BBMRI.at Sample Collection Profile

"INTERFAST cohort": an outstanding sample collection at Biobank Graz (Med Uni Graz)

"INTERFAST" stands for Intermittent Fasting (i.e. a dietary regimen of alternating fasting and "feeding" cycles, e.g. practised by alternate day fasting) . The INTERFAST collection represents cohort of blood and urine samples from healthy donors who have undergone different types of intermittent fasting and is collected in the context of the INTERFAST project (www.interfast.at).

The cohort supports studies that aim to investigate the effects of repeating fasting periods on human physiology, aging process and molecular cellular processes in humans.
This includes both studying

- long term effects of fasting (as donors are included in the cohort, who already practice alternate day fasting (ADF) for a defined time period) as well as
- short term effects of this nutritional intervention (i.e. intermittent fasting).

The INTERFAST cohort comprises serum, plasma and urine samples.

Profile of the INTERFAST Cohort:

Disease Area **Research Area**	Intermittent fasting, alternate day fasting (ADF), effects on autophagy, human physiology, aging process and molecular-cellular processes
Sample Types	Serum, plasma and urine samples stored at -80°C
Cohort Size	90 donors: • 30 subjects cohort - 2 study visits • 60 subjects RCT - 4 study visits
Donors	Cohort (Alternate day fasting for at least 6 months before the start of the trial – 30 subjects) as well as randomized control-trial (60 subjects – randomized to either intervention group (alternate day fasting) or control group with no intervention 1:1). Adults 35 - 65 years; ratio female:male = 57:43 Further inclusion criteria: • Body mass index in the range of 22.0 – 30.0 kg/m2 • Fasting blood glucose <110mg/dL (without medication) • LDL-cholesterol <180 mg/dL (without medication) • Blood pressure <140/90 mmHg (without medication) • Stable weight (change <± 10%) for 3 months immediately **Exclusion criteria:** see INTERFAST cohort details >>
Associated Data	• Demographics • Medical history • Concomitant medication • Vital signs • Physical examination • Blood sampling with oral glucose tolerance test (oGTT) • Electrocardiogram (ECG)
Informed Consent	Broad Biobank IC (view template de>>; view template en>>), specific study IC
Access	Cooperation preferred
Quality Standards	Quality management: ISO 9001:2015 (SOPs)
Contact	• **Principle investigator**: Assoc.-Prof. Dr. Harald Sourij • **Email:** biobank-pm@medunigraz.at

Publication: "Intermittent Fasting (Alternate Day Fasting) in Healthy, Non-obese Adults: Protocol for a Cohort Trial with an Embedded Randomized Controlled Pilot Trial" (Advances in Therapy, August 2018, Volume 35, Issue 8) ... download

Media article: ORF REPORT: "Life-threatening sick: new rapid test"... more

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View this and other cohorts from Biobank Graz in the BBMRI-ERIC Directory >>

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