



The Genetics of Liver Fat (GoLF) Study

A study to better understand how the level of fat in the liver might contribute to the risk for type 2 diabetes

WHY IS THIS STUDY BEING DONE?

- Diabetes affects more than 30 million people in the United States.
- The prevalence of diabetes is twice as high in the Latino population compared to non-Hispanic whites and has increased over the last 20 years.
- Your risk for diabetes is partly determined by genes.
- The liver plays an important role in regulating blood sugar.
- About 80% of people with diabetes have fat in the liver.
- This study will look at how differences in genes may determine why some people are more likely to develop fat in their liver and how the level of fat in the liver may contribute to the risk for developing type 2 diabetes.
- This is a collaborative study between Kaiser Permanente Southern California (KPSC) and University of Southern California (USC), sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).



WHAT IS INVOLVED IN THE STUDY?

- You will come to USC for three study visits that will include lab and imaging scans.
- Lab tests include blood sugar tests and other blood tests for liver fat.
- Imaging scans include a MRI and DXA scan.
- All tests are free and neither you nor your health insurance or health plan will be billed for taking part in this study.
- You will be compensated for your participation in this study.
- More details are in the FACT SHEET or call our study team for more information.



AM I ELIGIBLE TO PARTICIPATE?

To participate in this study, there are certain requirements. If you answer ‘yes’ to the following questions, then you will most likely qualify.

- You are an adult age 18 years or older?
 Yes No
- You are Hispanic/Latino of Mexican descent?
 Yes No
- You do NOT have diabetes?
 Yes No



Additionally, your participation may be particularly important if any of the following questions apply to you.

- Did you have diabetes during pregnancy?
 Yes No
- Are you related to someone who had diabetes during pregnancy?
 Yes No

Detailed eligibility will be determined by phone and in-person screening.

WHO IS PERFORMING THIS STUDY?

Kaiser Permanente Southern California Researchers (KPSC)

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HOW CAN I LEARN MORE ABOUT THIS STUDY?

You may call our study team at **(323) 313-2741**

**FOR YOUR CONVENIENCE, WE OFFER
FREE PARKING AND FLEXIBLE WEEKDAY AND
WEEKEND APPOINTMENTS**

