

Contact us today

Web: www.digotrial.org

Tel: 410-281-1600

Email: diigo@jhu.edu

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BUSINESS REPLY MAIL

DIET GOUT (DiGo) Study

Johns Hopkins University Pro Health
1849 Gwynn Oak Ave. Suite 1
Baltimore, MD 21207

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Baltimore, MD 21207

*Do you have or
have you ever had
gout?*



*If you answered yes to this question you may
want to join:*

*A research program to
look at a diet that may
prevent gout.*



**WHAT IS The DIET GOUT (DiGo)
RESEARCH PROGRAM?**

DiGo is a research program to see if a healthy diet can lower your risk for gout.

All participants will receive \$105 in food each week for 4 weeks.

All participants will receive up to \$75 for lab work.

WHY STUDY DIET AND GOUT?

There have been theories about which foods cause gout since the Egyptians in 2640 BC.

Yet to this day, no one – not doctors, not patients – knows what is the best diet for gout.

Your participation will help answer this question.

WHO CAN JOIN THE DIET GOUT (DiGo) TRIAL?

You may be eligible if you:

- **Are 18 years of age**
- **Have gout or high uric acid level**

And

If you do not take:

- **Medications to lower uric acid**

WHAT IS INVOLVED?

The program will last a total of 11 weeks.

Participants will need to attend 5 brief visits at our Johns Hopkins ProHealth clinic in Woodlawn.

You will receive free food, blood pressure measurements, and lab results.

FOR MORE INFORMATION

- **Call us today: 410-281-1600**
OR
- **Visit our website: www.digotrial.org**
OR
- **Fill in the prepaid card & mail**
OR
- **Email: digo@jhu.edu**

Researchers at Johns Hopkins University are joining with Harvard Medical School scientists to conduct this important research project.

*Edgar R Miller III, MD, PhD
Principal Investigator*

Protocol # IRB00153409

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- Fold.
- Tape.
- Mail. No stamp is needed.
- Please **DO NOT** use staples.

I would like to learn more about the DIET GOUT (DiGo) Trial
Please contact me.

Name _____

Address _____

City _____ State _____ Zip _____

Evening phone () _____ - _____ Day phone () _____ - _____

Best time to call me _____

Email address _____