

Join us for our 20th Anniversary Open House!

An event to thank all of our amazing volunteers.
Tuesday, October 28 from 4:30 to 6:30 p.m.
Let us know you're coming! Call 585-288-0890.



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**Volunteers
speak up!**

"It was four years ago that my wife was hospitalized with the flu. Prior to this event, I knew that the flu made you sick. But, I had never known anyone to be physically hospitalized due to the disease. She had always been a healthy person, and I figured she would bounce back after a week on the couch. After a month in the hospital she was able to resume her regular life. This year we are both joining the flu vaccine research study to keep others from suffering through the same thing."

Mike - Rochester, NY

Join us online!



www.RCRclinical.com

**The Importance of
Flu Vaccine Studies**

Are you aware that the flu vaccine requires revision every fall to ensure it is effective in helping Americans avoid the flu? Without these annual adjustments, the vaccine you receive at your drug store or doctor's office would not do the job it was meant to do; it would not stop the flu.

Every year, the influenza virus goes through a mutation which renders last season's flu vaccine not as powerful. This new flu virus is more capable of infecting individuals and outperforming the existing flu vaccine. It is extremely important to match the new vaccine to the new flu virus as the strain deviates each season.

In clinical research testing, volunteers play a vital role in confirming that a new vaccine is indeed efficient. Without research volunteers, there would be no advancement of the vaccine. Without advancement, many more people would suffer through the flu. And considering the flu kills an estimated 36,000 people every year, it is important to establish an efficient flu vaccine every fall.



Save The Date

Before getting the flu shot somewhere else, consider this opportunity. A flu vaccine research study for individuals 50 and older is coming to Rochester Clinical Research in early October. This is a great opportunity to get vaccinated for the flu and contribute to advancing prevention of the flu virus. But, in order to be a part of the study, you must not have received a flu shot this year. Qualified participants will receive all study-related medical exams and flu vaccine at no cost. Compensation for time and travel will also be available. **Don't wait! Call us today at 585-288-0890.**

Be a part of the solution this fall.
Consider joining a research study.

Currently Enrolling Studies:

Study:	Age:	Compensation:
High Blood Pressure	18 to 80	Up to \$769
High Cholesterol	18 to 80	Up to \$450
OA of the Hip	35+	Up to \$810
Asthma	12+	Up to \$240
Flu/Pneumonia Vaccine	All Ages	Up to \$200
Low Testosterone	18+	Up to \$1,255
Migraine Headaches	18 to 65	Up to \$360
Cold Sores	12 to 65	Up to \$435
Cardio Outcomes	40+	Up to \$900
Gout	50+	Up to \$500
Birth Control	18+	Up to \$500
OA of the Knee	40 to 85	Up to \$475

Upcoming Research Studies:

Mild Cognitive Disorder
Hair Thinning for Women

Upcoming Study Notes:

Don't underestimate your pain!

We know you live with this pain everyday and have a naturally high tolerance. Help us to help you. Tell us if your pain is really a 9 out of 10! **Keep this in mind for our OA of the Knee study.**

What is a 'migraine day'?

A migraine day is any day in which you receive pain from a migraine. If one migraine lasts two days, that is equal to two migraine days. **'Migraine days' matter for our upcoming migraine headaches study.**

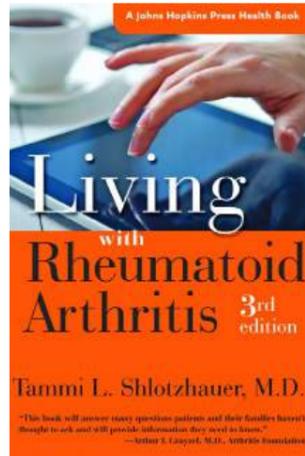
Call RCR today at 585-288-0890 or view our currently enrolling studies online at www.RCRclinical.com

"Living with Rheumatoid Arthritis: Third Edition" Available Now

With the third installment of her series on rheumatoid arthritis now in bookstores, Dr. Tammi Shlotzhauer answers a few questions about her new book "Living with Rheumatoid Arthritis: Third Edition."

Q: Congratulations on the publishing of your new book, "Living with Rheumatoid Arthritis: Third Edition." What have you added with the updated edition?

A: Thank you! The book has been extensively revised. So much has happened in the past 11 years that very little of the last edition has remained. The new medications for RA are numerous and, of course, that part of the book has been updated significantly. I have tried to describe how the immune system is effected by RA and how the new medications combat those changes. There are several new illustrations that I hope will help clarify this complex area as well. The biggest revisions, however, have occurred in the parts of the book that describe how RA may be triggered in the person with the right genetic predisposition. In discussing those potential triggers, there is much new information on the effects of smoking, obesity, and diet on the development of RA. This is reviewed in detail and has some exciting implications for treatment...



See more at www.RCRclinical.com/news



We are offering free blood pressure and BMI screenings at the Eastside YMCA on Oct. 14 and 21 from 9 to 11 a.m. Call us today for more information!

Why You Should Have a Biometric Screening

Have you heard the term biometric screening before? Now you have, and it might be in your best interest to schedule one of these screenings as soon as possible.

What is a biometric screening?

A biometric screening is a simple procedure performed by a medical professional to calculate someone's basic health statistics, otherwise known as biometrics. These screenings are quick, painless, and informative – some of the reasons why you should consider scheduling one.

What is measured at a biometric screening?

At each screening, your important biometrics are assessed. A screening typically includes measurement of your:

- Height and weight
- Body mass index
- Glucose level
- Blood pressure
- HDL/LDL and total cholesterol (lipid profile)
- A1c blood sugar (for diabetics)

Why should I have a biometric screening?

By knowing your biometric numbers, you will be able to assess your current level of well-being. This can help you begin or continue to live a healthy lifestyle.

Many insurance companies and employers provide an incentive for individuals to undergo a biometric screening. The data received at your visit can be transferred to your provider to potentially arrange for an insurance discount or rebate. Some companies offer up to \$300 annually for people to undergo a biometric screening! However, it's best if you check

your insurance plan to be sure.

Most companies use biometric screening data to guide corporate wellness programs and work environments which can create a better work atmosphere for both you and your employer.

RCR is now offering biometric screenings!

At RCR, each biometric screening is performed by one of our certified medical professionals and normally takes less than 15 minutes. Through a sample blood droplet, your results are available in minutes. You will also be able to discuss these number with a member of our medical staff. And, we are happy to listen to any concerns you might have.

If applicable, a copy of your results will be sent to your doctor. We will also ask you if it is okay to retain a copy for future contact.

What is the cost of a screening?

At Rochester Clinical Research, we happily provide screenings free of charge to everyone. No co-pay is required and health insurance or employment is not necessary.

How can I schedule a screening?

At any time, we are happy to field questions or concerns on biometric screenings. To inquire about scheduling an appointment, please call us at 585-288-0890. Or visit the 'free biometrics health screening' study page on our website where you can submit your information. What are you waiting for? All you need is 15 free minutes!

To schedule a biometric screening, please call us at 585-288-0890 or see our currently enrolling studies at www.RCRclinical.com

