



**DO YOU HAVE  
RHEUMATOID ARTHRITIS?  
AND YOU ARE  
BETWEEN THE AGES OF 30 AND 80?**

**Are you interested in volunteering for a research study, which will investigate the effects of exercise on muscle function in persons who have rheumatoid arthritis and suffer from muscle weakness? This study will help us to understand if it is better for subjects with rheumatoid arthritis to exercise or if exercise does not help the symptoms and conditions of rheumatoid arthritis.**

The Division of Exercise Physiology and the Department of Medicine at West Virginia University School of Medicine invite you to participate in a study that will evaluate the effects of exercise on muscle and cardiovascular function in persons with rheumatoid arthritis. You will be asked questions about your nutrition and physical activity, as well as your wellness lifestyle habits. You will also have several measurements taken. These include exercise, heart function, strength measurements, X-rays of your joints and bones, a blood sample to measure your blood glucose and lipid levels and have a muscle biopsy from one thigh. You will be placed in an exercise or non-exercise group. The exercise group will undergo supervised exercise four times weekly for 16 weeks in our Human Performance Laboratory. If you do not choose to exercise, you still can participate in the study. Informed consent will be required. Subjects who complete all phases of the testing will receive payment for their time. Research funding for this study is provided by the Department of Medicine and the Division of Exercise Physiology.



**Interested in learning more?**



**Please contact:** The WVU Human Performance Laboratory at 304-293-5497, Dr. Stephen Alway at 304-293-7767 ([salway@hsc.wvu.edu](mailto:salway@hsc.wvu.edu)) or Dr. Guy Hornsby at 304-293-0647 ([ghornsby@hsc.wvu.edu](mailto:ghornsby@hsc.wvu.edu))

IRB approval on file