



Department of Human Biology

UCT/MRC RESEARCH UNIT FOR EXERCISE SCIENCE & SPORTS MEDICINE
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UCT RESEARCH TRIAL

South African women are invited to participate in an exciting research study

MECHANISMS UNDERLYING INSULIN RESISTANCE IN SOUTH AFRICAN WOMEN

Aim of the study: To understand why certain women may be at higher risk for developing type 2 diabetes than other women.

Who can participate?

You can participate in the trial if you fulfill **all** the criteria listed below:

- Black Xhosa speaking South African woman
- Professional (teacher, clerk, nurse, admin assistant etc.)
- 35-45 years of age
- Obese: Body mass index (BMI) 30-40 kg/m² $BMI = \frac{\text{weight (kg)}}{[\text{height (m)} \times \text{height (m)}]}$
- Have normal monthly menstrual cycle
- No known disease and not taking any medication
- Not currently pregnant or breastfeeding
- No previous diagnosis of hepatitis or liver damage
- Drink less than 10 alcoholic drinks per week
- Body weight hasn't changed by more than 2kg in the past 3-6 months.

Before you are officially enrolled in the study, you will be required to undergo testing (~30 minutes) to verify that you meet the inclusion criteria of the study.

Procedures and benefits:

You will be asked to complete 5 testing sessions to obtain the following health information that is valued at approximately R2500!!

- *Body composition (body fat, muscle mass, bone density)*
- *Dietary analysis*
- *Physical activity*
- *Blood pressure*
- *Lipid profile liver function*
- *Liver and muscle fat content*
- *Risk for type 2 diabetes*

In addition, you will receive compensation for your time and inconvenience (R1300 on a pro rata basis), as well as receive 2 months free membership at the Fitness Centre at the Sports Science Institute of South Africa in Newlands.

If you are interested in taking part in the study and would like additional information, please contact:

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