

# Stanford Seeks Healthy Overweight Men & Women for Diet Study

- In Good Health
- Moderately Overweight BMI 25-35
- 35-65 years old



Dr. Tracey McLaughlin and associates are studying the relationship between excess fat, insulin resistance, inflammation and risk for type 2 diabetes.

Study participants will receive screening for prediabetes/insulin resistance, evaluation of risk factors for heart disease, and measurements of body fat distribution.

Find out how your fat cells respond to changes in weight gain and weight loss. Study participants will receive evaluation of abdominal and liver fat measurements **and** will have visits with the dietitian for **weight loss** at the end of the study.

**Call Dr. Tracey McLaughlin now for more information @ 650-736-2056**

*For general information regarding questions, concerns, or complaints about research, research related injury, or the rights of research participants, please call (650) 723-5244 or toll-free 1-866-680-2906, or write to the Stanford IRB, Stanford University, 3000 El Camino Real, Five Palo Alto Square, 4<sup>th</sup> floor, Palo Alto CA, 94306.*