With the summer months behind us, fall is busier than ever. We just completed our second annual CCTSI All-Staff meeting which highlighted a number of new and maturing programs, and I thank all of you who attended. If you were unable to attend please know that all PowerPoint presentations are available on the CCTSI homepage under “CCTSI Announcements,” or you can view the video recording of the entire meeting as well. October is loaded with CCTSI meetings and seminars so be certain to view the "Upcoming Events & Important Dates" section of this newsletter. For example, we have the first Ethics Conference taking place October 14, the Translational Informatics team is holding a 3 hour special seminar and the CCTSI quarterly Grand Rounds is Tuesday, October 26 from 12-1pm (lunch provided) with guest speaker Dan Theodorescu, MD, PhD.

First Annual Ethics Conference
Financial Conflicts of Interest In Translational Research: Ethical & Regulatory Issues," featuring keynote speaker Jeremy Sugarman, MA, MPH, MD, Berman Bioethics Institute, Johns Hopkins University, is scheduled for Thursday, October 14, 2010, in Shore Auditorium at the Nighthorse Campbell Building at AMC. The purpose of this conference is for participants to gain an understanding of the current policies, practices and ethical issues associated with the reporting, management and disclosure of financial relationships between private industry, biomedical researchers and research institutions. For additional information, please contact Marylou Wallace at 303-724-3994.

CCTSI Grand Rounds Series
The CCTSI Grand Rounds Series was launched this spring with Barbara Alving, MD from NCRR/NIH speaking at AMC. The series, which will highlight cutting-edge translational research or biotechnology, will take place three times a year (fall, winter & spring) from 12-1pm with lunch provided. Upcoming speaker dates are as follows:

Dan Theorescu, MD, PhD, UCD AMC Cancer Center Director — Tuesday, October 26, 2010; 12-1pm at AMC room: P101-1000, RC 1 — Hensel Phelps Lecture Hall – East

Dan Masys, MD, Vanderbilt University, Director of Biomedicine Informatics — Thursday, February 3, 2011; 12-1pm at AMC room: TBD

Nanette Santoro, MD, UCD AMC Obstetrics & Gynecology Chair — Thursday, May 12, 2011; 12-1pm at AMC room: TBD

CCTSI Informatics Seminar Series
Mark your calendars now and save the Third Thursday at Three-Thirty-Three. The Informatics Seminar Series schedule is as follows:

October 21, 2010 — QI-Informatics mini-symposium (1-4pm)
November 18, 2010 — The HMO Research Network and the Virtual Data Warehouse
December 16, 2010 — i2b2 & Accelerating Translational Research

All seminars will be in Teaching Lab 2 at the Health Sciences Library at the Anschutz Medical Campus except for the 3-hour seminar on October 21, which will be held at Ed 1 P26-3500 North from 1-4pm. Please be certain to arrive early as refreshments will be served thirty minutes prior to the seminar start. If you are unable to attend in person, please note that all seminars are available via live video stream. For more information on the series or to view archived trainings, visit the Informatics Section of the CCTSI website at cctsi.ucdenver.edu.
CCTSI Nuts & Bolts Series
This series introduces the offerings of the CCTSI and clarifies how these resources can be leveraged to accelerate your research. Each session will provide an overview of the CCTSI Pillar Programs including: Discovery Translation, Community Translation, Translational Technologies and Novel Methods, Child and Maternal Health Research, Community Engagement and Research, Translational Informatics and Education, Training and Career Development. Several sessions are planned during the 2010-2011 academic year.

Education, Training and Career Development — Wednesday, October 20, 2010; 4-5:30pm at AMC room: AO 1 Boardroom, 7th Floor

Clinical Translational Research Centers and Clinical Trials Office — Wednesday, December 15, 2010; 4-5:30pm at AMC room: AO 1 Boardroom, 7th Floor

For more information contact Emily Warren ETCD Programs Manager as registration is required.

K Club Announcement
The Colorado Clinical and Translational Sciences Institute (CCTSI) is offering an ongoing informational series aimed at new and mid-career investigators. The K Club curriculum is designed to help new investigators by delivering some of the "hidden curriculum" needed to succeed in academic research. This fall the KClub is partnering with SOM Faculty Development Seminar Series, so save the date and please register for the event. Promotion 101 for Research Intensive Faculty will take place Thursday, October 7, 2010, from 8 – 9am at AMC in Ed2 North, Room P28-2106.

For questions or concerns contact Emily Warren, ETCD Programs Manager or Cheryl Welch, Faculty Affairs Administrator as registration is required.

First Annual Research In Nursing at CTRC Conference
The Children's Hospital CTRC presents: "Advances In Medical Research - How Will Our Future be Affected." This conference is scheduled for Tuesday, November 30, 2010, in Mt. Yale at TCH from 7:30-4:30pm. It is intended for all CTRC employees, including TCH and UCH nurses. Importantly, nurses will be able to receive continuing education credits. For more information please contact Lisa Lewis at lewis.lisa@tchden.org.

Research Features

Community Engagement Update
Ms. Larrea Amillano, LUCHAR's Community Liaison and Charlene Barrientos Ortiz, Training Scientific Staff of CCTSI's Community Engagement and Research Program, attended and co-presented at the Community-Campus Partnerships for Health (CCPH) 11th Conference: Creating the Future We Want to Be: Transformation through Partnerships, May 12-15, 2010 in Portland, OR.

They presented on a panel with other CTSA projects from around the US. Their thematic poster addressed CCTSI's CE "Let's Get Started" Curriculum introducing participants to basic principles of community engagement for research which all funded pilot projects are required to attend. Ms. Barrientos Ortiz was selected by the conference leadership to co-facilitate CCPH's two-part Issue Thrash Session. Thrash is a facilitated session designed to allow the conference participant to work on topics related to the theme of the conference; the hope of thrash sessions are that participants will emerge with concrete action items to further growth for CCPH.

For more information about “Let’s Get Started” Training, please contact Charlene Barrientos Ortiz at Charlene.Ortiz@ucdenver.edu or to learn more about CCPH, please visit http://depts.washington.edu/ccph.

Rats on the Front-line of Weight Maintenance Research: Exercise minimizes weight regain following weight loss by reducing appetite, burning fat and lowering the defended body weight
Janine Higgins, PhD, and Paul MacLean, PhD (CCTSI Members)
CCTSI members working at the Center for Human Nutrition Rat Energy Balance Lab (REBaL) use a rat model of human weight loss and regain in an effort to understand the biological pressures that drive weight regain. While animal models cannot aid in our understanding of the psychosocial factors that affect weight regain following weight loss, they can be used in situations where prospectively gathered clinical data cannot be obtained due to cost and practical and ethical considerations. For example, what happens when someone who has lost weight gets a new job which results in consumption of a high fat diet and a reduction in physical activity? Putting a weight reduced obese individual on a high fat diet to investigate this situation would be impractical from a compliance perspective and unethical given the data regarding the detrimental metabolic effects of a high fat diet, especially when accompanied by limited physical activity. In addition, human subjects are reluctant to undergo muscle and fat biopsies, spend long periods of time on a restricted diet, or spend consecutive days in a whole room calorimeter – techniques which are necessary to fully understand the co-ordinate metabolic effects of relapse to obesity. Rats, however, never complain about the number of days in the whole room calorimeter or the repetitiveness of the intervention diet or how time consuming the daily exercise plan is so they are the perfect subjects for such research!

Weight gain following weight loss is, on the surface, remarkably simple, occurring when the calories consumed exceed the calories expended. On closer examination, the process is remarkably complex. Some people are more successful at keeping the lost weight off, and those tracked by The National Weight Control Registry share a number of common characteristics, including a program of regular exercise. The aim of this investigation was to uncover how exercise affects the body’s physiology to minimize weight regain.

REBaL researchers used obesity-prone rats. For the first 16 weeks, rats consumed an ad lib high-fat diet, and remained sedentary. For the following two weeks, animals ate a low-fat, low-calorie diet, losing about 14% of their body weight. The rats maintained the weight loss via food restriction on a low fat diet for eight more weeks. Half the rats exercised regularly on a treadmill during this period while the other half remained sedentary.

Compared to the sedentary rats, exercised rats:
- regained less weight during the relapse period
- developed a lower ‘defended’ body weight
- burned more fat early in the day, and more carbohydrates later in the day
- accumulated fewer fat cells and less abdominal fat during relapse
- ate less
- enhanced the ability to balance energy intake with energy expenditure

During relapse, the sedentary group preferentially burned carbohydrates, sparing dietary fat for efficient storage in adipose tissue. This preferential fuel use is a more energetically efficient way to store extra calories. In addition, burning away the body’s carbohydrate may contribute to the persistent feelings of hunger and large appetite experienced by sedentary animals. Exercise blunted this fuel preference, favoring the oxidation of fat for energy needs and sparing ingested carbohydrates so that they could be used later in the day. Taken together, the exercise led to a much lower appetite and fewer calories stored in adipose tissue.

In addition, the researchers found that exercise prevented the increase in the number of fat cells observed with weight regain in sedentary rats. In sedentary rats, a population of very small, presumably new, adipocytes appears early in the relapse process. Small, new adipocytes would not only accelerate the process of regain, but also increase fat storage capacity in the abdomen. It would also explain why sedentary rats overshoot their previous weight when they relapse.

To read the full study click [here](http://ajpregu.physiology.org/cgi/search?sortspec=rellevance&authorname=???%C3%97+p&ultext=&pubdate_year=2009&volume=&firstpage=) or cut and paste the following link into your web browser:

The newly created CCTSI Research Navigator Resource is providing guidance for clinical and translational researchers at all research stages, steering CCTSI members to relevant CCTSI resources, and acting as a liaison between those looking to collaborate with clinical and translational investigators and the CCTSI research community. The three Navigator resource team members (Sarah Stallings, PhD, Bethany Kwan, PhD, and Molly Van Rheen, MS) have diverse research backgrounds and areas of expertise, and they are able to cover a wide range of research support services from developing research strategies to securing funding, addressing regulatory requirements, and communicating research results. The Navigator Resource is promoting improved health outcomes by facilitating research and communication.

The Research Navigators are a Resource for two primary audiences: 1) investigators on the AMC and at CCTSI affiliates, especially CCTSI Pilot grant awardees, and 2) staff, PACT Community Liaisons, and others who have general information questions about CCTSI resources or who have a community-based research need. To build this Research Navigator Resource, please contact the Navigators with information about your group’s research efforts or with specific ideas for what the Navigator Resource could provide.

For questions about this free resource contact the navigators directly: [sarah.stallings@ucdenver.edu](mailto:sarah.stallings@ucdenver.edu), [bethany.kwan@ucdenver.edu](mailto:bethany.kwan@ucdenver.edu) or [molly.vanrheen@ucdenver.edu](mailto:molly.vanrheen@ucdenver.edu).
ResearchMarch Announcement
The CCTSI is proud to announce our partnership with ResearchMatch, a national web-based volunteer registry for potential research participants. ResearchMatch brings together researchers and willing volunteers who want to be a part of ethical scientific research. The CCTSI encourages all faculty, PRAs, trainees, staff and employees at UC Denver and its affiliated hospitals to join this registry and volunteer to be a research participant.

We ask that you take the time to visit [www.researchmatch.org](http://www.researchmatch.org) and join as a ResearchMatch volunteer.

For more information please visit [http://cctsi.ucdenver.edu/Research-Resources/Pages/VolunteerRegistry.aspx](http://cctsi.ucdenver.edu/Research-Resources/Pages/VolunteerRegistry.aspx) or contact Alexis Thurley, ResearchMatch Liaison for the CCTSI at 970-310-1705.

Researchers will have the opportunity to use this exceptional resource for research participant recruitment in the near future.

Researcher Productivity: Outcomes of 2009 CO-Pilot Projects

The following are outcomes of pilot projects reported by the first cohort of CO-Pilot awardees. Twelve of 14 awardees submitted progress reports at the conclusion of their grant cycle; at that time, only four indicated that they had completed their pilot projects with the remaining ones in progress.

As of August 2010, three 2009 CO-Pilot awardees have been successful in receiving external funding to expand upon the research initiated in their pilot projects:

- Steve Moulton reported that his $50,000 pilot supported he and his business partner in securing over $2.4 M in outside funding, including a $750,000 Phase II STTR/SBIR award from the Department of Defense
- Hubert Yin, who received a $20,000 pilot award, was awarded $450,000 from the National Institute of Neurological Disorders and Stroke (an NIH R21 grant).
- One of the team science awards resulted in a second pilot ($25,000) to conduct secondary data analysis of samples banked during the initial study.

Three 2009 Co-Pilot awardees have published their findings related to their pilot projects:

- Jena French (PMID: 20207826)
- Lucy Golden (PMID: 20686664)
- Steven Moulton (PMID: 20407375).

By necessity, CO-Pilot projects often lead to a number of novel methodological developments that were eligible as new intellectual property. These developments represent potential synergies between the first cohort of CO-Pilot and concurrent NCTMD awards.

- Three CO-Pilot award recipients have submitted and have patents pending (Dragone, Yin and Moulton).

CTSA National Consortium Update
The CTSA Consortium-Child Health Oversight Committee will hold its annual meeting and will sponsor several abstract sessions and seminars at the 2011 Pediatric Academic Societies meeting that will be held at the Convention Center in Denver, Colorado from April 29 - May 3, 2011. All Child-Maternal Health researchers of the CCTSI are encouraged to submit abstracts to this meeting and check the CTSA box on the abstract form.

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