



# Do you have difficulty climbing stairs?

If you are between the ages of 75-95 and have trouble with balance or walking  $\frac{1}{4}$  of a mile, you may be eligible!

## Circulating Factors and Aging Muscle Study

The Circulating Factors and Aging muscle study wants to understand what factors determine how we maintain our mobility as we get older. The goal of the study is to identify factors that can promote better maintenance of muscle mass and function in older adults.

Specific tests to be done will include a fasting blood draw, an MRI and a muscle biopsy of your thigh. Also included are physical function tests, measurements of your heart rhythm and a physical exam.

Participants will receive:

- Compensation for study participation
- Free parking
- Free coffee and snacks

## Location

- Three in-person appointments at the Clinical and Translational Research Building on the UF campus in Gainesville, FL for the duration of about one month total

## Are you eligible?

- 75-95 years old
- Able to have an MRI
- Able to have a muscle biopsy
- Have difficulty climbing stairs or walking  $\frac{1}{4}$  of a mile

**If you'd like to participate or want more information about the study, please call a member of the study team:**

- (352) 273-5919
- Toll Free at (866) 386-7730
- Mention the Circulating Factors and Aging Muscle Study