

News contact: M. Ellen Emerson
(704) 250-5861 (main)
919-407-1700 (cell)
ellen.emerson@duke.edu



MANAGED BY  Duke Translational Medicine Institute

**Now Recruiting! Anyone age 30 and older
into Physical Performance Study of the MURDOCK Study**

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Kannapolis, North Carolina: The MURDOCK Study of Duke Medicine, locally based on the North Carolina Research Campus celebrated another milestone on May 24, 2012 when the team enrolled its first study participant into the Physical Performance Study after receiving study approval a week earlier. Marcia Klaus of Concord, North Carolina (photo below) volunteered for this new study and completed her participation at CMC-NE in the Medical Arts Building. The purpose of this study recruitment is to amass a large group of individuals (“cohort”) who meet certain criteria to participate so that the study’s lead investigators, Drs. Miriam C. Morey and Harvey J. Cohen, , Co-Directors of the Duke Older Americans Independence Center, can collect data that will contribute



Figure 1: Ms. Marcia Klaus enrolls in the MURDOCK Study and is the first participant of the Physical Performance Study.



Figure 2: Ms. Klaus participates in brief physical testing during her enrollment.

to researchers’ understanding of what factors associated with physical condition, lifestyle, and genetics, contribute to changes in physical and cognitive abilities as individuals grow older. The Duke Older Americans Independence Center is one of 13 centers across the United States seeking better ways to promote independent living and healthy aging.

Dr. Morey’s excitement for this new collaboration with the MURDOCK Study is noted here: “We are very excited to launch the Physical Performance Study of the MURDOCK Study. Participants in

this study will be contributing valuable information that will advance our understanding of factors that contribute to maintaining optimal health as we age. What we learn from this study will benefit Americans all over the country!”

Ms. Klaus volunteered approximately 90 minutes of her time to join the MURDOCK Study-Physical Performance cohort. During this time, she completed the MURDOCK Study Community Registry and Biorepository Questionnaire since all participants joining the Physical Performance Study join the MURDOCK Study too; she completed a short questionnaire on her physical performance and she participated in short physical and cognitive testing. Lastly, while there, Ms. Klaus donated small amounts of blood and urine. Once the study visit ended, Ms. Klaus left with an “accelerometer” to wear on her waist – an accelerometer is a small device worn on one’s belt – that will record her activity level over the next seven days, e.g. the number of steps she takes over the course of a day. When asked about her enrollment experience, Ms. Klaus pointed out: “Participating in the physical performance study was a special experience for me and definitely very invigorating! I am honored to be able to help future generations in this simple way and encourage others to take part.”

In addition to being re-contacted every year for general follow-up by the MURDOCK Study, Ms. Klaus will return in two years to undergo the same brief physical and cognitive tests that she participated in as well as donate another small sample of blood. To acknowledge her participation, she received \$20 in gift cards of which \$10 represented her joining the MURDOCK Study and \$10 for joining the Physical Performance Study. When she returns in two years, she will receive another \$10 gift card and personalized feedback from her physical performance testing.

All Physical Performance study volunteers must meet the following eligibility criteria: he/she must be at least 30 years old and live in Cabarrus County or one of the study’s other qualifying zip codes (<https://www.murdock-study.com/am-i-eligible>); she cannot be pregnant at the time of enrollment; he/she have not been diagnosed or treated for any of the following conditions in the past six months; heart attack, congestive heart failure, angina, or fluid in the lungs. He/she can walk at least 30 feet without human assistance (assistive devices are allowed).

It is an exciting time for the MURDOCK Study which has enrolled over 8,000 residents into its growing registry and biobanking effort. Community engagement and education continues as the MURDOCK Study seeks to recruit more individuals into this unique endeavor. For this particular study, 1,000 individuals will be recruited. To learn more about the Physical Performance Study and/or the MURDOCK Study efforts, visit www.murdock-study.org or call (704) 250-5861.