We thank you, Dr. Gozansky, for a decade of insightful research on women’s health

Dr. Wendee Gozansky, one of the founding members of the IMAGE research group, recently accepted a position at Kaiser Permanente. Wendee came to the University of Colorado Denver in 1995 for 3 years of residency training in Internal Medicine. At the completion of her training she was invited to serve as one of the Chief Residents, which is a tribute to her outstanding clinical skills. Wendee then completed 1 year of clinical training in Geriatric Medicine before launching her research career with the IMAGE group in 2000.

Wendee’s first independent research project was the Study Of Stress, or SOS. It was a novel investigation to determine whether postmenopausal women have elevated levels of the stress hormone cortisol as a result of estrogen deficiency. When she found that this appeared to be the case, she expanded her work to study whether cortisol is associated with the changes in metabolism and fat distribution that occur in menopausal women.

Dr. Gozansky earned several awards during her 10 years with the IMAGE group, including research grants from the National Institute on Aging, the American Geriatrics Society, the North American Menopause Society, the Society for Women’s Health Research, and the Foundation for Women’s Health Research, and the Foundation for Women’s Menopause Society, the Society for Women’s Health Research, and the Foundation for Women’s Health Research, and the Foundation for Women’s Health Research. She was also the recipient of the prestigious Paul B. Beeson Career Development Award in Aging, which provided her protected time to carry out her research from 2005 to 2010.

Wendee’s decision to make this change in her career generated both sadness and happiness for members of the IMAGE group – sadness, because we are sorry to be losing such an important member of our group, and happiness, because she is advancing her career by taking on new challenges. Wendee will retain a part-time appointment at the University to finish some ongoing research projects. If you see her, please join the IMAGE group in wishing her continued success in her new position.

The IMAGE group director shares recommendations for preserving bone health

Dr. Wendy Kohrt, the director of the IMAGE research group, has a strong interest in the prevention of osteoporosis. Recently, she was appointed to the Medical and Scientific Advisory Board of the American Bone Health Organization, a national organization that focuses on public education of bone health and osteoporosis prevention.

Across the country, Dr. Kohrt lectures on the latest research-driven recommendations for preserving bone health. The main recommendation is for a person to get daily, weight-bearing physical activity (e.g., brisk walking or tennis). Studies show that walking more than 4 hours per week reduces the risk of hip fractures by 40%. The higher the intensity of the physical activity the more effective it is likely to be in preventing fractures. Also, research is pointing towards multiple sessions of weight-bearing activity per day being superior to one longer session.

The IMAGE group is conducting research studies to learn more about how exercise can be used to improve bone health. As one example, the MOXI trial will determine whether taking non-steroidal anti-inflammatory drugs, such as ibuprofen, before or after exercise either blocks or enhances the skeletal adaptations to exercise.

The TEAM study (Testosterone Supplementation and Exercise in Aging Men) nears its completion

One of the IMAGE group’s longstanding studies, the TEAM study, is in the final stages of the intervention and is ready to begin its next phase: data analysis. Funded by the National Institute on Aging, the purpose of the TEAM study was to evaluate the effects of testosterone supplementation (AndroGel), alone or in combination with resistance exercise training, on body composition, strength, endurance, cognition, and function in older men. Many general health measures such as blood lipids, insulin resistance, and obstructive sleep apnea were also monitored for changes throughout the study.

Over the past 5 years, more than 150 men enrolled in the TEAM study’s year-long intervention. The participants were randomly assigned to take a daily dose of gel which contained either testosterone or placebo (no active drug). Half of the men were randomly assigned to participate in a year of resistance exercise training at our facility and the other half of the men, the control group, were asked to refrain from any form of resistance training. The drug intervention was carried out in a double-blinded manner, which means that neither the participants nor the research staff members who worked with them knew whether a participant was using testosterone or placebo.

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STUDIES FOR WOMEN & MEN:

- 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. (COMIRB #07-1215)

- The Lose-It Study will investigate the amount of exercise that health care providers should prescribe in order for patients to maintain weight loss. Eligible participants are healthy adults between 18-45 years of age. Participants must be willing to engage in lifestyle changes including diet modifications and up to 100 minutes of daily physical activity. (COMIRB #06-0369)

- The Minimally Invasive Total Knee Replacement Study looks at different surgical approaches for total knee replacement and combines these with a progressive rehabilitation program. Eligible adults are 50 to 85 years of age and are candidates for knee replacement surgery with Dr. Michael Dayton at the University of Colorado Hospital. (COMIRB #06-0183)

- The Rehabilitation for Total Knee Replacement Study is investigating 2 rehabilitation programs designed to restore muscle strength more effectively to improve function with daily activities. Eligible adults are 50 to 85 years of age and are candidates for knee replacement surgery. (COMIRB #06-0074)

STUDIES FOR WOMEN:

- The POWER study is examining 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 18-45, who have regular menstrual cycles, and are not currently using hormonal contraceptives. Monetary compensation will be provided for your time (up to $1000). (COMIRB #06-0512)

- The FLARE study is examining 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. (COMIRB #07-0339)

- The SHAPE study is examining how short-term changes in estrogen affect cardiovascular health. Eligible women are premenopausal (18-40 years) and perimenopausal (40-55 years), are non-smokers, have normal blood pressure, and are not taking birth control or hormone therapy. (COMIRB #06-0537)

- The aim of the GET SHORTY study is to measure the short-term changes in physical function that occur in women during breast cancer treatment. Eligible women are 40-90 years of age who are newly diagnosed with stage I-III breast cancer and have not begun chemotherapy or radiation treatment. (COMIRB #09-0500)

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

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