

CONSENT SHEET

New Obesity Treatment-Fasting, exercise and diet study

... *"the NOT-FED" study*

You are being invited to participate in a two year study of managing one's weight, cholesterol and sugar levels. It involves some daily fasting and dietary changes as an approach to weight loss and health.

Medical evidence is growing that fasting can add health benefits to simply following a low carbohydrate diet and the Canadian Physical Activity Guidelines. This study will confidentially monitor your health record every 3 months for a two year period: weight, waist circumference, blood pressure; as well as blood tests for sugar and cholesterol levels. Other than the blood tests, (which can be done any time of the week), most of these measurements can be done at your own home, or can be done when you visit your medical clinic.

We will ask you to keep track of how many days per months achieved a 16 hour fast and check your measurements every 3 months. You can record this yourself at home or we can do it for you in the office.

Your confidentiality will be maintained and you will be assigned an anonymous study #, so your name or participation is not disclosed. We may publish the anonymous results in a medical journal.

If you do not wish to participate, it will have no effect on your medical care now or in the future. If you participate and then decide to stop your participation, let us know at any time.

Patients with type 2 diabetes may participate if they are under close supervision of their primary care provider, and are not taking insulin (e.g. Lantus, Humalog) or a sulfonylurea (glyburide, glicazide) or any SGLT2 inhibitors (e.g. Canagliflozin (Invokana®), Dapagliflozin (Forxiga™), Empagliflozin (Jardiance). Check with your doctor if it is safe for you to come off these medications for a 4 month trial period. Metformin is the only diabetic medication permitted in this study.

Signature

Name

Contact info: (phone/email)

Send to: Denise Poirier (hac@slmhc.on.ca or fax to 737-1771)

Study information and forms available under "*NOT-FED study*" at: <http://www.hughallenclinic.com>