

# Study participants wanted!

The FFHS, in collaboration with the Oberwallis Hospital Center (SZO), ETH Zurich, and the University of Lausanne, is conducting a study on the relationship between iron and altitude. For this purpose, we are looking for volunteers from the Upper Valais region who would like to contribute to knowledge about iron requirements at altitude and learn more about their own iron status.

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All data will be treated confidentially. There is no medical benefit for participants. Please note that your data will be recorded if telephone contact is established with Professor Moretti. If you are not interested in participating in the study, your data will be deleted immediately.



## The aim of the study

The study aims to determine whether people living at higher altitudes have an increased iron requirement compared to those living at lower altitudes. To this end, the long-term iron intake and losses in both groups will be examined and compared.



## Who are we looking for?

- Healthy men and women (not pregnant and not breastfeeding) aged 18–45 years, weighing under 85 kg (men) or 70 kg (women), with a normal BMI (18–25 kg/m<sup>2</sup>)
- Persons living in Upper Valais whose residence is below 1000 m above sea level (e.g., Visp, Brig, Naters, Raron, Bitsch, and other municipalities in the valley floor) or residents of Zermatt (residence > 1500 m above sea level)



## What participants have to do?

- Ingestion of an oral dose of stable iron isotopes  $^{57}\text{Fe}$  (no risks involved)
- 4 blood samples (6 ml each)
- 2 hemoglobin measurements using the CO (carbon monoxide) rebreathing method
- Completion of a few questionnaires on physical activity and diet

Compensation: CHF 100.-



### **Study visit schedule (in months)**

Participation in this study will span a period of two years.

