



ASI Press Release

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STOP Bone Loss Research Study Recruiting Female Participants

The Cal Poly Pomona Kinesiology and Health Promotion Department, in collaboration with UC Irvine's Medical School, is hosting a bone loss research study and is recruiting women between the ages of 20 and 35. The Sensible Therapy for Osteoporosis Prevention (STOP) Bone Loss project consists of a year long assessment of bone health during that year for pre-menopausal women.

Most research on the relationship between exercise and bone health has been performed on post-menopausal women, which is the time when bone density is decreasing. Our research is attempting to ascertain if we can increase the peak bone density and strength during the time that the skeletal system has reached its peak development between the ages of 20 and 35.

The STOP Bone Loss project is funded by the National Institute of Health to study the effect of exercise on bone health. Its main objective is to determine how exercise can influence bone health in adult women. The study is expected to advance the development of exercise modalities and exercise recommendations for increasing bone strength and bone density, with the aim of reducing the chances of developing or postponing the inception of osteoporosis.

State-of-the-art methods involving exercise testing, bone density and bone strength measurements, and blood markers of bone changes will be part of the investigation. Potential benefits to participants may include cutting edge medical examination, improved physical fitness and increased bone health, monetary compensation of up to \$460, and daily calcium supplements.

For more information please contact the STOP Bone Loss Office at (909) 869-2775, or e-mail at mlbautista@csupomona.edu

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