

Join a study of muscle and cellular function in healthy adults

Who is eligible? Healthy adults between 18-70 years

Who is NOT eligible?

- Have lingering symptoms of COVID-19
- Smoker, or other tobacco use
- Pregnant or breast feeding
- Have a significant medical illness; for example, severe asthma, uncontrolled hypertension, endocrine or metabolic disease, HIV or organic brain impairment, autoimmune disease, diabetes
- Current use of blood thinners
- Problematic alcohol use or drug abuse
- Unwilling to avoid aspirin and NSAIDS for 4 days
- Unwilling to stop nutritional supplements for 2 weeks
- Unwilling to stop cannabis use for 2 weeks
- Diagnosed with depression
- Have a history of hospitalization for mental illness
- You exercise 4 days or more a week for at least 30 minutes each time or have a physically demanding job (for example, firefighter, bricklayer, carpenter)

What must you do?

- Have a phone call with us to determine eligibility for the study-**about 15 minutes**.
- Complete questionnaires about your health/medical history and physical activity level. **Takes about 90 minutes**.
- Complete a clinical visit. The visit consists on vital signs checked, provide urine sample, vascular function test (EndoPAT), grip strength test (hand dynamometer), survey forms, blood draw, and muscle biopsy. **The total test session is about 3 hours**.

Where is the testing being done? Hospital for Special Surgery, New York, NY

What will you get? *If you qualify as a subject, you will receive \$300 upon completion of the study.* You will get a report of your blood circulation, your hand-grip strength, and the results of standard metabolic and immune profiles.

How long will this take? The total time commitment for participation in this research study is about 4-4.5 hours, not including travel to and from the testing site.

How can I sign up or get more info?

Contact Carl Franconi at 607-255-7244 or carl.franconi@cornell.edu

More information at this website: <https://neuroimmune.cornell.edu/research/>



**Center for Enervating
NeuroImmune Disease**

<https://neuroimmune.cornell.edu>



National Institutes of Health

Made possible with funding from
the NIH award # U54AI178855

Join a study of muscle and cellular function in ME/CFS

Who is eligible? Adults between 18-70 years diagnosed with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and have not been diagnosed with depression.

Who is NOT eligible?

- ME/CFS symptom onset occurred during or after January 2020
- Have lingering symptoms of COVID-19
- Smoker, or other tobacco use
- Pregnant or breast feeding
- Have a significant medical illness; for example, severe asthma, uncontrolled hypertension, endocrine or metabolic disease, HIV or organic brain impairment, autoimmune disease, diabetes
- Current use of blood thinners
- Problematic alcohol use or drug abuse
- Unwilling to avoid aspirin and NSAIDS for 4 days
- Unwilling to stop nutritional supplements for 2 weeks
- Unwilling to stop cannabis use for 2 weeks
- Have a history of hospitalization for mental illness

What must you do?

- Have a phone call with us to determine eligibility for the study-**about 15 minutes**.
- Complete questionnaires about your health/medical history and physical activity level. **Takes about 90 minutes**.
- Complete a clinical visit. The visit consists on vital signs checked, provide urine sample, vascular function test (EndoPAT), grip strength test (hand dynamometer), survey forms, blood draw, and muscle biopsy. **The total test session is about 3 hours**.

Where is the testing being done? Hospital for Special Surgery, New York, NY

What will you get? *If you qualify as a subject, you will receive \$300 upon completion of the study.* You will get a report of your blood circulation, your hand-grip strength, and the results of standard metabolic and immune profiles.

How long will this take? The total time commitment for participation in this research study is about 4-4.5 hours, not including travel to and from the testing site.

How can I sign up or get more info?

Contact Carl Franconi at 607-255-7244 or carl.franconi@cornell.edu

More information at this website: <http://neuroimmune.cornell.edu/research/>



**Center for Enervating
NeuroImmune Disease**

<https://neuroimmune.cornell.edu>



National Institutes of Health

Made possible with funding from
the NIH award # U54AI178855