

# Looking for RESEARCH PARTICIPANTS!



**We are currently seeking individuals with spinal cord injury for a research study to determine the effects of an 8-week high-protein low-carbohydrate diet on metabolic health and gut function.**

To participate, you must have spinal cord injury (tetraplegia or paraplegia). Women who are pregnant are not eligible for this study. Participation in the study will require three 3-hour visits. You will undergo several tests over the course of the study. These procedures will be experimental. Experimental tests will include: lab blood tests for measuring your blood glucose, insulin and lipid levels, tests for measuring your gut function, body imaging to measure your total fat and muscle mass and questionnaires to measure your activity level and food intake. You will be compensated for your time and effort.

**For more information and to see if you qualify contact:**

Dr. Ceren Yazar-Fisher at [cymarar@uab.edu](mailto:cymarar@uab.edu), 205-500-8180 or Dr. Jia Li at [jjiali@uabmc.edu](mailto:jjiali@uabmc.edu), 205-975-0618