

Metabolic Adaptation to Weight Loss

Plus Local Bank

Purpose: We are conducting this project to understand how the hormones that control energy expenditure and food intake change during and after weight loss. The information we collect will help us to identify people who are more at risk of regaining the weight they have lost over time.

What Is Involved: Patients enrolled in this research study will be in the study for 1.5 years and will have 7 study visits. At these study visits you will:

Invasive Activities

Blood sample collection

Non-invasive Activities

Body composition measurement, Resting metabolic rate measurement, Heart Rate Variability, 24-hour urine collection, Diet recall, Questionnaires about eating behavior, sleep and physical activity, Wearing an activity monitor for 1 week, Pregnancy test for women of reproductive age

Inclusion Criteria: Men and women - women on oral contraceptives or other forms of systemic contraception will not be excluded, age 18-50, BMI \geq 30 or overweight presenting an obese body fat profile, any ethnicity

Exclusion Criteria: Weight \geq 400 lbs., diabetes (type 2 or type 1), hypertension, heart disease, kidney disease, patients with decompensated liver disease, hyperthyroidism, untreated hypothyroidism, history of anxiety, history of seizures, active cancer, post solid organ or bone marrow transplant, HIV/AIDS, pregnancy, breastfeeding, current smoker, current recreational drug use, subjects on a stable or rotating night work shift

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