

SUBJECTS NEEDED FOR RESEARCH STUDY

Researchers at the University of Colorado are looking for volunteers to participate in a research study investigating how fat in muscle is related to diabetes risk. The study offers comprehensive metabolic testing (% body fat, blood analysis, metabolic rate testing, dietary analysis). We pay participants for their time, as well as give back all the information we gather on them during the course of testing. We are looking for male and female lean (BMI <25) and overweight (BMI >30) controls age 40-55 or Type 2 diabetics, age 35-40, who are not taking insulin. Women must be pre-menopausal. Subjects must be weight stable, exercise less than 2hrs per week, and controls must have no family history of type 2 diabetes.

What are the requirements? All subjects must be willing to come to Denver for testing two times (all testing takes place at the UC Denver Anschutz Medical Campus).

What type of testing is done? The first study is a screening visit to measure % body fat, lean muscle mass, and estimate bone mineral density by DEXA. Also we measure glucose tolerance, perform a dietary questionnaire, take blood for a full metabolic panel and thyroid check. This visit takes ~2.5 hours. The second study is the metabolic study where we measure metabolic rate, and the gold standard test for diabetes risk. We also take 2 muscle biopsies to measure muscle lipids. We ask subjects to come to the inpatient research unit (12th floor of University hospital) the night before the study, which finishes the next day around 1pm.

If you are interested in learning more – please contact:

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