

Subject: Need research participants with high blood cholesterol levels.

Greetings,

U.S. Military-Baylor University Masters Program in Nutrition is conducting a research study.

Study Name: Effectiveness of a Web-Based Nutrition Education Program in Reducing Coronary Artery Disease Risk Factors among Military Beneficiaries (Defend Your Heart Study).

This study is looking at different approaches to educate our military community in helping to reduce the risk of the #1 Killer of Americans – Heart Disease!

To Participate You Must Be:

- Active duty, retired, or family members (over 18 years of age).
- If you are Female, not pregnant or lactating.
- Have elevated total blood cholesterol (above 200mg/dL) and/or elevated LDL cholesterol or bad cholesterol (above 100mg/dL).

Participants will receive at no cost:

- Lipid profile, hemoglobin A1c, C-reactive protein, blood pressure, body composition measurement using the gold standard method (dual-energy X-ray absorptiometry-DXA). Receive heart healthy nutrition and lifestyle education.

For more information or to volunteer, please contact Defend Your Heart Researchers at

Phone: (254) 288-8860

Study Location: Carl R. Darnall Army Medical Center, Fort Hood, Texas