

## Interested in changing your lifestyle to improve your health?

If so, ELM is a good fit for you. The ELM multisite trial investigates how to best help people manage the metabolic syndrome.

### ► What is metabolic syndrome?

Metabolic syndrome is a cluster of conditions that occur together, which increase your risk of heart disease, Type 2 diabetes and stroke. You must meet three of the five conditions below for metabolic syndrome:

- High blood pressure or taking blood pressure medication
- High blood sugar
- High triglyceride
- Low HDL cholesterol
- Excess body fat around the waist

### ► Do I qualify for this study?

Call today if you meet the following criteria:

- Meet the definition for metabolic syndrome (mentioned above)
- Are 18 years of age or older
- Are interested in and motivated to eat healthier and move more
- Have no history of heart disease, stroke, or diabetes
- You are able and willing to commit to participating in a two-year trial

## Meet the Team



**Betty Drees, MD**  
Principal Investigator



**Jannette Berkley-Patton, PhD**  
Co-Principal Investigator



**Matthew Lindquist, DO**  
Co-Investigator



**Alex Lyon, BA**  
Project Coordinator



**Symone Jordan, MPH**  
Senior Research Assistant



## Enhanced Lifestyles

FOR METABOLIC SYNDROME

Contact us to learn if you qualify at  
[ELMtrial@tmcmed.org](mailto:ELMtrial@tmcmed.org) or (816) 404-4418.

#### ELM RESEARCH PROGRAM

University of Missouri-Kansas City  
School of Medicine and  
Truman Medical Centers  
2310 Holmes St.

In partnership with:

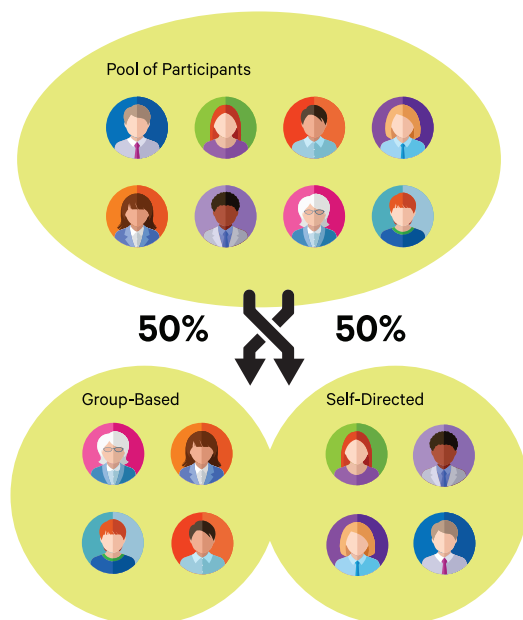


## ► How do I get started with ELM?

- Contact us at (816) 404-4418 to learn more.
- Attend an information session.
- Visit our clinic to confirm you are able to participate in the study.

## ► What happens when I join the study?

- You attend an initial clinic visit and three follow-up visits within two years.
- You are randomly assigned to participate in the Self-Directed Program or Group-Based Program.



## ► What are the benefits of participating?

- Nutrition and health education
- FitBit
- Blood work at no cost to you
- Help advance research and treatment for metabolic syndrome



### SELF-DIRECTED PROGRAM

**We provide the tools to help you make lifestyle changes on your own schedule.**

#### The program at a glance:

- In-person meeting with the Self-Directed coordinator to orient you to the program
- Receive monthly tip sheets providing education and lifestyle guidance
- Receive a Fitbit to self-monitor physical activity
- Receive access to the ELM website
- Receive progress report letters with your lab results



### GROUP-BASED PROGRAM

**We provide the tools, and you make lifestyle changes with the support of a group.**

#### The program at a glance:

- In-person meeting with a Group-Based leader to orient you to the program
- Attend 1.5-hour group lifestyle sessions held weekly for three months, biweekly for three months, and monthly for 18 months
- Receive a Fitbit to self-monitor physical activity
- Receive access to the ELM website and an online community group
- Receive progress report letters with your lab results

**READY TO MAKE A LIFESTYLE CHANGE?**



**Visit [ELMtrial.org](http://ELMtrial.org) to learn more and find out if the ELM Research Program is right for you.**