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IMAGE Newsletter

Brown **A**dipose **T**issue and **E**strogen research study (BATE3)

The Purpose of BATE3 is to learn more about the role of female sex hormones on brown adipose tissue (or brown fat). Brown fat is different from regular "white fat" in that it produces heat and burns calories. In rodents and other animals, brown fat helps keep the animals warm when exposed to cold. Although humans have brown fat, its function in humans is not understood. Young adult women have more brown fat than men, but older men and women have similar levels of brown fat. This suggests that the decrease in female sex hormones that occurs at menopause (specifically, estrogen) may play a role. We know that the amount of estrogen a women has affects her resting metabolic rate (i.e. women with low estrogen have low resting metabolic rate). This study plans to learn more about how estrogen affects brown fat and resting metabolic rate.

We are looking for healthy pre and post-menopausal women: Pre-menopausal women who are 18-50 years of age, not currently using hormonal contraceptives, not pregnant or lactating. Post-menopausal women who have not had a menstrual cycle within the past year or no history of hysterectomy. Volunteers must meet the above entry criteria and complete a screening questionnaire. If eligible, individuals will come in for a 2 hour screening visit (blood work, physical exam, body composition, bone density testing and questionnaires). Those who qualify and agree to participate will be asked to complete 3 study visits, which will include: Fasting blood draws and resting metabolic tests PET/CT scans (under warm and cold conditions).

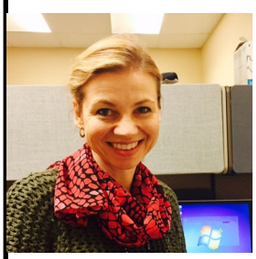
Pre-menopausal women will also have the option to go through 6 months of hormone suppression and repeat the 3 visits mentioned above.

Benefits for Research Study Volunteers: measurement of body composition, bone density and resting metabolic rate. Monetary compensation will be also provided.

If you are interested in participating in the BATE3 study, please contact Tracy Swibas at 720-848-6418 or Tracy.Swibas@ucdenver.edu The principal investigator for this study is **Edward Melanson, PhD** This research study is approved by the Colorado Multiple Institutional Review Board **(COMIRB protocol #16-1479)**

NEW STAFF ANNOUNCEMENT

Shauna Runchey M.D.



Shauna received her MD and an MPH in Epidemiology at the University of Minnesota in 2003. Before joining the IMAGE group this Spring, Shauna completed her fellowship in the division of Endocrinology at the University of Washington. She currently works with Kerrie Moreau's team on the CARDIOVOLT study. She has two children and enjoys gardening, cooking and hiking.

Does IMAGE have a study for you?

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 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 or call 720-848-6376 (PI: Wherry, COMIRB# 15-0250).

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. (COMIRB# 12-1157)

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 call Sue at 303 724-2253 or email cardiovolt.study @ucdenver.edu (PI Kerrie Moreau COMIRB # 15-1162)

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 50-70, 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, 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 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 provided. Interested? E-mail Deirdre.rafferty@ucdenver.edu or call Deirdre 720-848-6688 (PI: Regensteiner, COMIRB# 13-2015)

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: Day1-2: 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 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 55-100 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. (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. (COMIRB#: 13-0026)

The **Rest-HF** Study seeking women and men, age 65 or older, with heart failure for a research study on Increasing Physical Activity in Heart Failure patients. We want to know how two different physical activity programs can help patients with heart failure to be more active. You will be asked to wear an activity monitor and keep record of any physical activity. You will meet with an exercise behavioral specialist to discuss physical activity recommendations and set goals at four separate visits over 12 weeks. For more info call Blythe Dollar at 720-848-7561 or email at blythe.dollar@ucdenver.edu.

The **BEST study** wants to know how two exercise programs that load the skeleton differently impact bone health. We are looking for healthy adult Veterans, aged 60-75 years, not currently participating in a regular exercise program. Compensation will be provided for your time. If interested, email Toby Wellington at toby.wellington@ucdenver.edu or call 720-848-6376. (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 Tracy.Swibas@ucdenver.edu or 720.848.6418 (PI: Melanson, COMIRB# 16-1479)

Kidney study: We are looking for healthy controls to compare blood vessel function to adults with kidney disease. We are looking for men and women 50-80 years of age. You must be a non-smoker, generally healthy, and free from hypertension. Participation involves a screening visit and if you qualify a second visit to measure blood vessel function. Compensation is provided and you will receive the screening information about your health. For more info or to see if you qualify, please contact Mikaela at Mikaela.Malaczewski@ucdenver.edu or 303-724-7793. (PI: Nowak, COMIRB# 15-0869).

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 or 720-848-6477. (PI: Creasy, COMIRB 16-2662)

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.

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Aging, Gender, and Exercise
Investigations in Metabolism