

CARS Director
S. Klein, MD
(Associate Director: B. Mittendorfer, PhD)

CARS Administrative Core

Mobile Research Support Team

Clinical Research Unit
Director: B. Mittendorfer, PhD

Clinical Trials Unit
Director: D. Reeds, MD

Pediatric Clinical Research Unit
Director: N. White, MD

Lifestyle Intervention Research Core
Director: S. Klein, MD

CARS Services

- Study start-up consultation (budget and protocol development)
- Research Nursing (standard plus specialized) and Coordination Services (on and off the research units)
- Research Pharmacy
- Study Protocol Resource Tracking and Management
- Metabolic kitchen (precision diets for inpatients and packed-out meals, diet analyses)
- Lifestyle therapy and weight loss intervention
- Body composition analyses in adults and infants
- Exercise testing (strength, VO₂ peak, cardiac stress test)
- Vascular testing (compliance, arterial stiffness, endothelial function, carotid artery intima media thickness)
- Sleep studies (in- and outpatient)

Specialized equipment

DXA, BodPod, PeaPod, treadmills, cycle ergometers, elliptical machines, free weights, weight machines, Biodex 4 Pro dynamometer, handgrip dynamometer, activity monitors, smart scales, Parvo Medics metabolic carts, continuous glucose monitors, endoscopes, cold suit for brown adipose tissue activation studies, Phillips Epiq7 ultrasound, SphygmoCor system, EndoPat 2000; Cadwell Sierra Summit EMG, portable sleep monitors, Compumedics Grael PSG/EEG system with video monitoring in light and sound controlled room.

Special Chemistry Core Laboratory
Director: R. Ostlund, MD

Participant Recruitment Enhancement Core
Director: Y. Zhang,

Center for Clinical Imaging Research
Director: P. Woodard, MD