



**William S. Middleton Memorial
Veterans Hospital**
VETERANS HEALTH ADMINISTRATION
Great Lakes Health Care System
2500 Overlook Terrace

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**.

All travel expenses will be covered. 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.

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!