Do you have lupus?

Persistent, excessive fatigue is one of the most debilitating symptoms of lupus. Researchers at the National Institutes of Health Clinical Center in Bethesda, Maryland are studying if a 12-week treadmill walking program can decrease fatigue and help increase physical activity in women with lupus.

You may qualify if you are:
• A woman, 21 to 80 years old, and diagnosed with lupus
• Experiencing excessive fatigue
• Physically inactive and not participating in a structured exercise program
• Able to walk on a treadmill for at least 30 minutes, 3 times per week
• Are able to visit the NIH Clinical Center in Bethesda, Maryland for study tests and exercise sessions for 14-16 weeks

Study involves:
• Participating in a 3 times a week treadmill program for 12 weeks at the NIH
• A total of 9 days of testing at the beginning, after 6 weeks, and at the end of the exercise program and includes several treadmill exercise tests, tests of heart and lung function, blood work, urine collection, and questionnaires on fatigue
• About 14-16 weeks of your time

There is no cost to participants for study related tests and procedures. Compensation may be provided.

Location: The NIH Clinical Center, America’s research hospital, is located in Bethesda, Maryland on the Metro red line (Medical Center stop).

For more information, please call: 1-800-411-1222
TTY: 1-866-411-1010
se habla español
Online: https://go.usa.gov/xE5yt
NIH Study #17-CC-0111