



**William S. Middleton Memorial
Veterans Hospital
VETERANS HEALTH ADMINISTRATION
Great Lakes Health Care System
2500 Overlook Terrace
Madison, WI 53705-2286**

Dear Gulf War Veteran,

We would like to tell you about the research being done at the William S. Middleton Memorial Veterans Hospital in conjunction with The University of Wisconsin - Madison and invite you to participate. This research is aimed at understanding brain function of pain and the impact of weight-training exercise in Persian Gulf Veterans who served during Operation Desert Shield and Operation Desert Storm and *who experience chronic muscle pain*. This work is supported by the Department of Veteran Affairs.

We will compensate you \$75 for each test session (7 total). All travel expenses will be covered. In addition, 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.

Generalized pain is one of the top three symptoms suffered by many veterans following service during the Gulf War. Although there are no established treatments for chronic muscle pain, exercise training is known to improve strength and fitness and is associated with numerous additional health benefits. **Therefore, this research is aimed at examining the effect of an exercise program on the pain suffered by many veterans.**

We are asking for VETERANS WITH CHRONIC MUSCLE PAIN to possibly participate in a 16-week weight-training program with a personal trainer, with follow-ups at 6 and 12 months.

The study will be conducted at the **Madison VA Medical Center** and the University of Wisconsin – Madison. As part of the study we will be assessing responses to **painful heat stimuli** on multiple occasions while undergoing **functional brain imaging scans in an MRI unit**. At varying points throughout specified sessions you will be asked to fill out questionnaires, perform a simple mental task, and be tested for pain sensitivity to different temperatures ranging from warm to hot. An initial 10-15 minute phone screening will be conducted to determine study eligibility.

YOUR PARTICIPATION IS STRICTLY VOLUNTARY. YOU CAN DECLINE AT ANY TIME SHOULD YOU DECIDE NOT TO PARTICIPATE IN THIS RESEARCH PROJECT.

If you are interested in participating **or** would like more information about the study, please call us at (608) 262-2457 and mention “veterans exercise study on pain”. If there is no answer, please leave a message with your name and a phone number and we will return your call as soon as possible. **Thank you for your help in our effort to understand Gulf Veteran Illnesses.**

Sincerely yours,

A handwritten signature in black ink that reads "Alan J. Bridges".

Alan J. Bridges, M.D.
Chief of Staff
Madison VA Hospital



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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**.

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!