

## William S. Middleton Memorial Veterans Hospital VETERANS HEALTH ADMINISTRATION

**Great Lakes Health Care System** 

2500 Overlook Terrace

## Veteran's Exercise Study on Pain

The Department of Veterans Affairs is conducting a study aimed at understanding <u>brain function of pain</u> and the <u>impact of weight-training exercise</u> in **Gulf War (1990-1991)** veterans with **Chronic Muscle and Joint Pain** 

We are asking for <u>patient</u> volunteers to participate in a 16-week exercise study, with follow-ups at 6 and 12 months, conducted at the Madison VA Medical Center and the University of Wisconsin – Madison.

Volunteers for this study may be asked to take part in a 16-week weighttraining program with a personal trainer. We will be assessing responses to **painful heat stimuli** on multiple occasions and while undergoing **functional brain imaging scans**.

Volunteers who successfully complete the study will receive up to \$525 for their time and effort and will be awarded a \$300 membership to a gym in their local area. Volunteers will also be eligible for various fitness equipment prizes.

If you wish to participate, please leave your name, phone number and mention "Veteran's Exercise Study on Pain" at:

608-262-2457 WE NEED YOUR HELP!

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