



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 brain function of pain and the impact of weight-training exercise in **Gulf War (1990-1991)** veterans with **Chronic Muscle and Joint Pain**

We are asking for patient 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 weight-training program with a personal trainer. We will be assessing responses to **painful heat stimuli** on multiple occasions and while undergoing **functional brain imaging scans**.

All travel expenses will be covered. Volunteers who successfully complete the study 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!