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/
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.

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Center for Enervating NeuroImmune Disease
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