

HEALTH NOTES

Remember when?

Remember diseases like polio, smallpox, and diphtheria? Most people today cannot remember when these diseases devastated populations of people—thanks to vaccines. According to a January 2011 report by the Centers for Disease Control (CDC), vaccines have completely eliminated polio, smallpox and diphtheria, along with more than 99% of the cases of tetanus, measles, mumps, and rubella.

In spite of the great impact vaccines have had on our American way of life, vaccines have come under attack in recent years. There are allegations of a link between a vaccine and other conditions. To date there is no medical or scientific research to back up these claims.

Although the polio vaccine has become commonplace, there are newer vaccines that are also making significant impacts. For instance, the pneumococcal vaccine has effected huge drops in meningitis and pneumonia.

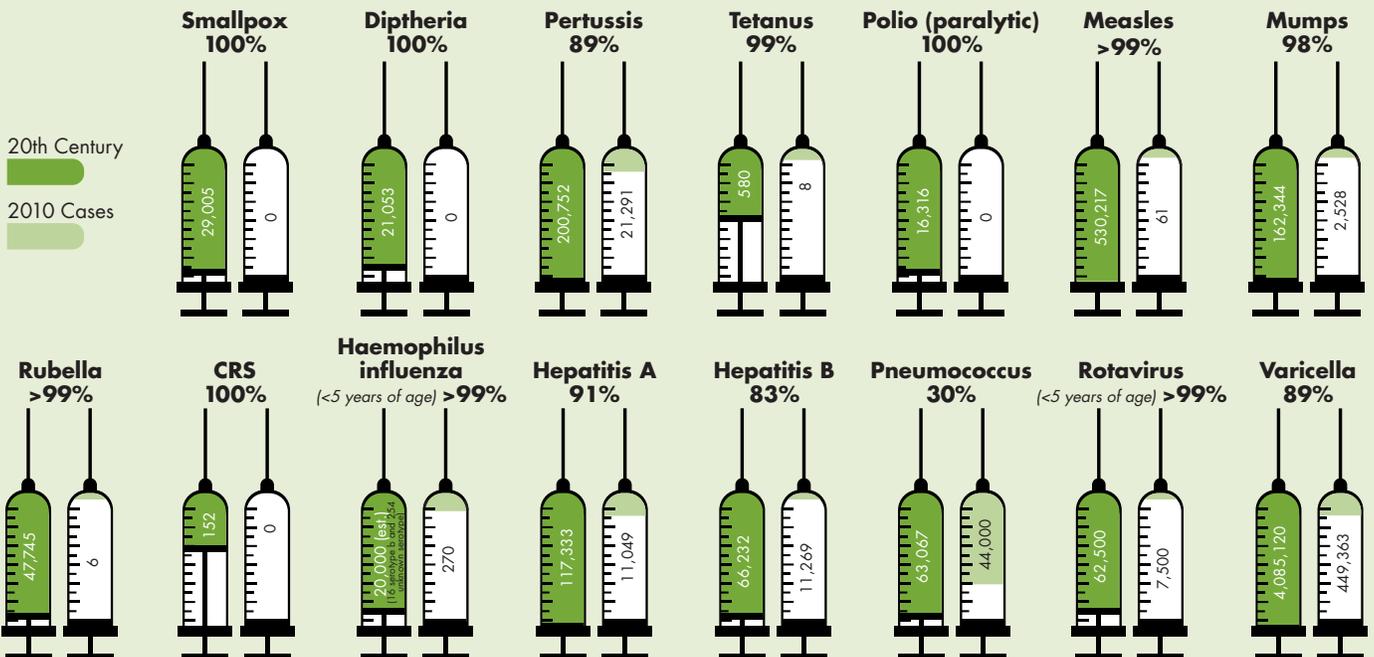
Still, false information and perceptions about vaccines keep the diseases alive. An April 2012 article in *Forbes Magazine* made the point that “one in four Americans believes there are safety

problems with vaccines, which experts say are among the safest medical products ever created.”

According to Otis Bradley, chief medical officer of the American Cancer Society, it’s disheartening that more people are not taking advantage of the vaccines that protect against Human Papillomavirus (HPV), the most common sexually transmitted disease. In *Forbes*, Bradley said, “It’s an insult that people are not looking at the evidence. It’s a tragedy that we could prevent people from dying from cervical and head and neck cancer but our society just can’t bring itself to have an open, rational, scientific discussion about the facts.”

Thankfully many of the fatal diseases that plagued our country a century ago have been wiped out through vaccines. We encourage you to support the continued research on vaccines. And, if you are between ages 16 and 26, or have a child or grandchild that age, make sure they’ve received the HPV vaccine. If they haven’t, call our office. By participating in our research study, they can receive an investigational HPV vaccine at no charge as well as compensation. For details, go to <https://www.clinicalresearchassociates.com/HPV>.

Impact of Vaccines in Past 100 Years (% Decrease in Disease)



Spring cleaning time!

We've all heard of "spring cleaning." In the 19th century, people had to keep their homes shut tight against the cold of winter. Months of being heated with wood and coal-fueled fires left the homes with smoke, soot and ash. At the first breath of warm spring air, the doors and windows were flung open and the house was cleaned.

Although central heat and air eliminate some of the need for deep cleaning, spring can be a great opportunity to start down a healthier path. Here are some ways to rejuvenate your body and health this spring:

Take up gardening. Gardening burns 250-350 calories an hour. For maximum benefits, garden three times a week for an hour at a time. Any activity that makes you sweat counts as exercise—from mowing the lawn to pulling weeds to hauling mulch. Rotate the gardening tasks every 20 minutes so all your major muscle groups get a workout.

Let your kids get dirty. This exposes them to common bacteria. When these bacteria routinely inhabit your body, they produce vitamins and proteins that we need. They help make our immune and gastrointestinal systems work better.

Beware of flip flops. They may be convenient but they make you more prone to stubbed toes, rolled or sprained ankles, tendinitis, blistering, arch pain, and stress fractures.

Consider replacing your pillows.

After five years, 10% of a pillow's weight contains allergy or asthma-provoking bacteria, pollen, fungi, mold and dust mites. Use protective cases to seal out allergens, and wash your pillowcases with hot water weekly.

Start walking. The American Heart Association recommends engaging in physical activity at least 30 minutes a day five days a week. Every hour of walking increases your life expectancy by two hours. This not only helps control your weight but boosts your mental health, enhances your immune system, and lowers your blood pressure. Do you have a job where you spend most of your time sitting? Consider walking on your lunch hour.



Are you distressed by what you eat?

If so, you may be a binge eater. Everyone "binges" at times. Who hasn't stuffed themselves at Thanksgiving dinner? But true binge eating happens more often than once a year. A binge eating condition involves eating a much larger amount of food in a shorter period of time than normal. As you are eating, you may also feel a lack of control. Binge eaters:

- Eat 5,000-15,000 calories in one sitting.
- Snack, in addition to eating three meals a day.
- Eat even when comfortably full or not hungry.
- Eat very quickly when bingeing.
- Eat alone often.
- Lose and gain weight repeatedly (called yo-yo dieting).

Binge eating can be emotionally painful. You may feel depressed, ashamed, and isolated.

Consider our new research study

If you feel your eating is out of control—and are concerned about it—you may have binge eating disorder. We are enrolling people ages 18-55 in a research study to evaluate an investigational medication and be asked to come in for 11 visits during the 15-week study. You will be compensated up to \$600.

The Good News About Alzheimer's

The thought of yourself—or someone you love—getting Alzheimer's strikes fear into most people. The good news is that several new drugs are being investigated. We are currently enrolling participants in a research study to evaluate an investigational medication for Alzheimers. To participate, you must:

- Be between the ages of 55 and 85
- Have been diagnosed with mild to moderate Alzheimer's.
- Have no history of stroke.

The study lasts a total of 78 weeks. Seven visits to our offices are required. You will be evaluating either an investigational medication for Alzheimer's or a placebo (inactive ingredient). Compensation is available.

Early Warning Signs of Alzheimer's

Below are 10 early signs of Alzheimer's. Keep in mind that some form of each of these is very common as we age. Go to the Alzheimer Association website at www.alz.org to learn more.

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, work or leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.

Springtime Resolution: Stop Smoking

It's never too late to stop smoking, and your body starts seeing positive benefits the moment you stop. To date, over 100 smokers have enrolled in our smoking cessation study. We still have openings. Is it time for you to quit?

Oh, that nagging cough!

We're all prone to coughs as the weather changes and spring pollen arrives. A cough may be due to a cold or the flu but may also be caused by prolonged exposure to irritants like dust, smoke, or chemical fumes. Sometimes the cough becomes bronchitis. Smokers and people with allergies are particularly susceptible to bronchitis because their lungs are already inflamed.

Bronchitis is not an uncommon condition, but it should be taken seriously. Bronchitis can be dangerous in people under age 2 or adults who are old and frail. In addition, if you have a history of cardiac arrhythmia, prolonged hard coughing can cause a rapid or irregular heartbeat.

When should you call the doctor?

- If you notice an unusual heart rate.
- If you have shortness of breath.
- If you have a fever or bloody sputum.
- If your cough lasts more than 2 weeks.

Home remedies to try

There are several home remedies you can try to relieve that nagging cough:

Try a botanical expectorant. This will help you cough up the phlegm and also soothe the irritated tissues in your throat. One such expectorant is elecampane tincture. Use 30 drops in one ounce of water. Do this 15 minutes before or after eating or drinking, six times a day for up to a week.

Avoid dairy products, meat and sugar. These promote inflammation. Instead, have vegetable soup, broth, whole grains and steamed vegetables.

Drink peppermint tea. This breaks up the mucus you swallow. In this way, it relieves the nausea associated with frequent coughing and phlegm.

Take hot baths and steamy showers. These will open your nasal and bronchial passages and help you cough up phlegm. After your bath or shower, apply a thin layer of Vicks VapoRub to the center of your chest. Apply another layer at bedtime.

Does your acne bloom along with the spring flowers?

Many people who suffer from facial acne find that it's worse in the spring. As temperatures go up, we sweat more and we're also outside more. That can lead to more dirt in our pores, clogging them. Here are some tips for keeping the springtime acne from flaring up:

Use your fingers, rather than wash cloths. When washing your face or putting on makeup, use your fingertips rather than sponges or wash cloths. Rough surfaces like wash cloths and sponges can aggravate infected skin and make it hard for your skin to heal. Be gentle to your face!

Buy makeup that is non-comedogenic. This type of makeup does not clog pores. Read your makeup bottle's label to make sure it's non-comedogenic.

Try a milk-based cleanser. Milk and yogurt are astringents but also have soothing properties. They help you get rid of excess oil while conditioning your skin.

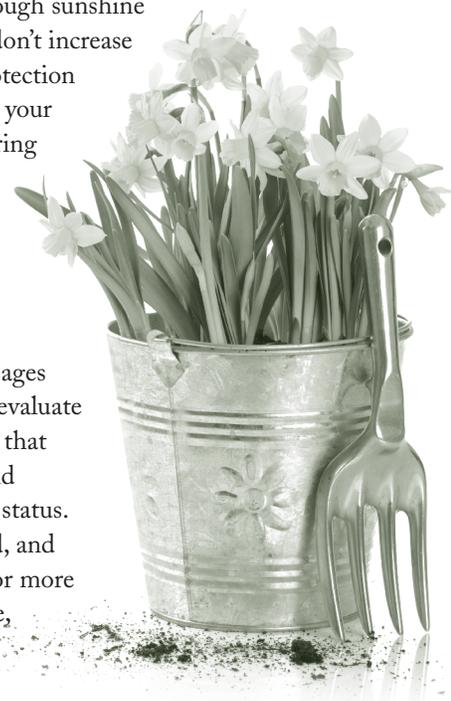
Watch what you eat. Acne can be caused by poor digestion. If you're experiencing acne breakouts on your chin or upper cheeks, you may not be getting enough nutrients. Make healthy choices and eat natural, nourishing foods when possible. Load up on fresh vegetables, fruit and unprocessed foods.

Avoid hairspray. It can clog pores on your forehead and the sides of your face. If you need to use a product to tame your hair in humid weather, think about switching to a natural gel, and don't use too much.

Use sun protection. Although sunshine can actually help heal acne, don't increase sun exposure. Wear extra protection to avoid excessive damage to your skin. Make sure you are wearing a moisturizer or sunscreen with an SPF of at least 15-30 or higher.

Consider our research study.

We are still enrolling people ages 12-40 in a research study to evaluate an investigational topical gel that is currently on the market and being considered for generic status. Four office visits are required, and compensation is available. For more information, or to participate, call **(615) 329-2222**.



HEALTH NOTES

We need your participation!

Clinical trials are the way new drugs are brought to market or made generic. By participating, you can impact generations of your family for years to come. If it's been a while since you participated in a research study, review the list on this page to see if there's a study that's relevant to you. And make sure to tell your friend, co-worker, or relative about the importance of participating in clinical research. It is important to note that a research study does not replace regular care.

For details on any study, call us at **(615) 329-2222** or visit us online at **www.clinicalresearchassociates.com**.

We are currently enrolling individuals for the following research studies:

Enrolling Studies

Compensation up to:

<i>Alzheimer's (ages 55-85)</i>	\$600+
<i>Binge Eating (ages 18-55)</i>	\$550
<i>Birth Control (ages 18-50)</i>	\$600
<i>Facial Acne (ages 12-40)</i>	Call
<i>Hepatitis B Vaccine (for people with Type 2 diabetes)</i>	\$200
<i>HPV Vaccination (for ages 16-26)</i>	Call
<i>Osteoporosis (for women over 45 who have suffered a back fracture)</i>	\$300
<i>Smoking Cessation (ages 18+)</i>	\$725
<i>Tdap/Meningitis B Vaccine (ages 10-12)</i>	Call
<i>Urinary Frequency at Night (for men over age 55)</i>	\$300



Do you have hypertension?

One in every three Americans have hypertension, better known as high blood pressure. If you're one of the 65 million Americans who does, you may qualify for a new research study. The purpose of the study is to evaluate two drugs when used as an investigational combination in people with moderate to severe hypertension. If you qualify, you will receive all study-related care and investigational study medication at no cost to you.

Don't forget to like us!



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