



Health Solutions  
**Insider**  
Advancing Medicine and Living Well

500 Helendale Rd Suite L20  
Rochester, NY 14609  
585.288.0890

## Got a Cold or Cough? Give us a call!

Call within 72 hours of start  
of cold symptoms.

**585-288-0890**



## A Combination Pill for High Blood Pressure

*Two approved meds in a single, investigational tablet*

High blood pressure can be deadly. In the U.S., 30% of adults have high BP, and 60% of them need at least two medications to get to goal BP. Studies have shown that taking a second medication is 5 times more likely to lower BP than simply doubling the dose of one med.

This 4 month long research study combines nebivolol (Bystolic®), a “beta blocker”, with valsartan (Diovan®), an “angiotensin receptor blocker”, or ARB. Volunteers with mild to moderately elevated BP can qualify if they are currently taking fewer than 4 medicines to control their BP.



Advancing Medicine. Changing Lives.

### RCR Compensation Chart

Low Testosterone	up to \$1100	High Triglycerides	up to \$ 225
Cold & Cough	up to \$300	Meningitis Vaccine 11 - 16 yr old	Available
Urinary Incontinence	up to \$250	Rheumatoid Arthritis	up to \$280
High Cholesterol	up to \$400	Migraines	up to \$150



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## Allergies? Would you prefer a pill or a shot?

*Alternatives to 'allergy shots' being tested . . .*

How cool would it be if ‘allergy shots’ became a thing of the past and allergy sufferers were able to simply take pills?

Allergy shots involve injecting of a small amount of the offending allergen, increasing in dosage over time, to desensitize the immune system. They are effective, but getting routine shots for years is not what most people would call fun.



What if the same allergy relief were achieved by tablets that melt under your tongue? An investigational sublingual grass allergy pill, Oralair®, has already been approved in Europe.

At the American College of Allergy, Asthma, & Immunology meeting, the results of a research study involving 565 adults with ragweed allergy who took the sublingual tablets or inactive placebo for a year were presented. Compared to placebo, low-dose tablets resulted in a 16% improvement in allergy symptoms, while higher doses achieved a 26% improvement.

Dr. Peter Creticos of Johns Hopkins University School of Medicine said of the results, “In studies of antihistamines . . . improvement over placebo is about 8-12%. In studies of nasal steroids that you use every day . . . improvement is about 14-20% over placebo. So the 26% improvement over placebo in this study is a very good result.”<sup>1</sup>

Rochester Clinical Research has been selected to conduct the Phase III study of this investigational sublingual pill for ragweed allergy. It is a 3 month long study that requires just 3 office visits.

Dr. Matthew Davis, Medical Director of RCR, says, “This is the type of study we get excited about. A sublingual tablet for allergy immunotherapy has the potential to revolutionize the management of allergies . . . providing painless and convenient therapy for millions of allergy sufferers in the future”.

<sup>1</sup> “Sublingual Immunotherapy Improves Ragweed Allergy” by Fran Lowry, Medscape.

COME BE PART OF THE SOLUTION

UPCOMING RESEARCH STUDIES

**HIGH TRIGLYCERIDES**  
18 years or older with triglycerides between 200-500.

**BIRTH CONTROL**  
18-40 and have a need for Birth Control?

**HIGH CHOLESTEROL**  
18 years or older battling high cholesterol.

**MIGRAINES**  
18-65 years old and get at least 2 migraines a month but no more than 8.

**URINARY INCONTINENCE**  
Female over 18 with issues “leaking”.

**LOW TESTOSTERONE**  
18-80 years old and previously diagnosed.

CONTACT US NOW to participate at 585.288.0890 volunteer@rcrclinical.com



## Vaccine Study for 11-17 year olds

### Gardasil® & Investigational Meningitis

Most adolescents only have physicals every year or two, so they might receive multiple vaccines at the same doctor's visit. This study is to evaluate how two vaccines might affect each other when given at the same time.

To protect against Human Papilloma Virus (HPV), it is now strongly recommended that both girls and boys receive the HPV vaccine Gardasil®. HPV is the most common sexually transmitted disease, and can cause genital warts or cancer.

Meningitis is a bacterial infection of the central nervous system that can strike like lightning, and is often fatal. The current Menactra® vaccine protects against 4 subtypes, but does not protect against serotype B – which causes 1/3rd of the cases of bacterial meningitis in the U.S.

Adolescents in the study will receive Gardasil®, an investigational Meningitis B vaccine, or both. For those not receiving Gardasil® as part of the study, it will be provided – free of charge – at the conclusion of the study.

## Herbs for Hot Flashes?

### Menopause Meets Traditional Chinese Medicine

Hot flashes are an uncomfortable nuisance. For decades, hormones seemed to work. Then we found out that those same hormones increased the risk for some cancers. Currently, menopausal women are still seeking safe and effective treatment of what some call their "personal summer".

Wary of the potential side-effects of pharmaceuticals, many women have turned to alternative medicines for hot flash relief. Evening primrose oil, black cohosh, vitamin E and the phytoestrogens found in soy or red clover lead the list of the 'natural' approaches, although none of them has proven to be reliably effective.

RCR is pleased to be part of a landmark study of Menerba® - an investigational, plant-based pill comprised of 21 botanical species.

Postmenopausal women age 40-65 who experience  $\geq 7$  moderate to severe hot flashes a day can participate in our 5 month study. For women who have not had a Pap smear or mammogram in the last 9 months, those tests will be performed as part of the study.



*"Menerba provides a true paradigm shift in the treatment of menopausal hot flashes. The novel mechanism of action, the exciting preclinical and clinical safety, and the early efficacy are encouraging. I believe swift development is warranted so we can provide women with an alternative to hormone therapy."*

–Wulf Utian, M.D., Ph.D., D.Sc.  
Founder and President Emeritus  
of the North American Menopause Society and Menerba's  
Principal Clinical Investigator



## Want to participate in another study?

There are many options available . . .



Once people finish a clinical trial at Rochester Clinical Research they often ask when they can do another study. There generally has to be at least 30 days between studies.

Besides new investigational medications – for things like diabetes, cholesterol, migraines, and weight loss - we also do other types of studies, many of which are well-suited for healthy people without an underlying medical condition.

**Vaccine Studies:** RCR tests new investigational vaccines to see if they will prevent infections: seasonal flu, swine flu, pneumonia, meningitis, HPV, etc. A newer area of clinical trials is in vaccines against bioterrorist threats such as plague, anthrax, and smallpox.

**Device Studies:** Recent examples would be a new home blood pressure cuff, a simple finger stick blood test for hepatitis C, or a home kit which uses saliva to test for HIV antibodies.

**Healthy Volunteer Studies:** These involve collecting blood and urine samples from people who are healthy to calibrate new analyzer machines. These studies are usually just one visit - an easy way to make a contribution to advancing medicine.

For all of these studies, we recruit volunteers from our database. To be sure we have your up to date contact information, please call our recruiters – Jane, Deb and Bev – at 288-0890.



### Lab Update Completed!

Chris working hard in her new workspace.



## Diabetic? Taking metformin?

### Investigational medication under investigation

Utilizing a new approach to managing diabetes, this investigational medication's effect depends on glucose being present, so there is less theoretical risk of low blood sugars.

There are 9 office visits as part of this 4-6 month long study. Participants must be 18-55, diagnosed with diabetes in the last 5 years, and currently taking at least metformin. The study medication will be compared to Januvia® and inactive placebo.



*"A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses."* -Hippocrates

Find us online



**"Like" RCR on Facebook for access to latest study opportunities and information on our Free Health screening events.**



Publishers and Editors:

Adam Larrabee & Bev Shaff  
editor@rcrclinical.com

Contributing Writers:

Michael Brennan, Vicky Fink

Why volunteer for a clinical research study?

The reasons might include a sense of personal satisfaction, the opportunity to improve your health, and the chance to make a difference for others as well. Come, be part of the solution.



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