

Clinical Trials: Another “Great Way to Save”

AARP recently 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.

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>Depression</i>	\$ 750
<i>Facial Acne</i>	Call
<i>Hepatitis B Vaccine (for people with Type 2 diabetes)</i>	\$ 200
<i>Low Testosterone (for men)</i>	\$ 1,800
<i>Migraines</i>	Call
<i>Smoking Cessation</i>	\$ 725
<i>Tdap/Meningitis B Vaccine (ages 10-12)</i>	Call
<i>Type 2 Diabetes with Hypertension</i>	\$ 450
<i>Urinary Frequency at Night (for men)</i>	\$ 300

**Upcoming Studies
This Fall**

Call for more details:

Alzheimer’s
Birth Control
HPV Vaccine (for ages 17-26)
Osteoporosis

**Investigational Flu Vaccine
Study for Age 65 and Up**

We’ll start enrolling in October.

Don’t forget to like us!



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HEALTH NOTES

Many beautiful faces are affected by acne. Is yours?

Facial acne can be painful and embarrassing. If you have moderate to severe facial acne, consider participating in our new research study.

We are looking for participants ages 12-40 to evaluate an investigational generic version of a topical gel that's already on the market. If you or your child suffer from moderate to severe facial acne, you may be eligible to participate. You will be compensated for your time and travel.

Call now to reserve your spot in the study: **(615) 329-2222** or visit **www.hatemyzits.com**. Or text **Pimple1** to **8-7888**.



Has osteoporosis already caused a fracture for you?



If you've been diagnosed with osteoporosis, the fear of a fracture can be very real. Women—especially postmenopausal women—are at a higher risk of getting osteoporosis. Asian and white women are at the highest risk.

What exactly is osteoporosis? To understand the condition, you must first understand how your bones work. Bone is a tissue that is alive. It's constantly being replaced. Osteoporosis occurs when your body's development of new bone doesn't keep up with the removal of the old bone. Having osteoporosis puts you at risk of fractures. Hips, wrists, and backs are the areas most often affected.

Continued on next page

Why the Hepatitis B vaccine is important for people with Type 2 diabetes

Since 1992, the Hepatitis B vaccine has been required for all children as a routine vaccination. However, most adults—unless they work in a hospital setting—have not had the vaccine. Earlier this year, the Centers for Disease Control (CDC) issued their recommendation that people with Type 2 diabetes should receive the vaccine because they are more susceptible to contracting Hepatitis B. According to the CDC, people ages 23 through 59 with diabetes have twice the odds of developing Hepatitis B as people without diabetes.

We have a new research study in which people ages 20 and up who have Type 2 diabetes can receive the Hepatitis B vaccine at no charge. The study requires five office visits spread out over seven months. Compensation is available at study end.

To be eligible to participate you must have been diagnosed with Type 2 diabetes within the last five years. If you're interested in this study please call **(615) 329-2222** or visit **www.clinicalresearchassociates.com/hepBvaccine** for more information.

Osteoporosis *(from page 1)*

We are enrolling women over age 45 in a research study to evaluate one of two FDA-approved medications for treating osteoporosis. Every participant is guaranteed to get one of these two medications which are already on the market. The study lasts a total of 24 months. Seven visits to our offices are required.

To qualify to participate, you must:

- Be female, at least 45 years old.
- Have been diagnosed with osteoporosis.
- Have had at least one spine fracture due to osteoporosis.
- Be post menopausal.

Tips for Reducing Your Risk of Osteoporosis

- **Don't smoke.** Smoking increases bone loss. Experts think this is because it reduces the protective effect estrogen has on bone.
- **Avoid drinking alcohol to excess.** More than one alcoholic drink per day can reduce your bone formation. It can also hurt your body's ability to absorb calcium.
- **Become active.** Weight-bearing exercise is good for your bones so engage in exercises like walking, running, jumping, dancing and weightlifting.
- **Avoid long-term use of corticosteroid medications** like prednisone and cortisone. These can interfere with your bone rebuilding process.
- **Take at least 1000 mg. of calcium** (food sources are best) and at least 800 mg. of Vitamin D daily.
- **Avoid falls.** Wear low-heeled shoes with nonslip soles to reduce your chance of falling. In addition, you can safeguard your house against potential falls by:
 - Securing electrical cords and area rugs and masking slippery surfaces; all of these could trip you up.
 - Keeping rooms brightly lit.
 - Being careful in the shower. Make sure there are grab bars inside and outside your shower.

Studies Still Enrolling

Smoking Cessation: Almost 100 people have already participated in our smoking cessation study. We are looking for more people who are truly motivated to quit. The study does require 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). To be eligible to participate, you must be smoking at least 10 cigarettes a day.



Tdap Vaccine Study: In 2010, Tennessee issued the requirement that all children entering 7th grade must have the Tdap (a licensed vaccine against tetanus, diphtheria, and pertussis) booster. Numerous children have already come into our offices and participated in the Tdap/MCV4 vaccine study. The MCV4 vaccine is a licensed vaccine on the market that protects against four types of meningococcal disease. By participating in this study, children ages 10-12 will receive both the Tdap and MCV4 vaccines. Two thirds of the participants will also receive an investigational vaccine to protect against the deadly bacterial form of meningitis. To learn more about this vaccine study, go to www.clinicalresearchassociates.com/whyvaccinate.

Depression: Studies have shown that only 25 to 35 percent of people who suffer from depression get relief from an anti-depressant alone. Our depression research study examines the effectiveness of coupling one of four licensed anti-depressants currently on the market with either a placebo (inactive ingredient) or the investigational use of an approved drug for ADHD. The study requires 13-16 different visits, with a compensation at study end of \$750. If you are 18-65 and experience symptoms of depression, or have been diagnosed with depression, call us to see if you're eligible to participate.

Traveling this fall? Watch your ears!

If you're traveling by airplane this fall, your ears may suffer. According to The Mayo Clinic, airplane ear is relatively common. This condition describes the stress that's put on your eardrum when there's an imbalance between the air pressure in your middle ear and the air pressure in the environment. Symptoms of airplane ear can include:

- Moderate pain or discomfort in your ear.
- Feeling like your ear is stuffed up.
- Slight to moderate hearing loss.

There are simple things you can do to prevent airplane ear when traveling:

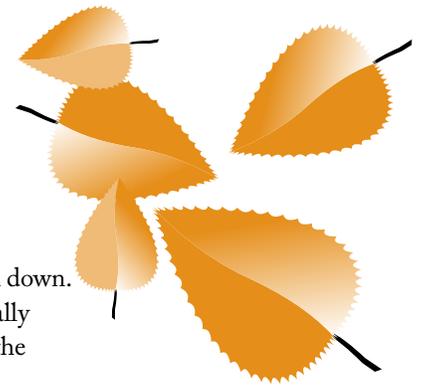
- During take-offs and landings: Don't sleep. Swallow and yawn frequently. Pinch your nostrils and blow through your nose with your mouth closed. Repeat several times.
- If you have a cold or sinus: think about rescheduling. It's not advisable to fly when you have a cold, sinus infection, ear infection or nasal congestion.

- Avoid dehydration. Drink plenty of water.
- Use over-the-counter products. You might want to take an oral decongestant 30 minutes to an hour before take-off. Decongestant nasal sprays will also keep your sinus passages open. If you are prone to allergies, then you should take your allergy medication about an hour before the flight.

Did you know?

How much do you know about fall foliage? For instance, did you know that:

- Certain trees like birches, tulip poplars, redbuds, and hickories always turn yellow in the fall, never red.
- The brightest colors on leaves are the result of chemical changes as the trees go dormant.
- The brightest, most varied and long lasting color display is found in the southern Appalachians.
- When the air temperature drops, the chlorophyll inside leaves starts to break down. This reveals other pigments that naturally exist within trees. That process causes the lovely colors in fall trees.



September: the 7th month

No, that's not a typo. The word September means seven, from the Latin word *septem*. Prior to 153 BC, September actually was the seventh month of the Roman calendar, with March being the first month. Enjoy the following trivia about the month that brings falling leaves, football, and school supplies. In September:

- The first comic strip appeared in a U.S. newspaper (1875).
- World War II started (1939).
- Band Aids™ were invented (1921).
- The U.S. Treasury was established (1789).
- The Great Fire of London took place (1666).
- The first issue of *The New York Times* was printed (1851).

Does Fall Have You Saying AACHOO?

Hay fever annually affects around 20% of Americans, particularly in the fall. When the days start to get cooler, that morning coffee may not only warm you up, but treat your hay fever as well. Recent studies show that increasing coffee consumption can alleviate your hay fever symptoms.

This is because coffee is a natural antihistamine. It keeps your cells from over-producing histamine which causes hay fever symptoms. The National Headache Foundation also said that coffee increases the effectiveness of pain relievers by 40% when treating a headache.

Source: *Livestrong.com*