Estrogen-based hormone therapy for postmenopausal women has been the subject of intense debate over the years. Certain types of estrogen therapy have been associated with increased cardiovascular risk, particularly in older women. However, estrogen therapy has also been shown to reduce incidence of bone fractures and diabetes and continues to be used early in menopause to treat hot flashes and other menopausal symptoms. Recent studies suggest that the benefits of estrogen may be highest when treatment is initiated early after menopause.

The IMAGE group has a new study that will test whether the effects of estrogen on insulin metabolism (diabetes risk) is different in women who are only a few years past menopause compared to women who are many years past menopause. The TEMPS study (Timing Estrogen after Menopause) is newly funded by the National Institutes of Health (NIH) and will be recruiting study volunteers over the next 4 years.

We are looking for healthy women who are:
Aged 45-70 years
Postmenopausal (for less than 6 years or more than10 years)
Non-smokers
No previous use of estrogen therapy
Willing to use estrogen for 1 week
Sedentary to moderately active

Volunteers will receive:
Physical exam
Diabetes and cholesterol testing
Measurement of body composition and bone density
Monetary compensation

Eligible volunteers will be asked to come in for an insulin metabolism test on 2 separate occasions. One of the 2 tests will be done after 1 week of estrogen treatment and the other after 1 week of placebo (no estrogen). All testing will take place over a 2-to-3 month period at the University of Colorado Denver Clinical Translational Research Center (CTRC).

The principal investigator for this study is Rachael E. Van Pelt, PhD. For more details about the TEMPS study, please visit our web-site at www.medschool.ucdenver.edu/tempus or contact Tracy Swibas at tracy.swibas@ucdenver.edu or 720-848-6418. This research study is funded by the NIH and has been approved by the Colorado Multiple Institutional Review Board (COMIRB protocol #11-0788).

On the 1st Saturday of every month, the University of Colorado’s Center on Aging presents a monthly educational discussion aimed at helping seniors better understand aging. The presentations are free and open to the public. On December 3rd Dr. Wallace will address depression in the elderly, on January 7th Dr. Jankowski will talk about aging and exercise, and Dr. Levy will speak about end-of-life decision making on February 4th. We hope you can attend one or more of the 1st Saturday discussions this year:
10:30am-Noon
University of Colorado, Anschutz Medical Campus
Building 500 (former Fitzsimons Army Hospital)
Bushnell Auditorium, 8th floor
Free parking in the Ignacio Lot
RSVPs are not needed

For more information on the series visit the IMAGE group’s website: medschool.ucdenver.edu/image and click on “Geriatrics” and then on “1st Saturday”

We are happy to welcome new talent to the IMAGE Group...

Vanessa Sherk, PhD, earned her PhD in Exercise Physiology from the University of Oklahoma and is currently working as a research fellow under the mentorship of Dr. Wendy Kohrt. Dr. Sherk brings the IMAGE group her expertise on the pQCT, a new machine that measures bone mineral density and bone strength. Drs. Sherk and Kohrt will work together on bone health studies, specifically examining effects of exercise, hormones, and NSAID use on bone health.

Seantay Patterson, BS, recently earned her BS in Cellular and Molecular Biology from Adams State College. Seantay has worked with the IMAGE research group for several years as an intern but is now a full-time professional research assistant (PRA). Ms. Patterson works on the POWER Plus study which is examining how the loss of estrogen after menopause affects fat gain. She spends much of her time working in our laboratory processing samples that were collected from fat biopsies and hopes to continue her cellular lab work down the road.
STUDIES FOR WOMEN & MEN:

- WIN (What Is Next) is a series of five medical visits for cancer survivors who have recently completed treatment to help with transition. WIN is led by healthcare professionals with clinical expertise in cancer survivorship, primary care, physical therapy, nutrition, exercise, and behavioral health. The WIN visits are held in a group setting and are paid for by most insurance plans. To learn more, please call 720-848-0349 or email: UCH-Survivorship@uch.edu. (COMIRB #10-1587)

- The POEM study is examining whether 6 months of cardiovascular exercise training or a study drug (Pioglitazone) can improve memory function. Eligible participants are healthy adults over the age of 55 years who are experiencing mild memory problems, are non-smokers, are not diabetic, and are not regularly exercising. To learn more, please call 720-848-6376 or email: Toby.Wellington@ucdenver.edu. (COMIRB #07-1215)

- The Community-Based Exercise Program for Peripheral Artery Disease study is looking at the benefit of exercise training for treating people who experience leg pain when they walk. Eligible participants are men and women 40 years of age and older who feel cramps, aching or pain in their leg muscles when walking. Qualified participants will receive blood test results, diabetes screening, exercise testing, a peripheral artery disease screening test and financial compensation. Participants may also receive a detailed home exercise training program and portable chair to improve walking ability. To learn more, please call 720-848-6376 or email: Ryan.Mays@ucdenver.edu. (COMIRB #10-0395)

- The Rehabilitation for Total Knee Replacement study is exploring 2 rehabilitation programs designed to restore muscle strength and function more effectively after knee replacement. Eligible adults are 50 to 85 years of age and are candidates for knee replacement surgery. To learn more, please call 303-724-9590 or email: Michelle.Reynolds@ucdenver.edu. (COMIRB #10-1188)

STUDIES FOR WOMEN:

- 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 45-70 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 monetary compensation will be provided for completion of the study. To learn more, please call 720-848-6418 or email: Tracy.Swibas@ucdenver.edu. (COMIRB #11-0788)

- The POWER study is studying 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 18-49, 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, please call 720-848-6399 or email: Anne.Stavros@ucdenver.edu. (COMIRB #06-0512)

- The FLARE study will determine how leg and hip liposuction surgery affects fat metabolism and cardiovascular health. Eligible women are healthy, pre- or postmenopausal (35-60 years), are good candidates for leg and hip liposuction surgery and who are not using oral contraceptives or hormone therapy. To learn more, please call 720-848-7557 or email: Molly.Kraus@ucdenver.edu. (COMIRB #07-0339)

- The SHAPE study is examining how short-term changes in estrogen affect cardiovascular health. Eligible women are premenopausal (18-49 years) and perimenopausal (40-55 years), are non-smokers, have normal blood pressure, and are not taking birth control or hormone therapy. To learn more, please call 720-848-6418 or email: Tracy.Swibas@ucdenver.edu. (COMIRB #06-0537)

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

Nicole Hirsch, 720-848-6396, Nicole.Hirsch@ucdenver.edu.