

ADULTS WITH HIGH BLOOD PRESSURE AND ADULTS WITH NORMAL BLOOD PRESSURE NEEDED FOR A BYU RESEARCH STUDY

This study requires three visits involving:

- Moderate intensity exercise and VO₂ testing
- Blood pressure monitoring
- Body composition with X-ray (DEXA)
- Vascular ultrasound
- Finger-prick blood drop testing
- A single venous blood draw

**PARTICIPANTS WILL BE COMPENSATED \$100 UPON COMPLETION.
SUBJECTS WILL ALSO RECEIVE THE FOLLOWING TESTS AS PART OF THE STUDY: LACTATE
THRESHOLD AND VO₂ MAX DETERMINATION, 24-HR AMBULATORY BLOOD PRESSURE
MONITORING, X-RAY-BASED BODY COMPOSITION MEASUREMENT (DEXA)**

Participants must be:

- Males & Females, 18-65 years old
 - Women must not be pregnant
- Able to perform moderate exercise
- Available for three 75-105-minute visits
- Free from history of heart disease (*e.g., heart attack, stroke*)
 - *High Blood Pressure is okay for this study*
- Free from Type I or Type II Diabetes
- Non-smoker
- Stable medication and physical activity for 3+ months
- Have Resting Systolic Blood Pressure below 180 mmHg

**INTERESTED INDIVIDUALS SHOULD CONTACT STUDY PERSONNEL AT
BYUCARDIOVASCULAR@GMAIL.COM OR SCAN THIS QR CODE**

