

1. General Information

Cohort ID	5010_14
Title (Study Name)	InterFast Intermittent Fasting Cohort Study
Principal investigator	Prof. Harald Sourij; Prof. Thomas Pieber
Contact information	pm-biobank@medunigraz.at
Funding agency	-----

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

ICD 10/O codes / Healthy	Healthy	
Key words	Alternate day fasting, intermittent fasting, healthy subjects, RCT	
Collection / Cohort size 11/2021	4.226 aliquots from 90 patients	
Informed Consent (IC)	<input checked="" type="checkbox"/> Broad Biobank IC	
	<input checked="" type="checkbox"/> Specific Study IC	
Status	<input type="checkbox"/> In progress / compl. date:	
	<input checked="" type="checkbox"/> Completed	
Inclusion criteria	Age distribution	35 - 65
	Sex distribution (f:m)	57:43
	Others	- Body mass index in the range of 22.0 – 30.0 kg/m ² -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
Earliest access	As of now	
Quality-standards	<input checked="" type="checkbox"/> ISO 9001:2015 (SOPs)	
Associated publications / references	Intermittent Fasting (Alternate Day Fasting) in Healthy, Non-obese Adults: Protocol for a Cohort Trial with an Embedded Randomized Controlled	

	<p><u>Pilot Trial.</u> Tripolt NJ, Stekovic S, Aberer F, Url J, Pferschy PN, Schröder S, Verheyen N, Schmidt A, Kolesnik E, Narath SH, Riedl R, Obermayer-Pietsch B, Pieber TR, Madeo F, Sourij H. https://pubmed.ncbi.nlm.nih.gov/30046988/</p> <p><u>Alternate Day Fasting Improves Physiological and Molecular Markers of Aging in Healthy, Non-obese Humans.</u> Stekovic S, Hofer SJ, Tripolt N, Aon MA, Royer P, Pein L, Stadler JT, Pendl T, Prietl B, Url J, Schroeder S, Tadic J, Eisenberg T, Magnes C, Stumpe M, Zuegner E, Bordag N, Riedl R, Schmidt A, Kolesnik E, Verheyen N, Springer A, Madl T, Sinner F, de Cabo R, Kroemer G, Obermayer-Pietsch B, Dengjel J, Sourij H, Pieber TR, Madeo F. https://pubmed.ncbi.nlm.nih.gov/31471173/</p>
--	--

4. Material available (aliquot size) and storage conditions

Material	<input checked="" type="checkbox"/> Serum (400 µl)	<input checked="" type="checkbox"/> -80°C
	<input checked="" type="checkbox"/> EDTA plasma (1000 µl)	<input checked="" type="checkbox"/> -80°C
	<input checked="" type="checkbox"/> Urine (1000 µl)	<input checked="" type="checkbox"/> -80°C

Dokument erstellt (tt/mm/yyyy): 23/04/2021	Letzte inhaltliche Aktualisierung (tt/mm/yyyy): 17/02/2022
--	--