

Volunteers Wanted for Our Glucose Study

Inclusion criteria:

We are looking for:

- healthy volunteers,
- Ages 22 to 60 years,
- all genders, ethnicities, and skin tones.

Study aim and description:

We have developed a novel optical technology that can measure blood glucose levels non-invasively – that is, without pricking the skin. Our method is based on infrared spectroscopy: light is directed onto the skin, and the glucose in the skin's tiny blood capillaries absorbs part of this light. By analyzing the reflected signals, we can determine the concentration of blood glucose. In this pilot study, we aim to evaluate the effectiveness of our method in humans.

Study procedure:

The study session lasts approximately **2 hours and 30 minutes**.

- Blood glucose is measured every 5 minutes using the non-invasive glucose sensor.
- At the same time, a reference measurement is taken using a small earlobe prick (a total of 29 samples).
- After about 20 minutes, participants will drink a glucose beverage (300 ml), and measurements will continue.

Preparation:

- Fast for 12 hours before the session (no food or drinks except water)
- Do not smoke on the day of measurement

Would you like to participate in our study and support our research?*

Session duration: ca. 3 h; **Number of study sessions:** 1-2 days

Location: TranslaTUM/Klinikum Rechts der Isar

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***Exclusion criteria:** Refusal to undergo the study ● Pregnancy or breastfeeding ● Documented or suspected metabolic or cardiovascular diseases ● Documented or suspected light allergy or light sensitivity ● Contact dermatitis or particularly sensitive skin ● Age under 22 or over 60 years ● Open or infected skin lesions ● Active systemic infection