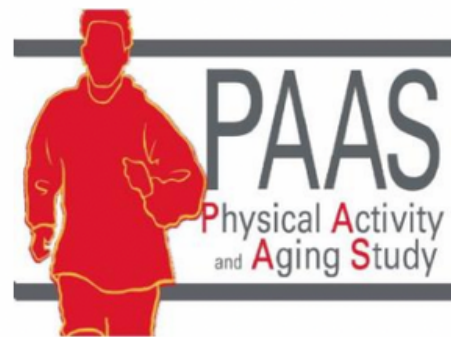


Newsletter

Fall 2022



Summer Wave



54% of those that participated with us this summer are new!

Welcome to PAAS

Please join us in offering a warm welcome to **Elena Martínez-Rosales**, a PhD from Spain who is doing a research stay with us.



We are on Social Media!



Click on the icons to visit our page!

Dear PAAS participant,

We hope this newsletter finds you in good health and high spirits! We've had a productive semester in PAAS this summer. As you can see on the left, the number of participants we had was 63!. It has been a pleasure catching up with some familiar faces, as well welcoming around 34 new participants to the PAAS family.

We are thankful for your unwavering support for the study, and we look forward to continuing this fruitful relationship for many years to come. For those of you who have not returned for follow-up assessments in quite some time, please check your old e-mails and/or junk inbox for an invitation from the PAAS account. We have reached out to all actively-registered participants, but we think some of you may have missed this invitation. Alternatively, you can reach out to us directly via e-mail (paas@iastate.edu) or by phone (**515-294-4253**) to schedule your spot on an upcoming assessment wave.

Yours in health,
The **PAAS** Team
paas@iastate.edu

974*

2220 total visits

*participants who have completed at least 1 visit



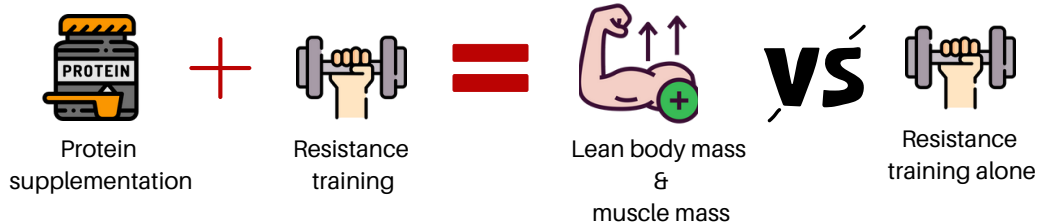
Our Project Manager, **Joey Saavedra**, was interviewed by Hello Iowa about the Physical Activity and Aging Study and the work we do at our lab.

To check the video,
[click here](#)



DID YOU KNOW?

A recent meta-analysis by Ferreira et al (2022) found that a combination of



Protein supplementation plus resistance training induces greater increases in lean body mass compared with resistance training alone

READ MORE

New Research Findings from PAAS

Associations of Daily step counts and Sitting Time with Gastroesophageal Reflux Disease in Older Adults

Bong Kil Song, Elizabeth Lefferts, Joey M. Saavedra, Duck-chul Lee, FACSM

What's Gastroesophageal Reflux Disease (GERD)?

It occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of your esophagus. Many people experience acid reflux from time to time.



Take home message

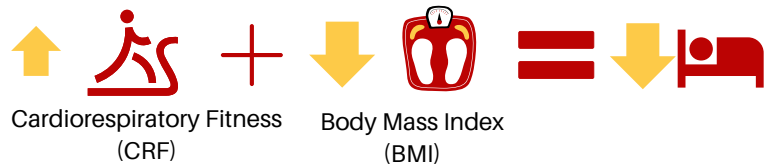
"Higher daily steps combined with least sitting time is more strongly associated with a lower prevalence of GERD"

Association of Body Mass Index and Cardiorespiratory Fitness with Sleep Apnea in Older Adults

Joey M. Saavedra, Elizabeth Lefferts, Bong Kil Song, Duck-chul Lee, FACSM

What's sleep apnea?

Sleep apnea (SA) is a common condition in which your breathing stops and restarts many times while you sleep. This can prevent your body from getting enough oxygen.




Take home message

"Maintain a normal BMI (healthy body weight) to reduce the likelihood of SA in older adulthood, but don't discount the potential added benefits of high CRF"

[click here to view the posters](#)

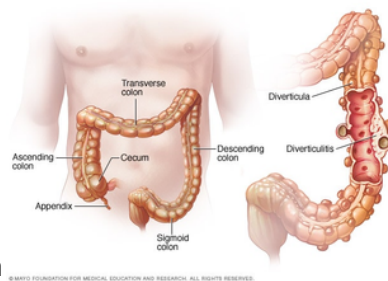
Associations between cardiorespiratory fitness and diverticulitis in older adults

Bong Kil Song , Joey M. Saavedra, Elizabeth C. Lefferts, Angelique G. Brellenthin, Duck-chul Lee

What's diverticulitis?

When one or more of the pouches (diverticula) become inflamed, and in some cases infected, that condition is known as diverticulitis.

Diverticulitis can cause severe abdominal pain, fever, nausea and a marked change in your bowel habits



[click here to view the paper](#)

Take home message

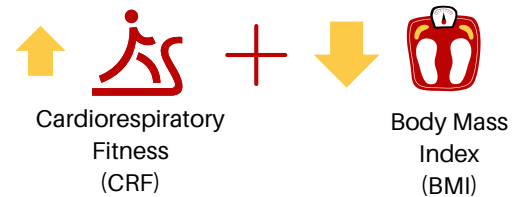


Figure 1

Shows the results from the joint analysis of CRF and BMI on diverticulitis. This study compared groups into different categories: "unfit and overweight/obese" group, the "fit and overweight/obese," "unfit and normal weight," and "fit and normal weight" groups.

Older adults who maintain higher CRF and lower BMI may have significantly lower prevalence of diverticulitis.

