

Study opportunity for Identical, Adult Twin Pairs!

Researchers at VCU's Department of Family Medicine & Population Health have received funding from the National Institutes of Health (NIH) in hopes of learning more about the relationship between certain moods, like feeling depressed, immune system functions, and diabetes risk. The researchers also hope to investigate how genetic and environmental factors work together to influence health as we get older.

Participants the study needs include:

- ⇒ *Full pairs* of generally healthy, identical (monozygotic) twins 40 to 70 years old that are registered in the MATR and live within approximately 100 miles of Richmond, VA (or plan on being in the near future).

Study participation involves:

- ⇒ Traveling to the VCU Clinical Research Services Unit in Richmond, VA for two appointments within six months of each other.
During each study appointment, participants will be asked to:
 - ✓ Complete a health questionnaire interview.
 - ✓ Provide blood samples through venipuncture ("a needle stick").
- ⇒ Participants receive compensation for their time.

If interested in learning more:

Contact the *Mid-Atlantic Twin Registry* (MATR) and let us know that you want to learn more about the **Mood & Immune Regulation in Twins (MIRT) Study**. Please let us know your full name, your date of birth, and the best phone number and general timeframes to reach you. You can reach us at:

- ⇒ 1-800-URA-TWIN (1-800-872-8946) toll-free,
- ⇒ matr@vcu.edu,
- ⇒ www.matr.vcu.edu; click "Contact MATR,"
- ⇒ smart phone users:



This study has been approved by the Institutional Review Board at Virginia Commonwealth University (HM15108)