

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

**Enrolling Studies:**

Cholera Vaccine Age 2-6	\$1000
Anthrax Vaccine	\$1,625
Migraine Treatment	\$800
Female Low Sex Drive	\$325
Migraine Treatment	\$450
Over Active Bladder for Women	\$300-350
Low Testosterone	\$850
Diabetic Weight Loss	\$410

**Compensation up to:**

**Up Coming Studies:**

Flu/Pneumonia vaccine

Coming this fall



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



# HEALTH NOTES

Summertime and the living is easy! Summer is the perfect season for me. I enjoy the long days and fresh fruits and vegetables making for later dinners and easy food options. The pace of life is just a little different in the summer. I think a sunny day lifts everyone's mood. As much as I love summer there are also some precautions you should adhere.

Sunshine provides us with Vitamin D but it also damages our skin. When I was young we would "lie out in the sun" and of course used suntan oil. We were working towards a "good tan". We also lay on a suntan blanket which looked like a big piece of aluminum foil. I never got a great tan as I just got sunburned. I kept hoping for the golden look but it didn't happen. However, what did happen later was basal cell skin cancer, multiple lesions. Yes, those hours of working in the garden, sun bathing and yard work without sun protection caught up with me. So, my advice is to use Sun Screen and apply it generously and often. There's also UV protective clothing and hats. If you are at the pool or beach sit under an umbrella. In other words, cover up and opt for the shady spots. Whatever you choose, remember your skin needs to be protected. Be nice to your skin. You've got to live in it!

Keeping hydrated is very important. My dad was a farmer. He took a gallon jug of water with him every day during the summer. That was way before we ever considered water bottles or buying water. Just remember you lose a lot of fluid as our bodies attempt to regulate body temperate through sweat and other mechanisms. Make fluids easy and available to you. If you are going to be out for the day, take along a cooler with drinks and snacks that are high in fluid content. A nice slice of watermelon or cantaloupe is a refreshing and nutritious treat. Cut up fruit and keep it in your refrigerator. It's easy to grab a few pieces on the run. You don't have to buy water. Take a water bottle and fill it with fresh water. Lots of bottled waters are simply tap water. Save your money and help the environment by not using plastic bottles. The bottom line, drink, drink, even if you don't feel thirsty. Dehydration can cause major problems, particularly in the every young and elderly.

Another concern is safety. If you are traveling with small children or animals, do not leave them in the car. Don't think you can run in somewhere and leave them for a few minutes. A vehicle can get to dangerously high temperatures in a matter of a few minutes. You have heard the news about parents forgetting their children in the back seat. Here's a good rule, check your backseat every time you leave the car and when you return. This will avoid leaving a child or pet and could save your life if someone is hiding in your car. Water safety cannot be overly stressed. Supervision, floatation devices (life vest), and limited alcohol consumption can prevent drowning accidents.

I hope you have a fabulous summer! Enjoy some good food, friends & family and be healthy and safe.

Best,

*Linda Moore Schipani*

President & CEO

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



## Anthrax Vaccine Study

Although Anthrax is rare in the United States, it is a likely agent to be used in a bioterrorist attack. Inhalation of anthrax is the most lethal route of infection: without treatment only about 10 to 15% survive. With aggressive treatment about 55% of post-exposed people will survive. Thusly, it is very important to have post-exposure strategies in place in case of a bioterrorist attack.

In 2015 the Food and Drug Administration (FDA) approved a vaccine for anthrax prevention in adults 18 through 65. The vaccine, BioThrax, causes the body to build up antibodies to fight the anthrax bacteria and prevent illness. However, the antibody responses to the vaccine diminish with age. For example, a 30 year old will develop more immunity to anthrax than a 60 year old when given the same dose.



Our study will be comparing a younger group ages 18 – 50 to an older group ages 66-100 when receiving different doses of BioThrax with and without an experimental additive. We will be evaluating the safety and effectiveness (immune response) in each group.

If you are in general good health, between the ages of 18-50 or 66-100 and are interested in helping develop an anthrax post-exposure treatment, please give us a call.

## Flu and Pneumonia Vaccine

Pneumonia is a frequent complication of flu. There have been some studies which show the simultaneous vaccination against both in at risk individuals reduces the rate of hospitalizations and death. If you are 50 years and older, consider joining our research study. You will receive a pneumonia shot plus this year's seasonal flu shot either at the same time or 30 days later. The study will begin the first of September. For more information and to get on our list, just give us a call.



## Diabetes Type 2 Weight Loss

Obesity is a significant health issue in the United States. It is estimated that about 40% of adults and 18% of children and adolescents are obese. It is a trend that has been increasing over the last several years. The Centers for Disease Control and Prevention predict that obesity-related deaths could become the leading cause of mortality. Obesity is a risk factor for several cardiovascular diseases such as coronary heart disease, hypertension and stroke in addition to other conditions like Type 2 Diabetes and many cancers. Some of these conditions may improve or go into remission with effective and sustain weight loss. Current treatments for weight loss include diet and behavioral modification, exercise, medications, and eventually surgery.



While weight loss and management is tough for anybody but it is especially challenging for Type 2 Diabetics. In Type 2 Diabetes, the body does not respond to insulin properly (insulin resistance). The pancreas makes more insulin but over time it just cannot keep up. Consequently, the body does not use nutrients properly and body fat is favored over muscle. Carrying around excess body fat increases the body's resistance to insulin making blood sugar management more difficult. It becomes a vicious cycle.

The good news: even modest weight loss can help control blood glucose, reduce the risk for other health issues and can potentially put diabetes in remission. We are conducting a Type 2 Diabetes weight loss study. Call us for details and to see if you qualify (615-329-2222).

### Interesting Fact

#### **What is the most deadly animal in the world? A Mosquito**

Not only are their bites itchy and irritating, those pesky little flying bugs are dangerous! They transmit extremely harmful infections such as malaria which kills 1 million people each year, plus yellow fever, Chikungunya, West Nile Virus, dengue fever, Zika, filariasis, and other viruses. The male mosquitoes are vegetarian but the female needs protein before they lay eggs. So, only the females bite and use blood for protein. Mosquitoes breed in soft, moist soil or stagnant water. Your flower pots, kiddie pools and other outside toys and equipment that gather water are good spots for mosquitos to congregate. Try to empty out standing water at least once a week to keep from encouraging a breeding ground for this pest. Also use insect repellent containing DEET on exposed skin. DEET doesn't kill the mosquitoes but disorients them and they will seek food elsewhere.