Participate in a Research Study of Remote Conditioning.

Researchers in the Department of Emergency Medicine, Applied Physiology Lab are recruiting subjects for a study of remote conditioning that may be used to help patients suffering from heart attacks and strokes. If you volunteer for this study you will be asked to come to our laboratory in Oakland (3600 Forbes Ave) two times. We will place an intravenous catheter (IV) and sample blood to measure substances in the blood that help protect the body from injury due to lack of oxygen. We will then perform remote conditioning by placing a blood pressure cuff on your arm and inflating it for 5 minutes. After the blood pressure cuff has been released we will sample your blood again. We will repeat the process four times sampling blood again after each bout. We will ask you to return the following day to get one more sample of blood, which may be important in describing the delayed effects of the treatment.

- You must be in good health between the ages of 18 and 45. You cannot be diagnosed with heart disease, poor circulation, nerve problems in your arms and legs, high blood pressure, or blood clotting problems. Female subjects cannot knowingly be pregnant.

- The first visit takes approximately 90 minutes, the second about 20 minutes.

- You cannot consume caffeine, nicotine, alcohol or exercise for 12 hours before the study. You cannot eat 2 hours before the study. You must consume 12 ounces of water the morning of the study.

- You will receive a physical exam by a physician at no cost and receive no compensation for completing the study.

This study is being conducted by Dr Frank Guyette. For more information, he and the other investigators can be reached at 412-647-3078.