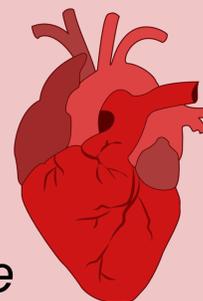


# Birth Control Use & Vascular Health in Middle-Aged Women

*Study Participants Needed!*

We are recruiting healthy **middle-aged women** who are...

- **Between the ages of 35-55**
- **Either currently not using or using hormonal birth control** (*Oral contraceptive pill or intrauterine device/IUD only*)



for a study in the ***Human Integrative Physiology Laboratory*** at the University of Maryland, College Park

***The study goal*** is to examine the vascular health of middle-aged women who are using hormonal birth control methods.

**24hr blood pressure monitoring & 2 lab visits required:**

**Visit 1** (2-2.5 hours)

- Informed consent/screening
- Questionnaires
- Body composition assessment; includes a full-body (DEXA) scan
- Fitness and functional tests

**Visit 2** (1.5-2.5 hours)

- Blood draw, urine sample
- Vascular measurements

*Up to \$85 awarded for participation*

If you are interested in participating, please scan the QR code to fill out a brief Google Form with your contact information!



Or contact the *Human Integrative Physiology Laboratory* at  
[HIPL.Research@umd.edu](mailto:HIPL.Research@umd.edu) / 301-405-4538