

Health Care Worker Research Study

Understanding the Metabolic Impact of Dayshift and Nightshift Work

The AdventHealth Research Institute is seeking volunteers for an exciting new study. Our new clinical trial, called COMET, will study the impact of nightshift work on metabolism and the risks associated with Type 2 diabetes. We will test nightshift and dayshift workers to determine their metabolic flexibility, circadian rhythms and skeletal-muscle clock function.

Participants may be compensated up to \$1,200.

Eligibility Requirements

- Must be between 21 and 45 years of age
- Employed as a nightshift or dayshift health care worker (for 12 consecutive months)

Your Commitment

- Two overnight stays
- Three visits

Study Procedures

Medical screening

- Energy metabolism testing
- Blood, urine and tissue collection
- DXA body composition scan
- Glucose and activity monitoring

This study is being conducted under the direction of Melissa Erickson, PhD, and Tina Thethi, MD, at 301 East Princeton Street, Orlando, FL 32804.



To learn more about this study, call 407-303-7193 or visit TRI-MD.org.

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.