

**The measurements we regularly perform in the LEA Lab are described below. Not every measurement is used in every study.**

**Urine sample:** We will ask you to provide a urine sample in a cup, just like at the doctor's office. It will go to a lab to measure how your kidneys are working. We will confirm you are not pregnant.

**Height and weight:** We will use a scale and measuring stick to measure your height and weight, just like at the doctor's office.

**Body composition scan:** A machine will measure the amount of your body that is muscle, fat, and bone. You will be asked to lie still on a table while the scanner goes over your body. There is a small amount of radiation exposure during this test. The amount is not known to be harmful. It is less radiation than you get if you travel across the country in an airplane.

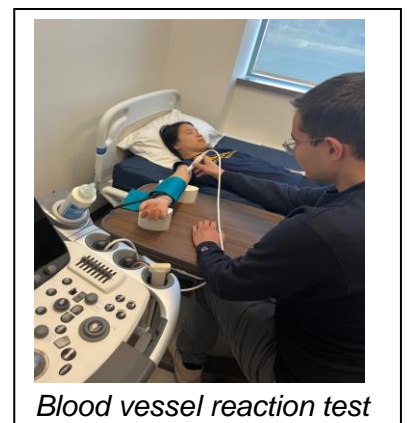


**Blood vessel health:** This 2-part test tells us how moves around in your blood vessels and how fast blood travels throughout your body. This test uses a cuff that you will wear around your arm and leg and a small pen-like probe on your neck. The cuff is like a cuff used to measure blood pressure at the doctor's office. The probe sits on top of your skin. You cannot do either portion of the test if you have an irregular heartbeat or have aortic or carotid stenosis, that is, the narrowing of the major blood vessels in your heart or neck. You can only do 1 portion of this test if you have a double mastectomy or peripheral arterial disease (PAD).



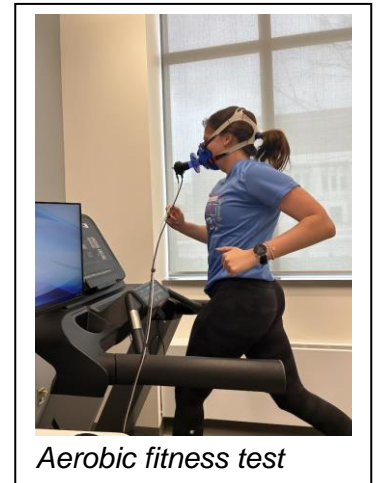
**Resting energy use rate:** You will relax quietly with a mask over your nose and mouth. A picture of the mask is shown next to the description of the aerobic fitness test. While you are still and relaxing - but don't fall asleep! - the air you breathe out will be measured to tell us how much energy you are using.

**Blood vessel reaction:** This test tells us how your blood vessels respond and how reactive they are. You cannot do this test if you have had a double mastectomy. We will place a blood pressure cuff around your lower arm. We will pump up the cuff and leave it inflated for 5 minutes. An ultrasound probe with gel will be placed on your upper arm. The gel is made of salt and water. We will release the cuff and see how the blood vessel changes once the cuff is released. The inflation feels like a tight squeeze and might be uncomfortable, and you can stop the

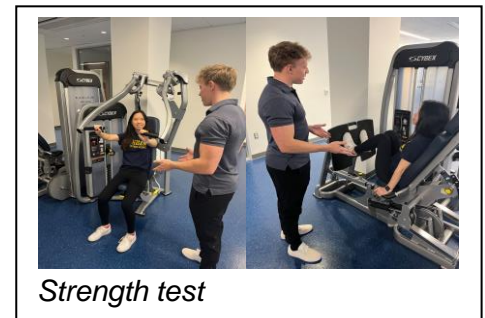


test at any time.

**Aerobic (cardio) fitness test:** The purpose of this test is to measure your aerobic fitness level. You will be asked to wear a mouthpiece. You will breathe in room air, and the mouthpiece does not affect the amount of air you are breathing. You will walk or run on a treadmill at a steady pace while we increase the incline every 2 minutes. You will keep going until you are exercising very hard and feel you can't walk or run anymore. You might feel tired or muscle strain because you will reach a very hard level of exercise at the *very end* of this test. You can stop this test at any time.



**Strength test:** We will measure your muscle strength by asking you to lift the heaviest weight you can lift with good form 5 times. We will measure strength in your upper body with a chest press and lower body with a leg press. You will get a warmup, and we will teach you how to do the exercise. You may feel muscle fatigue during this test, and you may be sore in the next day or two after the study visit.



**24hr blood vessel health measurement:** You will be asked to wear a cuff around your upper arm for 24 hours during the day after the study visit. The cuff will inflate and measure your blood vessel health every half hour during the day (~6am - 10pm) and every hour during the night (~10pm - 6am). The cuff might be annoying to wear all day and might irritate your skin. We will show you what to do if your skin is irritated and we will decide together how you will return the devices. We will continue to contact you if we do not receive the device back.



**Activity monitoring:** We want to understand your activity habits during an entire 7-day week. You will be asked to wear a small monitor the size of a matchbook or a USB drive on the front of your leg. The monitor does not tell us anything about where you are or what you are doing other than whether you are lying down, sitting, standing, or stepping. As you will wear the monitor all week, your skin might get irritated. We will show you what to do if your skin gets irritated and we will decide together how you will return the devices.

**Scheduling questions and surveys:** One goal of our lab is to make the visits easier for people to do. We will ask you a few questions about how we can help make it easier for you and other postpartum people to come in for a study visit and participate in health research. We use surveys to know more about you, your life, health habits, and your medical history (including pregnancy history).