

# Postprandial Monocyte Maturation and Vascular Dysfunction Following High-Fat Meals - Study 1

**Status:** OPEN TO ACCRUAL

## Eligibility Criteria

**Age:** 18 years to 30 years old

This study is also accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

1. college-age: 18-30 years old 2. normal fasting triglyceride (<150 mg/dL) (American College of Sports Medicine Guidelines for Exercise Testing and Prescription, 10th Edition). 3. normal body composition: % body fat, males <25%, females <32% (American College of Sports Medicine Guidelines for Exercise Testing and Prescription, 10th Edition) 4. self-reported engagement in moderate-vigorous intensity physical activity and/or an exercise training regimen OR self-reported low physical activity and no engagement in an exercise training regimen (International Physical Activity Questionnaire) 5. low cardiorespiratory fitness (VO2peak; male: =<45 mL/kg/min; female: =<35 mL/kg/min; categorized as =40th percentile by ACSM Guidelines for Exercise Testing and Prescription, 10th Edition; 44, 45, 46, 47) OR high cardiorespiratory fitness (VO2peak; male: =55 mL/kg/min; female: 45 mL/kg/min; categorized as =70th percentile by ACSM Guidelines for Exercise Testing and Prescription, 10th Edition; 44, 45, 46, 47) f.) for female participants, presence of a normal, monthly menstrual cycle with or without prescribed contraceptive methods. .

### Exclusion Criteria:

1. presence of diagnosed cardiovascular, metabolic, or renal disease or dysfunction 2. presence of signs and symptoms suggestive of cardiovascular, metabolic, or renal disease 3. presence of musculoskeletal injury 4. pregnancy 5. history of smoking 6. engagement in an abnormal eating behavior 7. unable to communicate effectively in English 8. moderate cardiorespiratory fitness (VO2peak; male: 46-54 mL/kg/min; female: 36-44 mL/kg/min) 9. elevated or high fasting triglycerides (>150 mg/dL) 10. absence of a normal, monthly menstrual cycle with or without prescribed contraceptive methods

## Conditions & Interventions

### Interventions:

Other: High-fat meal

### Conditions:

Cardiovascular Risk Factor, Lipemia, Diseases of Circulatory System (390-459)

### Keywords:

Vascular Dysfunction

## More Information

**Contact(s):** Franco, Robert, "Lee" - francorl@vcu.edu

**Principal Investigator:** Franco, Robert, "Lee"

**Phase:** N/A

**IRB**

**Number:** HM20015510

**System ID:** NCT03958734

Thank you for choosing StudyFinder. Please visit <http://studyfinder.cctr.vcu.edu> to find a Study which is right for you and contact [ctrrecruit@vcu.edu](mailto:ctrrecruit@vcu.edu) if you have questions or need assistance.