UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
CONSENT TO PARTICIPATE IN A RESEARCH STUDY

Study Title: SUCCEED Study: Supporting Understanding of Carbohydrate Consumption & Eating Education for Diabetes

Dr. Frederick Hecht and colleagues at UCSF are doing a research study to examine the effects of two different diets on diabetes control, weight, and psychological well-being. Some of the key areas of interest include comparing the effects of the two groups on the following:

- fasting glucose and Hba1c
- weight loss and maintenance
- psychological well-being

I am being asked to participate in this study because I am an overweight adult with Type 2 diabetes.

Research studies include only people who choose to take part. I understand that I can take my time to make my decision about participating, and I can discuss my decision with my family or friends if I wish. If I have any questions, I may ask the researchers.

Who pays for this study?

This study is funded by a grant from Bowes Fund for Innovative Research in Integrative Medicine (UCSF Intramural funding).

How many people will take part in this study?

About 40 people will take part in this study.

What will happen if I take part in this research study?

If I agree, the following procedures will occur:

Overview of study participation:
I will complete an online survey and then speak to a study staff member to see if I may be eligible to participate. I will answer questions about my medical history, height and weight, and medication use, as well as my availability for study visits and classes. If it appears that I am eligible to participate and am still interested, I will schedule a 1-hour appointment at UCSF for further screening and testing.

At the in-person visit, I will sign a consent form if I want to enroll in the study. I will then have some body measurements taken, have a blood draw, and have a health history to confirm my eligibility. If I am eligible to participate in the study after this initial in-person visit and blood draw, I will complete questionnaires online and have a blood draw at a Quest lab in my community. After I complete these steps, I will be randomized to participate in one of two different diet and wellness programs. Each group will use a somewhat different dietary approach, but both will offer components aimed at helping me with my diet and weight loss to improve diabetes control. Both groups will meet 15 times on weekday evenings over about 5-6 months for 2 hours each time. Because the diet may help reduce my blood glucose (sugar) levels and blood pressure, I may be advised by the study doctors to reduce my diabetes and/or hypertension medications.

I will have in-person follow-up visits at approximately 3, 6, and 12 months after the start of my class. The total time required for in-person study visits is about 5 hours over 12 months. More detailed information about what will happen at study visits and what group participation will involve is described below.
Location: Study visits and group sessions will take place at the UCSF Osher Center for Integrative Medicine (1545 Divisadero St.). Blood draws will be done at a Quest lab one block from the Osher Center, or if it is more convenient for me, at another Quest lab in the Bay Area.

1. Consent/Screening Visit: This visit will take about 1 hour to complete and will take place in the morning. I will review the consent form with study staff, and, if I wish to participate, I will sign these forms. After I sign the consent form, I will do the following at this visit:

   a. I will have a brief medical history taken, including current medications.
   b. I will have my height and weight measurements taken with a gown on. These measurements will be used to calculate my Body Mass Index (BMI). If my BMI is too low, I will not be eligible to continue in the study, and the visit will be ended. My waist circumference may also be measured.
   c. I will sign a form that authorizes the study doctors and/or researchers and my personal physician to speak to one another about my participation in the study, and discuss possible changes to my diabetes or blood pressure medications.
   d. My blood pressure, body temperature, respiration rate, and heart rate may be measured.
   e. I may be asked to provide a saliva sample, which will be analyzed for genetic polymorphisms related to study outcomes.
   f. I will have a fasting blood draw at a Quest lab one block from the Osher Center. Tests that will be done include hemoglobin A1c (HbA1c), thyroid stimulating hormone (TSH), and liver and kidney function. Because some of the tests need to be done when I have not been eating, I will be asked to not eat or drink anything (except water) after approximately midnight (or 8 hours before visit) the night before the visit. My HbA1c, TSH, and liver and kidney function results must be within a certain range to participate in the study. It will take about one week to get the results. If it is more convenient for me to complete this visit in the afternoon, when I am not fasting, I will be given a lab slip to have a fasting blood draw the next morning at a Quest lab that is convenient to me.

The total time to complete the consent/screening visit will be about 1 hour.

Once my test results are back, study staff will email or call me to tell me the results and whether I am eligible for the rest of the study. I may go through this screening visit and not be eligible for the study.

2. Baseline Questionnaire: After completing the in-person consenting and screening visit, if I am eligible for the study and still interested in enrolling, I will complete online questionnaires (questionnaires on a computer). Study staff will email me a link to the online questionnaires approximately 3 weeks before the class start date. They will take about 40-60 minutes to complete. These questionnaires will be about my demographics, food intake, personality, mood, stress, health behaviors, and physical and emotional well-being. I will need to complete these questionnaires in a timely manner (usually 3-4 days) to continue to be eligible for the study. If I don't have a computer or otherwise prefer to complete these questionnaires at UCSF, study staff will work with me to arrange a time to come to the UCSF Osher Center at the Mt. Zion campus to complete these questionnaires. Similarly, for any other questionnaires associated with the study, I may make an appointment at the Osher Center to fill out the questionnaires using a computer with access to the internet.

3. Baseline blood draw at Quest laboratory in my community: Approximately 2 weeks before the start date for the class, I will have a (fasting) blood draw of about four tablespoons to measure glucose, insulin, C-reactive protein, and cholesterol/lipids. Study staff will send me a lab slip to have this blood drawn at a Quest lab in my community. I cannot be randomized to a study group until I complete this baseline blood draw, so it is important that I complete this blood draw in a timely manner.

4. Randomization: After all of the above steps are complete, I will be eligible to be randomized to a study group. I will have a 50/50 chance (like flipping a coin) of being placed in one of the two groups. Neither study staff nor I will make the choice. I will complete a short online questionnaire to confirm my continued interest and availability for the study classes and follow-up assessments. At the end of the survey I will be told which class I have been assigned to. If I have any concerns about participating in the study, I should
speak with a member of the study team before randomization. Once I am randomized, I cannot be replaced in the study. I should only complete this randomization step if I am willing and able to follow either of the study diets (standard diabetes diet or a lower carbohydrate diet), attend nearly all of the study classes, and complete the study assessments through 12 months.

5. Study Classes: Regardless of which group I am assigned to, I will participate in a 5-6 month diabetes diet and wellness program. I will have 12 weekly evening classes over approximately 12 weeks, followed by 3 more evening classes over the next two months. In total, I will attend 15 evening classes over about 5-6 months. The final three classes are spaced out in order to help me learn to maintain the diet and other lifestyle changes that I made during the weekly classes so that I might achieve and maintain long-term diabetes control and weight loss. Study staff will go over the exact dates of the classes with me. It is understand that I may have a schedule conflict for one or two of the classes, but I should only participate if I can attend nearly all of the classes. Each class will last 2 hours. There will be about 10-20 other study participants in the group with me. I will be encouraged to stay on my assigned diet for 12 months.

There will be differences in the diet approach between the two groups, but both will involve limiting the amount of carbohydrates I eat. One group will follow a moderate-carbohydrate diet that is recommended by the American Diabetes Association. The other will follow a lower-carbohydrate, higher fat diet in which it is recommended that I will eat little sugar or starch (like bread or potatoes). In the classes we will discuss how to implement the diet in a healthy way, tools to help me stick to the diet, and how to manage stress in my daily life. I will be asked to complete 15-30 minutes per day of home assignments 6 days per week during the course. The home assignments will include stress management practices as well as other activities to help support diabetes control and weight loss. Each week, I will be asked how many minutes I practiced the homework activities during the past week. I will be encouraged to do a moderate amount of exercise (like walking) but the class will not include instruction in exercise. The total amount of out-of-class time will be about 2-5 hours a week. I may be asked to test my urine for ketones (a marker that may be related to diet changes). I may have my weight measurement taken again on the first night of class, as my weight may have changed since my initial in-person visit. My weight will be recorded in private by a study research assistant. Following the last class, I may receive suggestions and ideas for continued and maintained weight loss approximately two times a month. If I do not wish to receive these emails, I can tell the study staff that I do not wish to receive them.

6. Family/Partner/Friend Information session and assessments: I will be encouraged to invite my partner, one or more of my family members, and/or close friends to attend an information session with me. At this information session, the study investigators will describe the dietary and lifestyle changes I will be asked to make and address any questions or concerns that I or my family member may have about the diet or the study. This session will last 60-90 minutes. I will also be asked to forward on a survey to family members, my partner, or friends that know me well. This survey will ask these people close to me about their perspective on how I have been doing and if there is anything we can do to improve the study or support me better. If these people close to me agree, they may be called or e-mailed with follow-up questions. If my family/partner/friend does not have access to the internet, in order to answer these questions they are welcome to schedule a time to use a computer with access to the internet at the Osher Center.

7. Follow-up Visits: I will have in-person follow-up visits about 3, 6, and 12 months after classes start. These visits will occur in the morning and will take approximately 1 hour to complete. The night before these visits, I will be asked not to eat or drink anything (except water) after 10pm and not to eat breakfast in the morning in order to measure fasting hormones (like insulin) and glucose levels. The following procedures, previously completed at the consent visit (and described more fully in those sections) will be repeated at this visit:

   a. Fasting blood draw of about four table spoons of blood. This will be done at a Quest lab one block from the Osher Center. If it is more convenient for me to complete this visit in the afternoon, when I am not fasting, I will be sent a lab slip to have a fasting blood draw at a Quest lab that is convenient to me the morning before this visit.

   b. Blood pressure.
If I move out of the Bay Area or otherwise am unable to come for a follow-up study visit at 3, 6, or 12 months, study staff may want to work with me to complete questionnaires online and have a small blood draw at a Quest lab in my community.

8. Online diet assessments: At several points throughout the study, I will be asked to complete a survey about what and how much I have eaten during the prior 24-hour period. This questionnaire will take about 20-60 minutes to complete. So that I do not change my food intake specifically for this assessment, I will not be told exactly when I will be asked to complete the survey. I will tell study staff the phone number and best times I can be reached at to be alerted to complete this. If I prefer, I can come into the Osher Center to complete the survey using a study computer.

9. Online questionnaires: At 1, 3, 6, 9 and 12 months after classes start, I will complete online questionnaires on a computer. These questionnaires will take about an hour to complete. The questionnaires will be about health, mood, stress, and my physical and emotional well-being. I will also be asked to provide feedback about the classes, instructors, and study assessments. If I feel uncomfortable answering some of these questions, I may decline to answer them. If I have problems completing the online survey, I can call the study phone line for help. Each week while study classes are occurring (15 times total), I will complete a short questionnaire online about the intervention and my experiences, mood, and physical and psychological symptoms. It will take about 10 minutes to complete. If I do not complete this online each week, I may be asked to complete it when I come to class. If I prefer to come to UCSF during normal business hours to complete any of the online questionnaires, I can schedule this with study staff. Depending on my preference, I may receive a text message, email, or phone call to remind me to complete these surveys.

10. Feedback on the course: One of the goals of this study is to get my feedback on the course so study investigators know what is working and what could be improved. Approximately 5 times during the course, I will be asked to provide feedback about how useful the class was for me by completing a short questionnaire. I may also be asked to do a brief interview (about 10 to 15 minutes) with study staff to provide feedback about the classes. Interviews will happen up to three times during the course. The exact times will be arranged by study staff at times that work for me. I will also be able to choose whether to do this by phone or in person.

10. Secure email: To protect my privacy, study staff are required by University policy to use the UCSF Secure Email System to email me. If I choose to participate in this study, I will be asked to create an account and choose a password. I will be provided instructions for how to use the secure email system. If I need help, I can ask study staff. If I have no access to email, study staff will work with me to help provide access to a study computer and/or set up other ways (like phone calls and mail) to communicate with me.

11. Home glucose monitoring: If I am on diabetes medications other than metformin alone, I will need to monitor my blood sugar at home using a glucometer on a regular basis (e.g. once a day). I will record the numbers in the weekly class survey. These will be reviewed by the study team and I may be asked to speak with the study doctor to review my medications, diet, etc., if there are concerns that my blood sugar is too low or too high.

12. Consultations with study doctors: Because the course may help reduce my blood glucose levels or blood pressure, study doctors may suggest reducing my diabetes and/or blood pressure medications. Study doctors will be available before many classes, particularly in the first month of the course, to go over my diabetes control, blood pressure, and medications. I may be asked to arrive up to 45 minutes before a class in order to see a study doctor. Study staff will go over scheduling these doctor check-ins in advance. The main goal of these check-ins with study doctors will be to make sure that improvements in my glucose levels or blood pressure that may occur during the course are monitored and that suggestions are made if needed to help prevent the medicines from lowering my blood glucose or blood pressure too much. How
frequently I need to have doctor check-ins will depend largely on how my glucose levels are doing during course. Study doctors may also go over information they suggest I talk to with my regular doctor about. If I have symptoms or concerns that I want to discuss with the study doctor, I can schedule a time with study staff to do this. For urgent concerns related to the study, I may page one of the study doctors.

11. Coordination with my personal doctor: Because the study doctors may recommend that I reduce my diabetes and/or hypertension medications, it is important that my personal physician know that I am participating in this study. The researchers will inform my doctor that I am participating in this study. They will also let my doctor know if the study doctor recommends any reductions to my medications and the reason for the recommended changes. Copies of my laboratory tests such as my fasting glucose and HbA1c will be sent to my physician. Similarly, my personal doctor may inform the study doctor about any medication changes he/she makes or other medical information about me that might be important to my safety. I will sign forms authorizing the study doctor/researchers and my personal doctor to communicate about my medical care.

12. Use of insulin: I am being asked to participate in this study because I am not on insulin and do not currently have plans to start insulin in the next year. However, I am free to begin insulin at any time. This decision should be made with my personal physician. If I start insulin during the course of the study, I can continue to participate in the study, but may need to make some modifications to my diet.

13. Audio recording: Class sessions will be audio recorded to assess the course leader. A recorder will be placed in front of the class, nearest to the instructor. The purpose of the recording is to capture the instructor’s voice and assess his/her effectiveness in teaching the class materials. However, there is a possibility that my voice may be recorded. I have the option to either sit in the back of the room, or stop the recorder while I am speaking if I do not want to be audio recorded. All recordings will be destroyed after they have been completely transcribed. Any information that links my identity to the voice on the tape will not be included in the transcribed data. If I miss class and wish to listen to the class recording, I can arrange a time with study staff to come into the office to do this.

How will my blood samples be stored and used?
My blood will be sent for to Quest laboratories immediately for testing (e.g. for glucose, cholesterol, and hormones).

Will my blood be saved for future use?
No.

Will genetic testing be done on my blood or other specimens?
Yes. My saliva sample will be tested for genetic variability related to study outcomes.

Will I receive my test results?
If I wish, I will receive results of standard health measures: HbA1c, fasting glucose and insulin, cholesterol etc. I will not be given the results of the genetic tests done on my saliva sample, as these tests are for research purposes only.

How long will I be in the study?
My participation in the study will take about 12 months.

Can I stop being in the study?
Yes. I can decide to stop at any time. I will just tell the study researcher or staff person if I wish to stop being in the study. Also, the study researcher may stop me from taking part in this study at any time if he or she believes it is in my best interest, if I do not follow the study procedures, or if the study is stopped.

What side effects or risks can I expect from being in the study?
1. Venipuncture: The risks of drawing blood include temporary discomfort from the needle stick, localized bleeding and bruising, lightheadedness, and rarely, fainting or localized infection.

2. Weight measurements: There is no risk involved in measuring weight though it does require measurement while wearing only a gown and underclothes which may cause me to feel uncomfortable. Also, if I do not lose weight as I hoped, I may feel uncomfortable being weighed. Measurement will be done by a trained research assistant in a private room.

3. Questionnaires: Some of the questions may make me uncomfortable or upset, but I am free to decline to answer any questions I do not wish to answer or discontinue my participation at any time.

4. Randomization: I will be assigned to a group by chance. The group I am assigned to may prove to be less effective or to have more side effects than the other group or than other available programs. This will not be known until after the study is completed and the data have been analyzed.

5. Low glucose or blood pressure. Carefully following the diet and lifestyle recommendations in this program may improve my glucose levels and/or blood pressure. If I am on certain diabetes or blood pressure medicines, however, this may involve some risk that my glucose or blood pressure will drop too low. If my blood pressure is too low, I may get lightheaded (especially when standing up suddenly). If my blood glucose is too low, I may have trouble thinking, get sweaty and anxious, or other symptoms of low glucose. If serious low glucose develops and is not treated (for example by eating something) I could even develop hypoglycemic coma. To limit the risk of these problems, I will need to check my blood glucose levels and work with study doctors if my glucose is too high or low. Study staff will also want to check my blood pressure. While study staff and doctors will work carefully to prevent problems, medication related problems are still possible. Study investigators estimate the risk of serious problems like developing hypoglycemic coma to be less than 1%.

6. Low-carbohydrate diet: If I am in the low-carbohydrate group, I may experience some side effects when I first reduce the amount of carbohydrate in my diet. These include constipation, headache, halitosis (bad breath), muscle cramps, diarrhea, general weakness, and rash. These symptoms usually go away after the first couple weeks on the diet. If these problems occur, I can talk to the instructor or study staff either by phone or at the next class. If my concerns or side effects are severe, I can speak to the study physician. Suggestions for how to handle side effects will be discussed in the first class, and throughout the course as needed. I will receive handouts with suggestions for avoiding these problems.

7. Dietary changes: I could find it difficult or time-consuming to change my diet. I may find that I need or want to spend more time shopping for or preparing food, including learning new recipes or ways of preparing food. Also, my friends or family may not support the changes I am making to my diet or lifestyle. If this happens, I can speak to my class instructor or study staff about this. How to respond to unsupportive family or friends will be discussed in the first class, and throughout the course as needed.

8. Audiorecording: My voice might be recorded in the audiorecordings. If I do not wish my voice to be recorded, I have the option to sit in the back of the room where there is less likelihood that my voice will be recorded, or I can ask to have the audiorecording stopped when I am speaking.

9. Home assignments: I may find it inconvenient to complete the home assignments for the class. Also, I could experience distressing emotions during some of the home assignments. If this happens, I can stop the exercise and speak to the instructor or study staff either by phone or at the next class. Suggestions for how to handle difficult emotions that come up during home assignments will be discussed in the first class, and throughout the course as needed.

10. Study visits: Participating in the study may be an inconvenience. Every effort will be made to schedule interviews at convenient times for me.
11. **Time required**: During the 15 weeks that I am coming to study classes, I could spend up to 8 hours per week on study-related activities. This includes 2 hours in class, time spent traveling to and from class, 15-30 minutes of home assignments per day, completing weekly surveys, and time spent shopping and preparing food.

**What happens if I am injured because I took part in this study?**

It is important that I tell the Principal Investigator, Dr. Frederick Hecht, if I feel that I have been injured because of taking part in this study. His email is rhecht@php.ucsf.edu and his phone number is 415-353-9743. I may also contact Dr. Laura Saslow, the Project Director, at (415) 514-8476 or saslowl@ocim.ucsf.edu.

**Treatment and Compensation for Injury**: If I am injured as a result of being in this study, treatment will be available. The costs of such treatment may be covered by the University of California, depending on a number of factors. The University does not normally provide any other form of compensation for injury. For further information about this, I may call the office of the Committee on Human Research at 415-476-1814.

**Are there benefits to taking part in the study?**

I will receive possible benefits of taking part in this study. These may include improved diabetes control, reduced need for diabetes medications, weight loss, reduced risk for diabetes complications, and decreased feelings of stress. The information that I provide may also help health professionals better understand how these programs can help people with diabetes improve their health, mood, and lower their risk for diabetes complications.

**What other choices do I have if I do not take part in this study?**

I am free to choose not to participate in this study. If I decide not to take part in this study, there will be no penalty to me. I will not lose any of my regular benefits, and I can still get care the way I usually do. If I do not participate, it will not affect my ability to participate in other programs at the UCSF Osher Center. There are a variety of diabetes education and support programs in the community I can participate in if I choose not to be part of this study.

**Will information about me be kept private?**

Participation in research may involve a loss of privacy, but information about me will be handled as confidentially as possible. The researchers will do their best to make sure that the personal information gathered for this study is kept private. However, they cannot guarantee total privacy.

A loss of privacy may occur as a result of my participation in the group intervention. To minimize this possibility, the research staff will request that participants do not talk to others outside the group about information disclosed by other group participants.

If information from this study is published or presented at scientific meetings, my name and other personal information will not be used. My personal information may be given out if required by law. Organizations that may look at and/or copy my research records for research, quality assurance, and data analysis include:

- UCSF Committee on Human Research

Research records will be kept as confidentially as possible. All specimens as well as data collected will be coded (no names will be used). Questionnaire responses are confidential and will not be shared with people outside the study. Questionnaires will be reviewed, however, and if I am experiencing suicidal thoughts study staff may contact me to discuss my responses and refer me for further care. If I indicate during the study that I am experiencing suicidal thoughts and am thought to be at risk of harming myself, study staff may be ethically required to break confidentiality in order to ensure my safety.
Laboratory results such as my fasting glucose and HbA1c will be sent to my physician, and he/she will also be informed if the study doctor recommends any reductions or changes to my diabetes or blood pressure medications. The results of my study questionnaires will be kept confidential and will not be shared with my physician. The results of the genetic testing being done on my saliva sample will not be shared with my personal physician.

**What are the costs of taking part in this study?**
I will not be charged for any of the study treatments or procedures.

**Will I be paid for taking part in this study?**
In return for my time and effort, I will be paid for taking part in this study. I will receive these payments in cash after most study assessment visits. I will not be paid for attending group program sessions. I will receive $15 for each of the in person follow-up visits at 3, 6, and 12 months, plus $10 for the online surveys associated with these visits. I will not be paid for completing the screening and consent visit.

**Study completion payment:** Completing follow-up visits is critical to the success of the study. If I complete the 12-month visit, I will be eligible to receive a payment for completion of prior visits. I will receive $10 for each of the following assessments I have completed: the 3, 6, and 12 month visit and the associated online surveys for these visits, for a total possible bonus of $30. With this payment, I could receive a total of $105 over the course of the study if I complete every assessment.

If needed, I can also get parking vouchers or transit reimbursement up to $10 for study visits. There are no parking vouchers for the group meetings, when street parking is easily available. I can get assistance with transportation costs for the class sessions if needed, up to $10 per session.

If I move or am otherwise unable to come to UCSF for follow-up visits, but complete questionnaires online and get a blood draw at a Quest lab in my community, I will receive $15. If I am not willing or able to do online questionnaires and a blood draw at a Quest lab, I will be asked to respond to an email or phone call inquiry at each of the remaining follow-up time points about my current diet, diabetes control and medication, my weight and whether I have started another diet approach.

If, for some reason, the researchers cannot use cash to pay me, the researchers may pay me via check. If I am paid by check I will need to provide my social security number, and it may take 4-6 weeks to receive my payment.

**What are my rights if I take part in this study?**
Taking part in this study is my choice. I may choose either to take part or not to take part in the study. If I decide to take part in this study, I may leave the study at any time. No matter what decision I make, there will be no penalty to me in any way. I will not lose any of my regular benefits, and I can still get my care from UCSF the way I usually do.

I will be told about new information or changes in the study that may affect my health or willingness to continue in the study.

**Who can answer my questions about the study?**
I can talk to the researchers about any questions or concerns I have about this study. I can either contact the Principal Investigator Dr. Frederick Hecht (rhecht@php.ucsf.edu; phone number 415-353-9743) or Dr. Laura Saslow, the Project Director, at (415) 514-8476 or saslowl@ocim.ucsf.edu.

A description of this clinical trial will be available on http://www.ClinicalTrials.gov, as required by U.S. Law. This Web site will not include information that can identify me. At most, the website will include a summary of the results. I can search this website at any time.
If I have any questions, comments, or concerns about taking part in this study, I will first talk to the researchers above. If for any reason I do not wish to do this, or I still have concerns after doing so, I may contact the office of the Committee on Human Research, UCSF Institutional Review Board (a group of people who review the research to protect participant rights).

I can reach the CHR office at 415-476-1814, 8 am to 5 pm, Monday through Friday. Or I may write to: Committee on Human Research, Box 0962, University of California, San Francisco (UCSF), San Francisco, CA 94143.

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CONSENT

I have been given a copy of this consent form to keep.

PARTICIPATION IN RESEARCH IS VOLUNTARY. I have the right to decline to be in this study, or to withdraw from it at any point without penalty or loss of benefits to which I am otherwise entitled.

If I wish to participate in this study, I should sign below. I will be asked to sign a separate form authorizing access, use, creation, or disclosure of health information about me.

Date
Participant's Signature for Consent

Print name of Participant

Date
Person Obtaining Consent

Print name of Person Obtaining Consent

Future contact with this study:
☐ This consent form only covers study assessments up to 14 months. If researchers are able to follow up with participants in this study in future years, they will contact me if I check this box.

Future contact for other studies:
☐ There are other studies that I may be eligible for in the future. UCSF may contact me to invite me to participate in other research studies if I check this box.