

Fatty Liver and Genes

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### **How would I benefit from participating in this study?**

We will inform you if you have fatty liver and suggest any need for clinical follow-up. We will also provide specific dietary recommendations should you have fatty liver to reduce your risk for heart and liver disease. You may help future patients by providing important information about liver fat in twin pairs. Additionally, you will have a free comprehensive physical exam and blood work.

### **Are there any costs for participating in the study?**

You will not be billed for any part in the study and there are no costs to you. You will be compensated for your participation in the study (\$100).

### **What if I decide not to participate in the study?**

Participation is entirely voluntary. You may refuse to participate or withdraw at any time without jeopardy to the medical care you receive at this institution.

### **What is this study about?**

The purpose of this study is to evaluate interaction between genes and the amount of fat in the liver by studying twins. This study will also help understand how genetics relate to common diseases such as high blood pressure, cholesterol and diabetes and their association with fatty liver.

### **How many participants will be recruited?**

There will be approximately 240 twins participating in the study.

### **What will happen if I agree to participate in this study?**

For each subject, the total study visit will be about 2-2.5 hours.

You will be asked to come in a fasting state and we will draw blood; 2) we will interview you,

give you a physical exam and check your blood pressure, temperature, pulse, height and weight; 3) we will ask you about your alcohol consumption and medication use; 4) *You will also have an ultrasound and MRI and provide a urine sample.*

