

## Can long-term weightlifting affect eye health?



**Researchers at the School of Optometry and Vision Science at UNSW are seeking volunteer research participants to take part in a study that aims to determine whether weightlifting affects the health of the back of the eyes.**

We are recruiting both non-weightlifters (for our control group) and weightlifters (gym-based strength training).

### The study might be a good fit for you if you:

- are aged between 18-30 years old
- are in good health and not taking any medication.
- have healthy eyes
- able to read and comprehend English
- are involved in weightlifting/gym-based strength training for at least 1 year and at least 3 times per week OR have never been involved in weightlifting/gym-based strength training (control group)
- are willing to undergo the tests outlined in the information statement
- are willing to be notified of any eye health findings that may be detected

**The study is not suitable if you have any of the following:** reduced vision, any eye disease/condition, family history of glaucoma, moderate to high degree of short (myopia) or long (hyperopia) sightedness, history of a severe eye injury or surgery, any systemic medical condition, history of migraines, history of severe blood loss, taking any medication.

### If you decide to take part, you will need to:

- Attend a one-off, 20-minute visit at the UNSW Optometry clinic where you will:
  - Complete a short questionnaire.
  - Have your vision checked with a letter chart and a peripheral vision check.
  - Have the front of your eyes checked and your eye pressure measured.
  - Have a photo and a 3D scan of the back of your eyes.

A full description of all research activities will be included in the Participant Information Statement and Consent Form that will be sent to you if you express interest. Please note there are no costs associated with participation in this research study, nor will you be paid.

Please contact either of the following student investigators via email or phone to register your interest in taking part in the research.

Investigator Name	Email Address	Telephone
Jonathan Teng (Student Investigator)	jonathan.teng@student.unsw.edu.au	+612 9065 7355
Zachary Pheng Peuo (Student Investigator)	zachary.peuo@student.unsw.edu.au	+612 9065 7355

If you have questions about the research and would like to contact the chief investigator, please contact:

Anna Delmadoros (Chief Investigator)	A.Delmadoros@unsw.edu.au	+612 9065 7355
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