

CENTER *express*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

GCRC Exercise Lab Assists Researchers

Treadmills, stationary bikes and stepper machines can do more than reduce your love handles and fight flab – they can help researchers contribute to medical science.

The University of Kansas General Clinical Research Center (GCRC) opened a newly expanded and renovated 800-square-foot Exercise Physiology Laboratory in Delp Pavilion in November. The lab is more than five times larger than the previous space to accommodate the growing number of clinicians who're using exercise as part of their research.

Equipped with state-of-the-art testing equipment, the lab contains two medical carts that interface with a treadmill, cycle, recumbent stepper and other machines to monitor a patient's vital signs and metabolic rate during exercise or at rest. Electrocardiograms (ECGs) also are available during testing.

A full-time exercise physiologist, **Kelli Teson**, joined the staff in the fall. With a

dedicated staffer and the new space, the lab now runs up to 20 exercise tests a week. Investigators also can use the lab to test strength, lung function, balance and other physical functions in their research.

"It has been very exciting to see the growth in the development of the Exercise Physiology Lab in the past year," said **Patricia Kluding, PhD**, lab director. "We currently have investigators from several different departments and

schools using this facility."

A physical therapist, Kluding is assistant professor in the Department of Physical Therapy and Rehabilitation Sciences. She has active research protocols (investigator-initiated research study plans) investigating the response to exercise in people with diabetes who have had a stroke.

Here are examples of current research projects:

- **Jeffrey Burns, MD**, and **Heather Anderson, MD**,

Department of Neurology, are studying aerobic fitness in patients with mild Alzheimer's disease.

- **Barb Quaney, MD**, Center on Aging, is investigating the effect of aerobic exercise on stroke patients.
- **Katherine Grobe, MD**, Gerontology at KU-Lawrence, is studying fitness in those with various disabilities.
- **Richard Barohn, MD**, program director of GCRC, is using strength testing equipment to study individuals with muscular dystrophy and inflammatory neuropathies.

The GCRC currently has more than 60 active protocols.

"The GCRC provides a safe environment for performing maximal exercise tests in subjects with various levels of risk," Kluding noted. For more information about the Exercise Physiology Lab, contact her at pkluding@kumc.edu or 8-6918.

eXtra: See <http://gcrc.kumc.edu>.



Mitchell Moses' vital signs are monitored as he uses the Exercise Physiology Lab's treadmill. From left are **Jeffrey Burns, MD**; **Moses**; **Kelli Teson**, exercise physiologist; and **Judy Otey, RN**, GCRC administrative director.

Please send news, classified ads and calendar items to centerexpress@kumc.edu or contact Marli Murphy at 8-0446. Items must be received by noon on the Thursday prior to publication.

eXtracurricular

8:30-10:30 a.m., Hixson Atrium. Call Environment, Health and Safety Office with questions, 8-1081.

Thursday, Jan. 11

ALZHEIMER'S DISEASE & Memory Disorders CAREGIVER

Support Group: Second Thursday each month, Phyllis Switzer, presenter, 2-3:30 p.m., Room 145, The Landon Center On Aging.

Friday, Jan. 5

NEUROLOGY/NEUROSURGERY Grand Rounds: "Advances in the Treatment of Parkinson's Disease," Rajesh Pahwa, MD, 7-9 a.m., Lied Auditorium.

PEDIATRIC GRAND ROUNDS: "Ocular Findings in the Pre-term Infant, Beyond Retinopathy of Prematurity," Linda Lawrence, MD, 8-9 a.m., Wahl Hall West Auditorium.

COMPUTER AND Electronic Equipment Drop-Off: KUMC and KUPI equipment only,

Tuesday, Jan. 9

LECTURE: "Writing Prescriptions," Judy Williams, Drug Enforcement Administration, 5:15 p.m. boxed dinner, Reike Auditorium. Call 8-3692 by Jan. 5 to reserve dinner.

Wednesday, Jan. 10

INTERNAL MEDICINE Grand Rounds: "Endocrinology – Year in Review," Raj Bhattacharya, MD, assistant professor, Endocrinology, Metabolism and Genetics, Department of Internal Medicine, 8-9 a.m., 3015 Sudler Auditorium.

Biostatistics Seminar Planned Jan. 17

A biostatistics seminar, "Charting the Course Toward Excellence in Clinical Research," will be noon to 1 p.m. Wednesday, Jan. 17, in Room 1050, School of Nursing.

Presenters will be **Megan Parks** and **Ryan Cook**, clinical information specialists. Lunch will be provided for the first 20 attendees.

The Center for Biostatistics and Advanced Informatics sponsors the event. Call 8-4703 for more information.

eXchange

Automotive

1994 DODGE GRAND Caravan SE, 218K, 6 cylinder, automatic, \$500. 913-488-2206.

1992 TOYOTA Camry LE, 159K, beige, 4-door, 4-cylinder, automatic, moon-roof, power doors/windows, good condition, \$2,300 OBO. 913-271-1024.

1992 HARLEY DAVIDSON Sportster, 1 owner, custom paint, windshield, crash-bars, highway pegs, belt drive, saddlebags, lots of extras added in 2004, very low miles, well maintained, runs great, 52 mpg in city, \$6,000, serious buyers only. 816-809-1405.

For Sale

HOME, 2501 W. 45th Ave., Kansas City, Kan., 3 BR, 1 BA, dining room, gas fireplace, hardwood floors, full basement with 1-car parking, central heat/air, walk to KUMC, \$144,900. 816-220-5600.

TV AND VCR, TV about 15 years old, works fine, \$25; VCR, \$15. 913-909-6998 or 913-780-2457.

ARTIFICIAL CHRISTMAS tree, 7 1/2 ft. tall, Douglas fir, from Seasonal Concepts, used once, \$100 OBO. 913-909-6998 or 913-780-2457.

LANE LIVING ROOM set, sofa with double reclining ends, recliner and rocker/recliner with heat and massage, all in dark blue micro-fiber, looks new, \$495. 913-422-5202 or 816-550-5948.

DINING ROOM TABLE for modern decor, black base with round glass top, 4 matching chairs in red ultrasuede with chrome backs, \$250; matching bar stools with ultrasuede seats and backs, \$150. Buy separately or all for \$375, paid \$600+. 816-471-5950.

CHILDREN'S VHS movies, Disney and others, \$5 each or 3 for \$10. 913-909-6998 or 913-780-2457.

PROJECTION TV, 62", 4 years old, excellent condition, \$600; queen-size bedroom set, \$150; black leather sofa, \$300; glass-topped 4-piece living room set, \$300; all offers considered. 913-269-4814.

OAK DINING ROOM set, 48" round table with 2 leaves, 4 chairs, very good condition, \$250. 913-432-8159.

For Rent

HOME TO SHARE in Mission, bedroom and bath off large, private living area with fireplace, separate from house, own entrance, sauna, pool, garage, all utilities paid, 10 minutes from KUMC, \$700/month. 913-579-5039.

Be Tobacco Free in 2007

Was "stop smoking" among your New Year's resolutions?

If so, the Tobacco Cessation initiative sponsored by The University of

Kansas Hospital, KUMC and KUPI remains available and free through Jan. 31 to employees, students, staff, volunteers and those who live with them. Both the Kan Quit program of individual phone counseling sessions and the Freedom from Smoking group counseling

and support program provide 12 weeks of free nicotine replacement therapy.

After Jan. 31, there will be a charge for the programs, and employees choosing to use nicotine replacement therapy will have to pay for it. Call 8-3335 to sign up or for more information.

CENTER eXpress

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