

## Insert an Image into your Resource Content

### Key Concepts

1. Attach image files to resources
2. Insert images into resource content

Additional help is available at <http://labnodes.vanderbilt.edu/help> and at [labnodes@vanderbilt.edu](mailto:labnodes@vanderbilt.edu).

### Attach Image files to the Resource

1. Log in and navigate to the resource you wish to add an image to.
2. Click the **Actions** button and select **Edit**.
3. Attach the image to the resource by clicking **Add Files** at the bottom of the page or **drag/drop** the image into the box.

### Insert the Image into the Resource Content

1. Place the **cursor** in the resource content box where you wish to add the image.
2. Select the **image icon**.

**Content (optional)**

The use of the doubly labeled water (DLW) technique offers the best estimate of total energy expenditure (TEE) in free-living humans under routine conditions, therefore making it an ideal method for use in free living subjects because it is noninvasive and nonrestrictive. The technique involves the ingestion of water labeled with two stable isotopes of a single hydrogen ( $^2\text{H}_2\text{O}$ ) and oxygen ( $\text{H}_2^{18}\text{O}$ ). The method is based on the principle that after a loading dose of  $^2\text{H}_2^{18}\text{O}$ ,  $^{18}\text{O}$  is eliminated as  $\text{CO}_2$  and  $^2\text{H}$  is eliminated from the body as water. The rate of  $\text{CO}_2$  production, and, thus, energy expenditure, is calculated from the difference of the two elimination rates. DLW is an ideal method for use in free living subjects because it is noninvasive and nonrestrictive. The only requirement of subjects is to give urine and saliva specimens before and after drinking an initial dose of  $^2\text{H}_2^{18}\text{O}$ , and then return in one to two weeks to give a final urine specimen. During the period between the initial and final urine and saliva samplings, subjects are free to carry out their normal activities and are not required to maintain diaries or wear any devices. This is a safe procedure as the isotopes are stable and emit no radiation. Limitations of the DLW method include high cost (about \$1100/person), the need for specialized equipment and expertise to implement the techniques, and the fact that the method can only be used to measure expenditure over a long period of time (e.g. 10–14 days). Doubly labeled water has an error rate of about 5% over a 2-week period due to starting and ending conditions.

Words: 275

Use the Content field to provide rich descriptive text and images (to add images, first upload attachments below).

3. Select the attached image you wish to insert and click **Ok**.



4. Click **Update Document** at the bottom of the page.