

Scan the QR code for  
electronic flyer



# DO YOU SUFFER FROM A SUDDEN URGE TO PASS URINE (URGENCY)?

**Volunteers needed for a research study looking at new ways to improve lower urinary tract symptoms (including urgency, frequency, nocturia, and incontinence) in women**

**What is the purpose of this Study?** This study will look to see if a supplement, MitoQ, can improve bothersome bladder symptoms that can occur with aging and metabolic syndrome (is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes).

**Who can participate?** English-speaking women aged 50 or older, who have had bladder symptoms including urgency for at least the past 3 months and fulfill the criteria for metabolic syndrome, which includes a BMI  $\geq 30$  or having excess body fat around the waist, and at least two of the following: high blood pressure, high blood sugar, or abnormal cholesterol or triglyceride levels.

**What is involved?** Participation involves taking 1-2 study pills daily for 4 months, 4 visits to UConn Health Center on Aging in Farmington, CT and bi-weekly phone calls. Voiding diaries and urine collections will be required. Study visits involve blood and urine testing, ECG, questionnaires, and vitals (blood pressure, pulse, temperature) There is no direct medical benefit from participation in this study. Others may benefit in the future from the knowledge we gain from this research.

**What is the study drug?** This research will administer an antioxidant vitamin called MitoQ to see if it will alleviate bothersome bladder symptoms in women. If you are eligible to participate, you will be randomly (like a flip of a coin) assigned to receive the MitoQ supplement or a placebo (A placebo looks exactly like the study drug, but it contains no active ingredient). You will be asked to take the study drug every day for 4 months.

Although MitoQ is a supplement available for purchase over the counter, it is not approved by the U.S. Food and Drug Administration (FDA) for the uses being tested in this study. The uses in this study are considered "investigational." However, the FDA has authorized the use of MitoQ in this research study.

**Will I be Compensated?** If you complete the screening visit and all 3 study visits, you will receive a total of \$250. Completion of study phone calls, at-home urine collections, and voiding diaries will also be required for compensation as part of your study involvement.

**For More Information Call (860) 679-3043**

**Study Principal Investigator:** Iman M. Al-Naggar, PhD, UConn Center on Aging **IRB# 24-066-2**

**Study Title:** Mito-LUTS: A Pilot Study of the Effect of MitoQ on Lower Urinary Tract Symptoms in Older Women with Metabolic Syndrome

**Funded by:** NIA/NIH UConn Pepper Center and  
The American Urological Association

**NCT# 06351683**

