

# TYPE 2 DIABETIC & NON-DIABETIC MALES NEEDED FOR RESEARCH STUDY

Help us understand how tropical heat in Singapore impacts the physiology and muscle function (strength & balance) in both Type 2 Diabetics and healthy adults during and after exercise.

Looking for **minimally/moderately active healthy or Type 2 Diabetic males** between **50 - 65 years old** with **BMI <30kg/m<sup>2</sup>** who **do not smoke** and have none of the below:

- Implanted pacemakers or electromedical devices.
- Uncontrolled hypertension and claustrophobia (i.e., fear of tight spaces)
- Previous digestive tract surgery, heat injury, cardiovascular disease, stroke, chest pain during exercise
- Lower-body injury in the past 3 months, deformities and/or amputations
- Routinely exposed to passive heat (e.g. frequent visits to saunas/jacuzzis)

### - For Type 2 Diabetics:

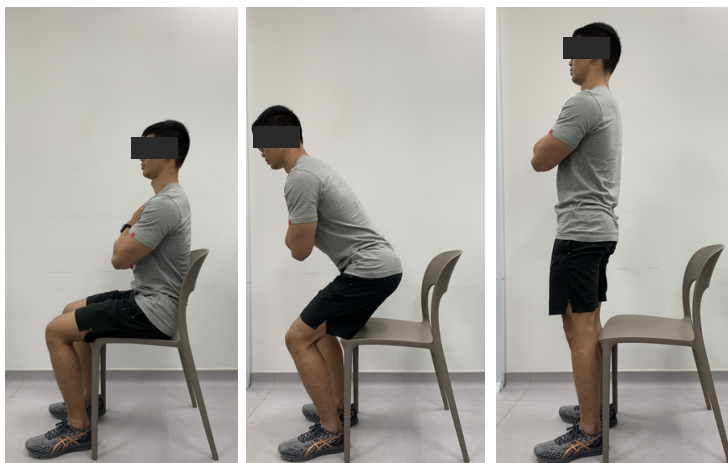
- i) Diagnosed with diabetes for at least 2 years and currently in good control
- ii) Not presently treated with insulin.
- iii) No diagnosed diabetes-related complications (e.g. proliferative retinopathy, renal disease, or neuropathies)

### Study involves:

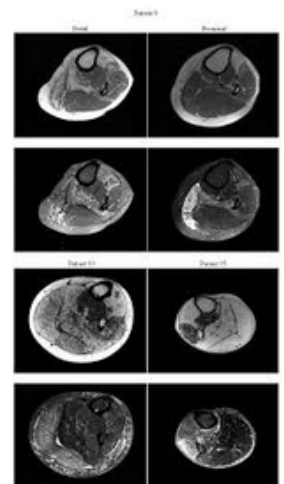
- 4 Experimental Visits spread over approximately 3 - 5 weeks.
  - Two 2 hour visits and two 2-3 hour visits.
- All visits will be conducted at the National University of Singapore (NUS) at the:
  - N.I. Institute for Health & M16
  - Centre for Translational Magnetic Resonance Research
- Below are some of the things you can expect:



Exercise Sessions



Strength and Balance Tests



Magnetic Resonance Imaging (MRI) Scans

**\*Reimbursement will be given for your time and effort**

**For more information, please contact:**

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