

The effects of Glucagon-Like Peptide 1 on gastric emptying in healthy volunteers with normal or low blood glucose levels

ACTRN12611000973910

Status	RECRUITING
Phase	Phase 2
Sponsor	Dr Mark Plummer
Enrollment	10 participants

Plain Language Summary

This study is looking at how a gut hormone called Glucagon-Like Peptide-1 (GLP-1) — used in some diabetes treatments — affects how quickly the stomach empties. Specifically, researchers want to know whether GLP-1 continues to slow stomach emptying even when blood sugar drops too low. This is important for understanding the safety of GLP-1-based diabetes medications.

You may be eligible if:

- You are a healthy volunteer between 50 and 80 years old
- You are not vegetarian (the study involves eating a beef meal)
- You do not have diabetes

You may NOT be eligible if:

- You have diabetes or a blood sugar control problem
- You have had stomach or bowel surgery
- You have migraines or seizure disorder
- You are pregnant, breastfeeding, or of childbearing age without adequate contraception
- Your BMI is above 32, or you smoke more than 10 cigarettes per day

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Healthy volunteer between 50 and 80 years of age.

Exclusion (15)

- Unable to give informed consent;
- Vegetarian (as the study involves the consumption of a beef meal);
- Diabetes mellitus;
- Glycated haemoglobin (HbA1c) > 6.5%;
- Migraine or seizure disorder;
- ... and 10 more (see full listing online)

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000973910>

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