



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>

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