

	<b>O-FIS Qualitätsmanagementsystem</b> Formblatt <b>Collection and Cohort Profile</b>	CL312 Seite 1 von 1
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## 1. General Information

<b>Cohort ID</b>	5010_14
<b>Title (Study Name)</b>	Intermittent Fasting Cohort Study - 'Interfast'
<b>Principal investigator</b>	Assoc.-Prof. Dr. Harald Sourij
<b>Contact information</b>	<a href="mailto:pm-biobank@medunigraz.at">pm-biobank@medunigraz.at</a>

## 2. Description

Intermittent fasting is a dietary regimen by alternating fasting and "feeding" cycles. In addition to caloric restriction only, intermittent fasting seems to activate cell autophagy which potentially increases cellular stress resistance and removes accumulated molecules that are potentially toxic. This cohort study with embedded pilot randomized control-trial investigates the effects of repeating fasting periods in healthy subjects on human physiology, aging process and molecular-cellular processes in humans. We will be able to study long term effects (subjects, who already practise ADF for a defined time period) and short term effects (subjects randomized to the ADF group) of this nutritional intervention.

## 3. Details

<b>ICD 10/O codes / Healthy</b>	Healthy		
<b>Key words</b>	Alternate day fasting, intermittent fasting, healthy subjects, RCT		
<b>Collection / Cohort size</b> <i>(end 2019)</i>	30 subjects cohort - 2 study visits 60 subjects RCT - 4 study visits 90 subjects in total – 4226 aliquots		
<b>Informed Consent (IC)</b>	<input checked="" type="checkbox"/> Broad Biobank IC <input checked="" type="checkbox"/> Specific Study IC		
<b>Status</b>	<input checked="" type="checkbox"/> In progress / compl. date: 04/19 <input type="checkbox"/> Completed		
<b>Inclusion criteria</b>	<b>Age distribution</b>	35 - 65 years	
	<b>Sex distribution (f:m)</b>	57:43	
	<b>Others</b>	- Body mass index in the range of 22.0 – 30.0 kg/m <sup>2</sup> -Fasting blood glucose <110mg/dL (without medication) -LDL-cholesterol <180 mg/dL (without medication) -Blood pressure <140/90 mmHg (without medication) -Stable weight (change <± 10%) for 3 months immediately prior to the study => Details see article	
<b>Access type</b>	<input type="checkbox"/> Cooperation only <input checked="" type="checkbox"/> Cooperation preferred		
<b>Earliest access</b>	02/2019		
<b>Quality-standards</b>	<input type="checkbox"/> CEN/TS <input checked="" type="checkbox"/> ISO 9001:2015 (SOPs)		
<b>Associated publications / references</b>	Pubmed: "Intermittent Fasting (Alternate Day Fasting) in Healthy, Non-obese Adults: Protocol for a Cohort Trial with an Embedded Randomized Controlled Pilot Trial" (Advances in Therapy, August 2018, Volume 35, Issue 8).		

## 4. Material available (aliquot size) and storage conditions

<b>Material</b>	<input checked="" type="checkbox"/> Serum (400 µl)		<input checked="" type="checkbox"/> -80°C	<input type="checkbox"/> liq. N <sub>2</sub>
	<input checked="" type="checkbox"/> Plasma (1000 µl)		<input checked="" type="checkbox"/> -80°C	<input type="checkbox"/> liq. N <sub>2</sub>
	<input checked="" type="checkbox"/> Urine (1000 µl)		<input checked="" type="checkbox"/> -80°C	