

Do You Have an Alcohol Use Disorder and Want Treatment?

Researchers at the National Institutes of Health, in Bethesda, Maryland are seeking individuals with an alcohol use disorder to participate in a study.



This research study is investigating if eating a ketogenic diet (including high fat, low carbohydrate shakes) will have an effect on symptoms of alcohol withdrawal and on brain function in patients with alcohol use disorder undergoing inpatient treatment of alcohol detoxification.

You may be eligible for this research study if you:

- Are 18-75 years old and willing and able to provide written informed consent
- Have a moderate to severe alcohol disorder and are seeking treatment for your alcohol use

Research study procedures:

- You will complete a screening visit which includes a physical exam, medical history including alcohol and drug use, MRI scan, blood work, and urine sample.
- You will participate in our inpatient alcohol treatment program at the NIH Clinical Center.
- As an inpatient in our alcohol treatment program you will be randomly assigned to a meal plan for 3 or more weeks.
- The meal plan will consist of a ketogenic diet (high fat, low carbohydrates) or standard American diet.
- Your activity level and sleep patterns will be monitored.
- We will also collect blood samples and perform research MRI scans.

Compensation and Travel costs:

- You do not need to pay to participate in this research study.
- You will receive inpatient alcohol detoxification and treatment at no cost.
- NIH will provide travel to and from the NIH Clinical Center within the United States.
- You will be financially compensated for your participation.

The NIH Clinical Center, America's Research Hospital is located in Bethesda, Maryland on the Metro Red line (Medical Center Stop).

For more information, call:

1-800-411-1222

TTY-1-866-411-1010

online: <https://go.usa.gov/xRefA>

Refer to study 17-AA-0152



National Institute
on Alcohol Abuse
and Alcoholism

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