

Seeking volunteers for UIC research study

We want to study the effects of exercise on arterial function and mobility in individuals with Multiple Sclerosis–Interested?

Who can participate?

- Diagnosis of multiple sclerosis and ability walk without assistance
- Men and women aged 18-70 years old
- Physically active less than 2 days/week
- Relapse free over the past 30 days

Where will it take place?

This research study is being conducted by Dr. Fernhall and Dr. Tracy Baynard in the Department of Kinesiology & Nutrition at the University of Illinois at Chicago (UIC). The study will be conducted in the Disability, Health and Social Policy Bldg located at 1640 W. Roosevelt Rd. in Chicago.

What will I have to do?

- Participate in a 3 month exercise training program or a 3 month stretching program. Each program will consist of 3 exercise sessions per week in your home. Each training visit should last about 30 minutes.
- Come to the study site 3 times for testing throughout the course of the study. Each testing visit should last about 3-4 hours. During this time you will answer questionnaires about your health and physical activity and we will measure your blood pressure, fitness level, heart and arterial function, quality of life, cognitive ability (ability to understand), and physical activity patterns.
- Undergo 3 blood draws (about 4 tablespoons each)
- Wear a device on your waist for 7 days (waking hours only) to measure your physical activity.
- Communicate weekly through video chats.

You will receive up to \$300 for participation.

If you meet these requirements please call Garrett Griffith at 312-996-9594 or email him at gjgriff@uic.edu.

STARTS APPROVAL EXPIRES

OCT 14 2014 OCT 14 2015