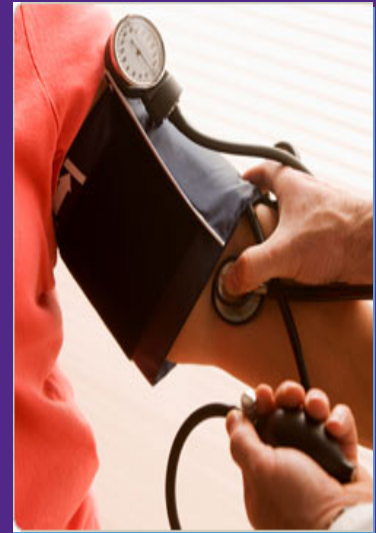
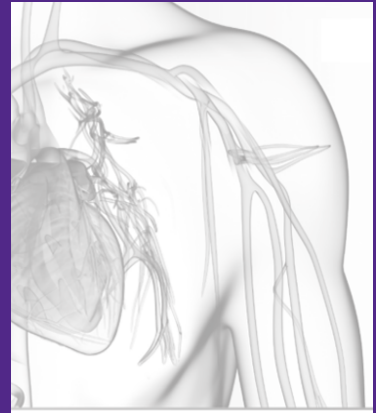


cardiovascular
high blood pressure
blood pressure
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exercise stress CVD
HIGH BLOOD PRESSURE
diet heart
Hypertension
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Research Studies in Cardiovascular Health

Information for Volunteers

KANSAS STATE
UNIVERSITY

Clinical Integrative
Physiology Laboratory

Study:

A research study evaluating the changes in blood flow after drinking beetroot juice in individuals with high blood pressure

Frequently Asked Questions

Who can join this study?

You may be eligible for this study if you are:

- If your doctor had told you that you have high blood pressure
- Diagnosed with hypertension
- No prior heart attacks, strokes, or diagnosed with type II diabetes

What is the purpose of the study?

The overall goal of this project is to determine whether or not beetroot juice allows an individual to increase blood flow to the forearm during hand-grip exercise. This information will let us know how different factors control how your cardiovascular system works.

Are there side effects?

No. We will receive permission from your physician.



What will I have to do?

You will visit the Clinical Integrative Physiology laboratory located at the Lafene Health Center on the Kansas State University campus to perform low-intensity hand-grip exercise.

There are two visits. At each visit we will measure your blood pressure, the blood flow in your arm, and take a small blood sample.

Each visit will last about 60 minutes.

Valet parking is available upon request.

Where is the study located?

**Lafene Health Center
Kansas State University
1105 Sunset Avenue
Manhattan, KS 66502**

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