

HEALTH NOTES

Happy Spring!

Spring is such a happy time of year. We see signs of new life everywhere. The trees are getting that beautiful shade of “new green” as little leaves start appearing, the days are longer and lots of plants are blooming. It seems the world is waking up from winter doldrums.

Unfortunately, the 5.4 million Americans who have Alzheimer’s disease (AD) or a related dementia may not be aware of this awakening. Many of their 15.9 million caregivers are too tired and overwhelmed to notice. The annual cost for taking care of these individuals with Alzheimer’s is estimated at approximately \$100 billion annually. These numbers are expected to escalate as the population ages and by 2050 13.5 million Americans may have the disease. The costs are unsustainable making Alzheimer’s disease a grave threat to the US health and finances if not stopped.

Clinical Research Associates, Inc. has been honored to be chosen to be a part of the Global Alzheimer’s Platform (GAP) which is group of selected top performing sites from academic, independent research centers, and pharmaceutical companies with the primary goal to reduce cost, time and risk for development of medications for the treatment, prevention or modifying of the process. Accelerating research and clinical development will significantly impact future social burden of Alzheimer’s disease. We are excited to be a part of the challenge.

As such, I am asking you to join in this task. Only about 10% of people who might qualify for an AD research trial are aware of study opportunities. Of those individuals, only small percentages are willing to participate. Recruitment is the greatest bottleneck for clinical trials. About 80% of studies are delayed because too few people sign up. So, your task is to help get the word out to your family, friends, churches or other social contacts that we have research studies available and we need people to participate.

Here are a few “talking points” to share:

AD is the only cause of death among the top 10 in the US that cannot be prevented, cured or even slowed, according to the Alzheimer’s Association.

700,000 deaths in the US each year are attributable to AD & dementia, making it the third leading cause of death.

AD is a global problem. It is estimated that 35 million – 44 million people worldwide have AD or a related dementia and it will grow to 120 – 131 million by 2050!

No new novel agent has been approved for the treatment of AD in over a decade. AD drug development takes an average of 13 years and a cost of \$5.6 billion. This timeframe has to be shortened. Just as Spring is a time for new life & hope, we believe there’s hope for the treatment, cure and prevention of this devastating disease. It is critical for global health and welfare. Please join us in helping to find safe and effective treatments. ♦

We are very excited to announce that CRA has been named as one of the Top 7 finalist in the “Best Clinical Research Site or Network” award category by the World Vaccine Congress. We are the only individual research site to receive this honor! All others in this category are large multi-center research networks. Thank you to everyone who has participated in our vaccine studies! You help make this distinction possible.

Binge Eating Facts



Most of us have overeaten at some point in our lives and felt guilty immediately afterward. It usually happens at a holiday gathering or at one of your favorite restaurants but what if it happens regularly? Consistently eating large amounts of food at once and feeling upset after doing so can be considered a binge eating disorder (BED). BED is actually the most common eating disorder among Americans, affecting an estimated 4 million individuals.

Binge eating is characterized by both eating a larger amount of food than what most people would eat in a short amount of time, followed by intense feelings of being out of control and powerless to stop eating. Unlike other eating disorders, individuals with BED usually don't attempt to compensate for their binges with unhealthy action such as fasting, excessive exercising or purging/laxative abuse.

Some of the risk factors associated with binge eating include: family history, psychological issues, and chronic dieting. As with all eating disorders, early intervention is essential to avoid complications in the future including: diabetes, high cholesterol, high blood pressure and depression.

Binge eating disorder has only been officially adopted as a formal diagnosis in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders since 2013, so treatment options are limited but improving with time. In January 2015, the FDA approved a drug therapy, Vyvanse, specifically for BED. However, treatment for binge eating is most effective when it consists of a team of healthcare providers including: a physician, psychiatrist/therapist and dietitian. Additional treatment options are currently being developed and researched for binge eating. Clinical Research Associates is currently recruiting for a Binge Eating clinical trial. If you or someone you know might be suffering from binge eating disorder, please contact our clinic for more information @ 615-329-2222. -Ellen Crabtree, RD, LDN

Insomnia & Alzheimer's Disease

Living with Alzheimer's disease and its associated symptoms can be challenging for all involved. Sleep disturbance and insomnia are very common in this disease. It can wreak havoc in the home.

We have a research opportunity for people who have been diagnosed with Alzheimer's disease and have problems sleeping. The study medication is already approved for certain uses in the United States and Japan but is considered investigational because it is NOT approved for this indication. Thusly, the purpose of this study is to evaluate whether the investigational medication is safe and effective, compared to a placebo (no active ingredient), in improving insomnia in patients with Alzheimer's disease.

We invite you or your loved one to consider participating if you are 50-90 years of age and have:

- Mild to Moderate Alzheimer's disease
- Insomnia
- A reliable caregiver

Participating in a Clinical Trial may benefit you and others who are struggling daily with the effects of this disease. To learn about this study, take the first step and call our office (615-329-2222).

Spring is in Bloom in Nashville

[Family & Budget Friendly Outdoor Events Around Our City]

By: Megan Epstein

Spring is quickly approaching in Nashville. It's time to step outdoors and explore what the city has to offer.

Musician's Corner: Starting May 12, Centennial Park hosts a free event where talented local musicians are spotlighted. There are various food trucks featured along with a beer and wine garden and kid's area for crafts and games. The events happen every Friday and Saturday through the spring and summer months.

Nashville B-Cycle: Rent a bicycle from any of their 36 stations around Nashville for \$5/day. Bicycle routes run from Hillsboro Village to the Five Points area. You can pick up and drop off the bicycle from any of their stations.

Nashville Sounds Baseball: Enjoy a night out with the family at a Nashville Sounds baseball game. The games are offered throughout the week as well as weekends starting April 11 for only \$9-\$24 a ticket. They even have inflatables for the kids and games for adults as well.

Ascend Amphitheater Concerts: This outdoor concert venue is highlighting many talented artists from Dave Matthews to Alan Jackson this spring. The venue offers beautiful views of the Nashville Skyline and lawn tickets start at \$25.

Cheekwood in Bloom: Experience all the vibrant flowers in bloom from March 18-April 23. They provide a children's storytime and garden tours on Saturdays.

Arrington Vineyards: Located just 30 minutes south of Nashville, enjoy a scenic drive to Arrington Vineyards. Don't forget to pack a picnic lunch and enjoy a wine tasting.

Outdoor Patios: Nashville has some great restaurants with patios to enjoy with your family. The Pharmacy Burger Parlor in East Nashville has some of the most delightful burgers in our city. Try some southern style BBQ at Adley's in Sylvan Park and 12th South. Both locations have great, large patios. Soulshine is a vibrant local pizzeria near music row that you much try. If you prefer Mexican food, visit Taco Mamacita in Edgehill for some tasty tacos.

Memory changes can occur as you grow older, but memory loss that disrupts daily life is not normal aging. It may be a sign of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a disorder that results in loss of brain cells and function. Signs of decline associated with Alzheimer's disease can appear as long as 12 years before the onset of dementia. Signs may include memory loss, difficulty completing familiar tasks and confusion with time or place. Early detection is important. Early diagnosis gives you an opportunity to explore treatment options and plan for your future. If you are experiencing memory loss that disrupts your daily life, call us at 615-329-2222 to schedule a free memory screen.

-Gwen Mooney, RN

Low T



There's more than one way to skin a cat. This has certainly been the marketing strategy when it comes to addressing issues of testosterone deficiency (Low T). Now that testosterone gels have been on the market for years and injectable forms for decades, the focus in product development has shifted to oral medications.

Oral testosterone is promoted as direct replacement therapy for symptomatic men, to maintain energy levels and improve bone mineral density, sex function, sense of well-being, and muscle mass. However, oral testosterone (known as Andriol in Canada) is not currently on the market in the U.S.

Another investigational medication being studied for treatment of low testosterone is known as an "aromatase inhibitor" (Letrozole is an aromatase inhibitor that is currently on the market).

Aromatase is an enzyme that converts testosterone to estradiol, so blocking it can lead to increased testosterone levels, and thus combat symptoms of low testosterone.

Clinical trials involving both of these investigational medications are currently enrolling at Clinical Research Associates. If you think you may have symptoms of low testosterone, give us a call!

-Eric Diaz, RN

Extra Special Salad

This recipe was printed in the "Lynnville Cookbook, 1976". My mother's Home Demonstration Club compiled it as part of the Bicentennial Celebration. The contributor of the recipe was Mrs. Dave Bonds. She lived on a farm up the road from our family and a good friend for many years. I have tweaked the recipe slightly and it has become one of my signature dishes for Easter dinner. The three step process takes some time but can be prepared a few days in advance.

-Linda Moore Schipani, RN, MSN, President & CEO

Extra Special Salad

Step 1

1 family size lime Jello or 2 small boxes; Prepare as usual in a 9X13 dish. Add a 14 oz can of well drained crushed pineapple plus ¼ cup of chopped pecans. Refrigerate until firm or overnight.

Step 2

1-8 Oz cool whip and 1-8 oz cream cheese (soften). Whip together and spread over jello mixture.

Step 3

Combine:

1 cup pineapple juice	¾ cup sugar
1 tsp lemon juice	3 eggs beaten

Cook together over medium heat and stir continuously until thickened. Cool and spread over cream cheese mixture. Sprinkle with chopped pecans over the top and store in refrigerator. Cut in squares to serve 10 -12.

NEW MEDICATIONS DEPEND ON YOU!

Clinical research studies are the way future new drugs are brought to market or made generic. We need volunteers for our studies. By participating, you may impact generations 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 for you. Also make sure to tell your friends, co-workers, and relatives about the importance of participating in clinical research. Remember that a research study does not replace regular care.

We will be enrolling the following studies. For details on any study, call us at **(615) 329-2222** or visit us online at **www.Clinical-ResearchAssociates.com**.

Enrolling Studies

- Low Testosterone*
- Alzheimer's*
- Plaque Psoriasis*
- Genital Herpes*
- Acne*
- Alzheimer's/Insomnia*
- Binge Eating*
- Mild Alzheimer's*
- Meningitis Vaccine*

Compensation up to:

- \$1400*
- \$1200 total*
- \$900*
- \$599*
- \$265*
- \$2400 Total*
- \$780*
- \$1895 Total*
- \$200-450*

Upcoming Studies

- Stop Smoking*
- Weight Loss*
- GERD*
- Low Testosterone*
- Migraines*
- Childhood Obesity*
- Zika Vaccine*
- Ebola Vaccine*
- Multiple Flu Vaccines (Fall 2017)*

Don't forget to like us on Facebook and follow us on Twitter, LinkedIn and You Tube!



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