



Volunteers wanted for Research Study on Diabetes Prevention

The Singapore Institute for Clinical Sciences (SICS), A*STAR is looking for people who would like to lose weight and learn more about their health while making an important contribution to science.

We are looking for Men and Women of Indian Race

- With **Prediabetes***
- Age 21 – 50 years and overweight (BMI 25-35)
- Non - Smokers
- Wanting to lose weight
- Keen to exercise & follow an assigned weight loss diet
- Prepared to follow a meal plan and eat foods provided- **including dairy, meat and nuts**
- Not anaemic, no history of diabetes, cancer, liver disease, heart conditions, stroke
- Not on any medications that affect blood glucose (e.g. steroids, metformin)
- No metal implants in the body

The Asian Indian Prediabetes Study is a 6-month diet and exercise weight loss intervention study that involves:

- Measurements of total body composition using dual-energy x-ray absorptiometry (DXA)
- Structural imaging of fat stores in the liver, pancreas, abdomen and leg muscle using magnetic resonance imaging (MRI)
- Questionnaires about your health, diet and exercise habits
- Keeping journals about foods eaten
- Attending visits at our research centre at NUS (Kent Ridge) every 2 weeks for the first 2 months and every month for the remaining 4 months
- Attending exercise classes 3-4 times per week at a gym
- Provide urine, stool and blood samples
- You will be reimbursed for transportation costs to attend study visits



Register interest via QR code. For more info, please email hd.research@sics.a-star.edu.sg or call **66011972**

This research is conducted under the direction of Professor Johan Eriksson & Dr Jeannie Tay, SICS, A*STAR

Collaborators & Sponsors

