



Welcome to the LEAP Study Participant Newsletter!

Issue 2. Annual Edition 2024

Hello LEAP study participants! This edition of the newsletter is long overdue, but we are excited to share news about the study progress and exciting developments.

As always, we thank you for your dedication to the study and wonderful contributions to helping us learn more about how we can help people lose weight. Without your participation, the trial would not be possible—and that is true for each and every person!

LEAP Gets Ready for SLEAP



In an innovative approach to understanding obesity treatment, the SLEAP study (Sleep ancillary to the Long-term Effectiveness of the Anti-obesity medication Phentermine) delves into the sleep patterns of individuals undergoing phentermine treatment for obesity. Spearheaded by Dr. Faris M. Zuraikat and



Dr. Faris Zuraikat

supported by the National Institutes of Health, SLEAP aims to explore the lesser-known effects of long-term phentermine use on sleep quality and its subsequent impact on weight management. “It is becoming increasingly evident that sleep is

another important factor for weight management,” says Dr. Zuraikat. “How long individuals sleep at night has a causal impact on their daytime caloric intake and activity levels. Given that changes in body weight are a direct result of the balance between calories consumed and burned, we think that achieving better sleep during obesity treatment will lead to better weight loss outcomes.”

While the LEAP study is primarily interested in understanding the long-term implications of this widely used medication on body weight, we know very little about its long-term implications on sleep. The SLEAP study enriches the LEAP trial by adding home-based sleep assessments to evaluate whether different aspects of sleep, such as the length or depth of sleep, could be affected by phentermine and their role in energy balance and heart and metabolic health.

Participants, recruited from those already enrolled in the LEAP trial, will undergo comprehensive sleep evaluations using wrist monitors and home sleep tests. Dr. Zuraikat notes that this research will “help us learn whether there are factors that influence how much or how little the medication influences one’s sleep. Identifying factors that are associated with the degree to which phentermine impacts sleep could help guide treatment approaches.” By examining the timing of medication dosing and its effects on

sleep quality, SLEAP aims to provide critical insights into optimizing obesity treatment protocols for improved health outcomes.

This groundbreaking research not only promises to fill a significant gap in our understanding of phentermine's long-term effects but also paves the way for a more holistic approach to obesity management, considering the intricate relationship between sleep, diet, and physical activity. If you can participate, you will also get a detailed report on your sleep patterns. Be on the lookout at your site for the opportunity to participate in this exciting addition to LEAP.

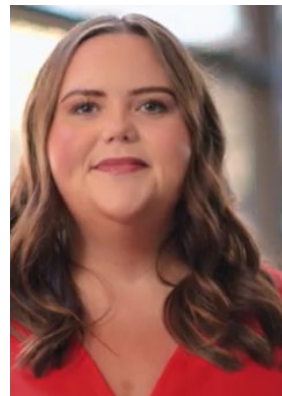
Who are the people in LEAP?

As a participant in LEAP, you might wonder if other people are experiencing a similar journey. We wanted to share some information with you about who else is participating in the study. Our study goal is to recruit 900 participants. We are over halfway there and anticipate completing enrollment by the end of September. Here are some stats on who is currently enrolled in LEAP.

Characteristic	Average or Number (%)
Age, years	48.9
Male	147 (28.5%)
Female	368 (71.5%)
Race	
Black	93 (18.2%)
White	350 (68.6%)
Biracial	15 (2.9%)
Asian	12 (2.4%)
Native American or American Indian	3 (0.6%)
Other	37 (7.3%)
Spanish, Hispanic, or Latino origin	72 (14.2%)

Our goal is to recruit a diverse participant pool, and it appears that we are well on the way!

A LEAP Hero: Stephanie Bowden in the 2024 Go Red for Women Class of Survivors



Stephanie is an assistant project manager at the Winston Salem, NC LEAP site. She was recently featured by the American Heart Association as part of the 2024 Go Red for Women campaign to bring attention to heart disease in women.

Stephanie Bowden's story is a powerful example of resilience in the face of heart disease. Diagnosed with hypertrophic cardiomyopathy at just 11 years old, Stephanie, now 27, has navigated life with this genetic condition, which also affected her sister. Despite undergoing open-heart surgery and facing the challenge of atrial fibrillation, Stephanie's spirit remains unbroken. Working in clinical research, she's dedicated to supporting heart disease research and living a heart-healthy lifestyle. Her journey is a testament to the strength and determination of those living with heart disease, inspiring women of all ages to support and empower one another. For more on her story, visit Go Red for Women's website ([2024 Go Red for Women Class of Survivors: Stephanie Bowden | Go Red for Women](#)).