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

Contact us to learn if you qualify at 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:

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

Meet the Team

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RUSH

TRUMAN MEDICAL CENTERS
School of Medicine

UMKC
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

Visit ELMtrial.org to learn more and find out if the ELM Research Program is right for you.