

1. General Information

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| 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

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| <p>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.</p> |
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3. Details

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| ICD 10/O codes / Healthy | Healthy | |
| Key words | Alternate day fasting, intermittent fasting, healthy subjects, RCT | |
| Collection / Cohort size 12/2023 | 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 | <ul style="list-style-type: none"> - Body mass index in the range of 22.0 – 30.0 kg/m² -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) | |

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| Associated publications / references | <p><u>Intermittent Fasting (Alternate Day Fasting) in Healthy, Non-obese Adults: Protocol for a Cohort Trial with an Embedded Randomized Controlled 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> |
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4. Material available (aliquot size) and storage conditions

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| 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 |

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| Dokument erstellt (tt/mm/yyyy): 23/04/2021 | Letzte inhaltliche Aktualisierung (tt/mm/yyyy): 19/03/2024 |
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