

## Participants Needed for Level 6 Nutrition and Human Health Dissertation

Having received ethics council approval for my dissertation research project entitled **Vascular Protective Effects of Organic Natural Yogurt and Rolled Oats**, I am in need of participants.

The protocol is very simple and outlined below.

**Inclusion criteria:** Male or female, aged 45 and above, experiencing hypertension of unknown aetiology, diagnosed with primary hypertension or another condition, whereby hypertension is present. Participants can be taking prescribed medication or supplementation during this dietary intervention.

**NB:** They must be able to travel to Woolpit Complementary (address below) and they will be expected to commit to approximately 5 visits in total, which can be arranged to suit their schedule.

**Initial health screening:** This is in place to ensure that potential candidates fulfil inclusion criteria and allows me to provide information relevant to the study and obtain informed consent.

**Dietary intervention:** Participants will be asked to consume a yogurt and oat based product daily for up to 2 or 4 weeks, whichever they choose based on their preference.

**Check-ups:** Participants will be expected to attend a weekly check-up to test both blood pressure and cholesterol levels, for 2 to 4 weeks. The latter involves a finger-prick test for screening cholesterol. They will also be asked to fill out a standardised food frequency questionnaire between check-ups.

If you can, could you please take the time pass on this information to anyone that you feel may be willing to participate in this study?

It is hoped that the health screenings will start from Monday 21 January 2019. However, depending on uptake this may be delayed or brought forward slightly.

Please ensure that any person interested in participation contacts me directly on 01359 408 011 or emails my University of Suffolk account: [E.HarveyLawrence@uos.ac.uk](mailto:E.HarveyLawrence@uos.ac.uk)

Many thanks in advance,

Emma Harvey Lawrence

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