



UNIVERSITY  
OF ALBERTA



Invitation to Participate  
Pamphlet

# YOUTH FISH OIL STUDY



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**Dr. Michael Khoury, MD**

Study title: n3-PUFA intervention in obese dyslipidemic youth (Ethics approval:  
Pro00091319, date version: Sep2024-Sep2025)

# Purpose

To determine if consuming fish oil supplements for 2 months improve heart health and body composition of youth with obesity. This information will help doctors and dietitians provide the best care possible for youth at risk for cardiovascular disease later in life.

*This study has been reviewed and approved by the University of Alberta (UofA) Research Ethics Board (Pro00091319).*

## CAN I PARTICIPATE?

We are actively looking to invite boys and girls to participate that are:

- Between **14 and 20 years of age**
- Have a **body mass index (BMI) that is overweight or obese**
- Not taking any medications impacting energy or lipid metabolism
- Not diagnosed with chronic lung disease, congenital heart disease, diabetes, liver or kidney impairment and/or a neurological disorder/impairment

We would love to have you join the study!

## WHAT ARE THE RISKS?

Taking a blood sample may cause some pain, bleeding, or bruising.

## Commitment

We will ask you/your child to visit the Human Nutrition Research Unit (HNRU) at the University of Alberta for **2 clinical days, approx. 8 hours each**. We will be measuring participants' body composition (fat and muscle), taking body measurements (including height & weight), and taking blood tests.

After the first clinical day, we will provide fish oil supplements for you/your child to take for 2 months. After, we will invite you back to the HNRU to repeat the same tests and evaluate the changes in body composition and heart health.

## TESTING REQUIREMENTS

Before each of the two clinical days, you/your child must:

- **Record food consumed for 3 days prior** to assess nutritional intake
- **Fast (no food/drink) for 8 hours prior**. Upon arrival, we will take a blood draw and give your child a milkshake immediately after.

# WHAT DOES EACH DAY LOOK LIKE?

For each of the 2 clinical days (the first and last days of the study), we will ask you/your child to stay in the HNRU for approx. 8 hours.

- Body composition test (BIA) will take approx. 10 minutes
- Teaching you to fill the 3-day food record will take approx. 20 minutes
- The blood test will take approx. 10 minutes and will be repeated every 2 hours.



## COMPENSATION

Participants will be compensated for their time with a **West Edmonton Mall gift certificate**.



# BODY COMPOSITION ANALYSIS

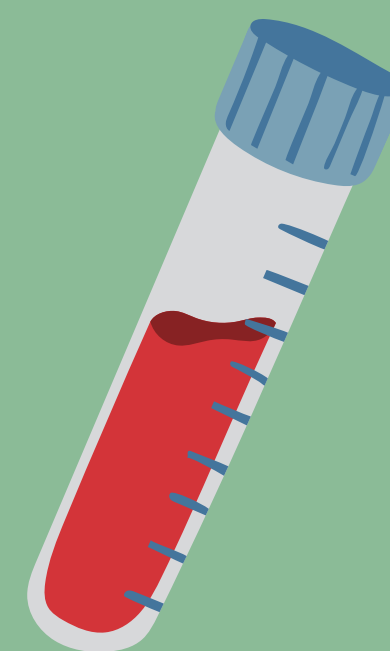
Body composition (fat, muscle) will be measured with a non-invasive test known as **bioelectrical impedance analysis (BIA)**. Your child must remove their all metals (including jewelry) then stand barefoot on the BIA device, holding the handles for 30 seconds.



## BLOOD TESTS

A trained professional will collect blood samples (approx. 10 mL) to measure:

- Glucose
- 'Bad cholesterol' (LDL-C)
- 'Good cholesterol' (HDL-C)
- Apolipoprotein B48 and B100
- Triglycerides
- CRP (a liver enzyme)



## BODY MEASUREMENTS

Other measurements include height, weight, and hip/waist circumference.



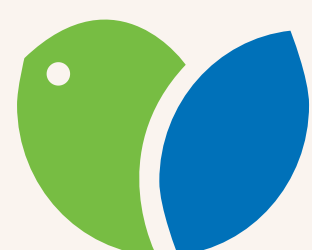
# To Participate

**Contact Niusha Taheri**  
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# Learn More @

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**Edmonton**  
**RemnAnt CholeStErol**  
**(ERASE) program**



**women & children's**  
**health research institute**

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