



HEALTH NOTES

How many times did you get up last night?

Nocturia, or frequent urination at night, is a common urological disorder in adults. The American Urological Association defines nocturia as the “need to urinate more than twice during the night.” It is more common with age and typically results in a loss of sleep. Over time, this can lead to fatigue, memory deficits, depression and other issues. In many people the effect of nocturia can compromise their quality of life during daytime hours.

If you suffer from nocturia, help may be available. We are currently enrolling participants

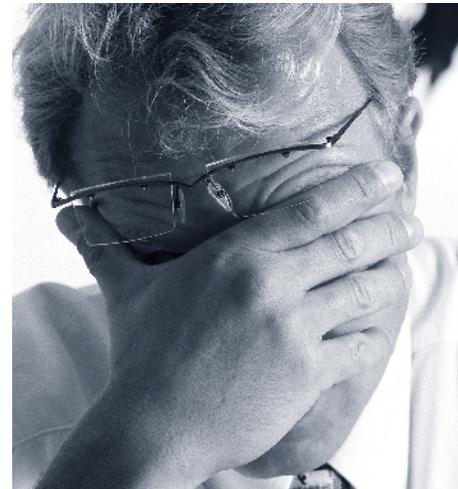
in a clinical research study to test the effectiveness of an investigational medication for nocturia. You may be eligible to participate in this study if you:

- Are male.
- Are age 55 or older.
- Have been diagnosed with nocturia by your doctor.
- Are otherwise generally healthy.

If you are male and have been diagnosed with nocturia, consider participating in this study.

Call (615) 329-2222 for more details.

(Continued on next page)



But I’m Not a Teen! How Can I Have Acne?

Believe it or not, 1 in 5 women between ages 25 and 40 have acne. Although men can also have adult acne, it’s less common than in women. The two most common causes of adult acne include:

- Stress. It causes your oil glands to overcompensate.
- Hormones. They cause the sebaceous glands to overact.

We are still enrolling participants in a facial acne research study. To be eligible to participate, you or your child must:

- Be between ages 12 and 40.
- Have moderate to severe facial acne.
- Not currently be on any antibiotic for your acne.

Participants receive an investigational topical gel that is currently on the market and being considered for generic status. Four office visits are required, and compensation may be available. For more information, or to participate, **call (615) 329-2222.**

(Continued on next page)

HPV Study Now Enrolling 16-26 Year Olds

Human Papillomavirus (HPV) is the most common sexually transmitted disease in the United States. In fact, at least half of sexually active people will get it at some point in their lives. Currently around 20 million Americans are infected with the disease. HPV is the leading cause of cervical cancer in women. HPV is also responsible for a recent increase in head and neck cancer.

According to doctors, the HPV virus can spread without intercourse. Condoms only offer partial protection, because HPV can live on skin that is not covered by condoms.

Despite the dangers of HPV, however, the vaccination rate remains low. Although the HPV vaccine has been recommended for girls for over six years, the percentage of teenage girls getting vaccinated remains around 30 percent.

(Continued on next page)

Looking for women ages 18-50 to participate in a research study. 12 months birth control at no charge plus \$600 compensation. The investigational pill is a new low dose birth control pill that contains hormones similar to those that your body naturally makes.



Lifestyle Changes to Bring Nocturia Relief

(Continued from page 1)

Many people are getting up several times a night but haven't been diagnosed with nocturia. If you are one of these people, here are some things to do to try to remedy the problem:

- Restrict fluids after dinner.
- Take an afternoon nap to reduce fluid build-up.
- Elevate your legs as often as possible. Gravity causes fluid to build up in your lower extremities. This makes your kidneys clear the increased fluid in the blood by producing more urine.
- Walk more during the day.

Source: National Association for Continence

What can lack of sleep cause?

- Confusion, memory issues, and decreased mental capacity.
- Depression.
- Diminished muscle strength and endurance.
- Increased blood pressure.
- Greater risk of heart disease.
- Increased appetite and weight gain.
- Greater sensitivity to pain.
- Weakened immune system.

Lack of sleep can also disrupt your body's insulin production and sugar metabolism. This can increase your risk of diabetes.

Understanding Acne (Continued from page 1)

Acne is one of those conditions that most of us experience to some degree. For many people, it's a painful part of adolescence. How much do you know about acne? Here's an explanation of what's happening under the skin:

The hair follicles or pores in your skin have sebaceous glands. These are also called oil glands. They secrete an oily substance called sebum. Teenage hormones stimulate the sebaceous glands to make more sebum. This causes the glands to become overactive, and the pores can get clogged. When this happens, bacteria get trapped inside and multiply. This causes swelling and redness.

- A whitehead occurs when the pore gets clogged up and closes. It bulges out from the skin.
- A blackhead occurs when the pore gets clogged up but stays open. This causes the top surface to darken.
- Pimple: The wall of the pore opens. This allows sebum, bacteria and dead skin cells to make their way under the skin. When a pimple has a pus-filled top, this is your body's reaction to the bacterial infection.



Vaccine Just as Important for Boys (Continued from page 1)

In October 2011, the Centers for Disease Control (CDC) recommended that boys as well as girls get vaccinated against HPV. The American Academy of Pediatrics followed suit. It added the HPV vaccine to its list of recommended vaccines for boys.

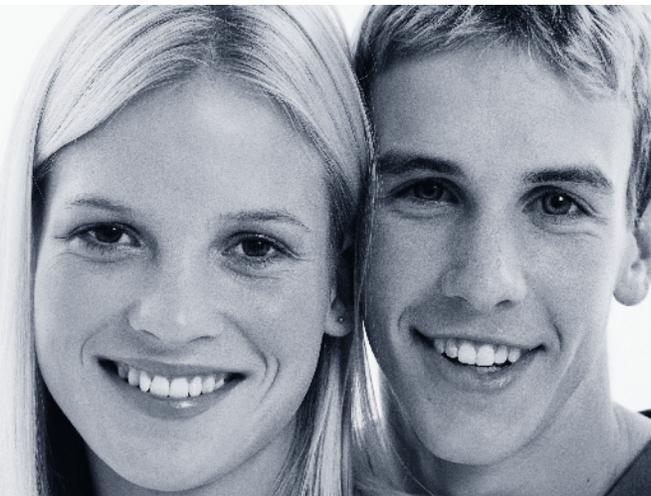
The HPV vaccine is recommended for both heterosexual and homosexual males. Because not all females are getting vaccinated, heterosexual men are at risk. Homosexual males can also contract HPV, and it can lead to cancers of the penis and rectum.

According to the CDC, the FDA has licensed that the HPV vaccines are safe and effective. On its website, the CDC states that, "Both vaccines were tested in thousands of people around the world. These studies showed no serious safety concerns. Common, mild adverse events reported during these studies include pain where the shot was given, fever, dizziness, and nausea."

What Our Study Involves

We are enrolling participants in a study to receive an investigational HPV vaccination. Participants are guaranteed to get the HPV vaccination. Four office visits are required, and compensation is available for your time and travel.

For this study, we are recruiting healthy males and females, ages 16 to 26. For more information, or to participate, call (615) 329-2222.



Will 2013 Be the Year You Quit?

Did you know that over half of all adult smokers have quit smoking? Is it time for you to quit? Our smoking cessation study has enrolled over 100 people who are motivated to stop smoking. If you are ready to quit, consider participating. Your body starts to see positive results almost immediately. To be eligible to participate, you must:

- Be at least 18 years old.
- Smoke at least 10 cigarettes a day.

The research study requires you to come to our offices once a week for 12 weeks. After those 12 weeks, we monitor your progress by phone and by less frequent visits for another 12 weeks. Compensation of \$725 is available at study end (after 24 weeks). You will evaluate one of three approved medications to stop smoking.

Worried About Weight Gain?

Many smokers are concerned that if they stop smoking, they'll put on pounds. The average weight gained is 10 pounds by one year after quitting smoking. Gaining weight after kicking the habit is usually caused by:

- Feeling hungry. This feeling usually goes away after a few weeks.
- Having more snacks and alcoholic drinks.
- Being able to taste food. Smoking numbs your taste buds. Once you stop, food may taste better and be more tempting.

There are ways to combat weight gain as you try to quit:

- Be active each day. Not only will regular physical activity help you avoid large weight gains, but it will boost your mind. It will make you feel more energetic. Quitting smoking usually helps you breathe easier, which in turn makes aerobic exercise easier.
- Don't go too long without eating. If you're too hungry, you're liable to make poor food choices.
- Eat enough at meals to satisfy you, but don't overeat.
- Eat slowly. This gives your body time to send signals to your brain that you are full.
- Choose healthy snacks like fat-free yogurt, fresh fruit, canned fruit in its own juice, or low-fat air-popped popcorn.
- Don't deny yourself the occasional treat, but keep it small. For instance, if you're craving ice cream, have one half cup.



Winter Trivia

Your mother probably told you to put on a hat because we lose most of our body heat through the top of our heads. But how much other trivia do you know about winter?

- 1 Ten inches of snow melts down to how much liquid rain?
- 2 How many times a year does the sun set in the Arctic?
- 3 What percent of snow is composed of air?
- 4 Can it snow when skies are clear?
- 5 True or False: It has to be 32 degrees or colder to snow.
- 6 Where does the name El Nino come from?

- Answers:
- 1 One inch
 - 2 Once
 - 3 80%
 - 4 Yes, but only when temperatures are in the single digits.
 - 5 False. The temperature may be warmer than 32 degrees. What matters is that it's 32 degrees or below up in the clouds, where the snow is falling.
 - 6 Peru. The name literally means "the child" and is named after Jesus Christ, since the El Nino phenomenon usually occurred around Christmas time.

Coming Up Roses: Valentine's Day, That Is



Now that Christmas and New Year's are behind us, we can start looking forward to Valentine's Day. Each year, one billion Valentine cards are sent. Eighty-five percent of these are purchased by women. It might seem that the holiday is more for women, then—especially since the majority of women who purchase flowers on Valentine's Day are buying them for themselves.

Did you know that there were several St. Valentines? However, only one is linked to the day. The romantic holiday dates back to the time of Claudius II. He thought that single men made better soldiers so he outlawed marriage for all young men. The Roman priest Valentine thought this decree was unjust. He defied Claudius II and continued to perform marriages for young lovers in secret. When this was discovered, Claudius II had him put to death.

Clinical Trials: Another “Great Way to Save”

This past year, AARP released a list of “99 Great Ways to Save.” Guess what was Number 7? That’s right: join a clinical trial. 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 participating in 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>Birth Control</i>	\$ 600
<i>Facial Acne</i>	Call
<i>Hepatitis B Vaccine (for people with Type 2 diabetes)</i>	\$ 200
<i>HPV Vaccination (ages 16 to 26)</i>	Call
<i>Osteoporosis (for women over age 45 who have suffered a back fracture)</i>	\$ 300
<i>Smoking Cessation</i>	\$ 725
<i>Tdap/Meningitis B Vaccine (ages 10-12)</i>	Call
<i>Urinary Frequency at Night (for men over age 55)</i>	\$ 300

Coming Soon

*Alzheimer’s and
Binge Eating Studies*

Is your New Year’s resolution to stop smoking?
See page 2 for details on our stop smoking program.

Don’t forget to like us! 

PPSRT Standard
U.S. Postage Paid
Nashville, TN
Permit # 1446

Clinical Research Associates, Inc.
1500 Church Street
Suite 100
Nashville, TN 37203
615.329.2222
www.ClinicalResearchAssociates.com