

DO YOU HAVE KIDNEY DISEASE AND WANT TO EXERCISE?

*You May Qualify for a
Research Study!*

*Purpose: To study if **exercise training** and **baking soda pills** might improve risk factors for heart disease in those with chronic kidney disease (CKD)*



Who is eligible?

- People with CKD (stage 3 and 4)
- Ages 18-75 years
- Do NOT have heart disease
- **Not engaged in regular exercise**
- Able to ride an exercise bicycle

What will you be asked to do?

- 12 weeks of supervised exercise training
 - 3x per week on an exercise bicycle
 - 3x per week handgrip exercises at home
- 12 weeks taking baking soda pills or placebo
- 10-14 outpatient visits at Emory University and the Atlanta VA Medical Center
- Blood draws and needles are involved

Compensation for time
and travel provided.



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