolt.study@ucdenver.edu)

#### NEW STAFF ANNOUNCEMENT

Teresa received her BS in Nutrition Science from the University of New Hampshire in 2001, also received her MS in Nutrition Health Education and her MPH in 2003 from University of Tennessee, Knoxville. She is currently a Registered Dietitian. Before joining the IMAGE group in 2015, Teresa worked at The Children's Hospital of Colorado for 8 years and the School of Public Health for 5 years. She currently works with the SHAPE2 and CARDIOVOLT study.



## IMAGE

### SUMMER ALUMNI PARTY

Tuesday, June 28, 2016

4:00-6:00 PM



**Keep an eye out for the invitations. The Summer party is at the same location as last year's party (Trivisible room in RC2). Reserve the Date !!!**

**Directions and parking details can be found at**

**[www.medschool.ucdenver.edu/image](http://www.medschool.ucdenver.edu/image)**

# Does the image group have a study for you?

**Exercise for Healthy Aging (EHA)** The goal of this study is to determine whether a high versus a moderate intensity of cardiovascular and strength training has a greater improvement on health and quality of life. We are looking for men between the ages of 50-65, who are not currently exercising, to workout in our supervised gym 3x/week for 6 months. Participants receive: A heart stress test to make sure exercise is safe for you, two body composition scans, free supervised exercise sessions, and compensation for your time. It is a great way to fulfill your exercise goals, build muscle mass, and have fun! Contact Kristine Erlandson M.D. at: 303-724-4941 or [Kristine.erlandson@ucdenver.edu](mailto:Kristine.erlandson@ucdenver.edu) for more information. (COMIRB14-2207)

**SITA Study:** Are you between the ages of 22 and 70 years old with type 2 diabetes who takes metformin only for your diabetes, you may qualify for this study. This research study will evaluate the effects of two FDA-approved diabetes medications on cardiovascular function during exercise. Qualified participants will receive study medication, as well as free lab screenings, physical exams and exercise testing. Financial compensation is provided. If interested, email [Deirdre.rafferty@ucdenver.edu](mailto:Deirdre.rafferty@ucdenver.edu) or call Deirdre 720-848-6688 (PI: Regensteiner, COMIRB# 13-2015)

**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 50-70 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 call Sue at 303 724-2253 or email [cardiovolt.study@ucdenver.edu](mailto:cardiovolt.study@ucdenver.edu) (PI Kerrie Moreau COMIRB # 15-1162)

**Leg Blood Flow Study** This is a study evaluating men and women with or without type 2 diabetes during single leg calf exercise. We are evaluating the function of heart and blood vessels during exercise. Eligible participants are healthy men and women with type 2 diabetes (not using insulin) between the ages 30-70 years 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. If interested, email [Deirdre.rafferty@ucdenver.edu](mailto:Deirdre.rafferty@ucdenver.edu) or call Deirdre 720-848-6688 (PI: Regensteiner, COMIRB# 06-0062)

Do you like to EAT? The purpose of the **EAT study** is to research whether age affects how fat tissue responds to 1 week of overfeeding. We are looking for healthy men aged 25-40 yr or 55-75y who are overweight to mildly obese, sedentary to moderately active and who do not smoke. Monetary compensation will be provided. To learn more please contact Tracy Swibas at [Tracy.Swibas@ucdenver.edu](mailto:Tracy.Swibas@ucdenver.edu) or 720.848.6418 (PI: Van Pelt, COMIRB# 14-2411)

The **PCM study** is testing the accuracy of a new instrument that measures the amount of calories burned, based on heat production by the body. We are seeking men & women between the ages of 18-99 years old, who are healthy, do not smoke, are able to exercise, and do not have an allergy to nickel. Females cannot be currently or recently pregnant or lactating. The study involves two parts: Day 1-2: reside on the CTRC in our metabolic room for ~48hrs and Day 3-10: 8 days in normal living conditions wearing activity monitors). To learn more, please contact Tracy @ [tracy.swibas@ucdenver.edu](mailto:tracy.swibas@ucdenver.edu) or call (720) 848-6418. (PI: Melanson, COMIRB# 13-2944)

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 55-85 years old with a BMI of 22-35 kg/m<sup>2</sup>. Volunteers should be healthy, weight stable, non-active or moderately active, and not taking any hormonal therapy (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 **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 40 and 60 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 or email: [FAMEstudy@ucdenver.edu](mailto:FAMEstudy@ucdenver.edu). (COMIRB# 12-1157)

**PACE Sr:** We are seeking physically active women and men for a research study. The purpose of the research we are conducting is to determine how vigorous exercise in different temperatures (warm vs. cool) affects the bone metabolism response. Qualified participants will receive lab screenings, physical exams, and exercise testing. Financial compensation is provided. If you are between the ages of 60 and 80 years old and often walk for exercise, you may qualify for this study. If interested, email Toby Wellington at [toby.wellington@ucdenver.edu](mailto:toby.wellington@ucdenver.edu) or call 720-848-6376 (PI: Wherry, COMIRB# 15-0250).

To learn more about a study, offer comments, suggest an article, request this newsletter electronically or be removed from our mailing list contact:  
Drew Hepler, 720-848-6480, [Andrew.Hepler@ucdenver.edu](mailto:Andrew.Hepler@ucdenver.edu).

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