

## 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](mailto:SWEAT@duke.edu) or [919-660-6769](tel:919-660-6769)