Research Project: Volunteers with Rheumatoid Arthritis Needed for Weight Loss and Exercise Study

We are looking for both men and women with Rheumatoid Arthritis (RA) to take part in a 25-week weight loss and exercise study. Participation will include virtual and on-site visits at the Duke Center for Living Campus.

You may qualify if you meet the following criteria:
- Are 60-80 years of age
- Have detectable antibodies (seropositive) or erosions associated with RA
- Have no other inflammatory diseases (e.g., Paget’s or Wilson’s disease)
- Are able to walk unaided
- Are not currently participating in regular exercise
- Have no diagnosis of coronary artery disease
- Have no diagnosis of type 2 diabetes mellitus

Qualified participants will receive:
Study-related medical exams including body composition, an exercise test, along with muscular strength and stiffness measurements.

Participants will be randomized to one of two groups:
1) Counseling Health As Treatment (CHAT) will receive a one-on-one session about proper diet and home exercise recommendations.

OR

2) Supervised Weight Loss and Exercise Training (SWET) will receive 16 weeks of exercise physiologist-supervised exercise training and ongoing, dietician-delivered feedback about diet and weight loss.

In addition, you will be compensated for your study participation.

For more information, contact the Study Team: SWEAT@duke.edu or 919-668-1182