

Summer NEWSLETTER



What's
Going on
at Rochester
Clinical Research?



Volunteer for a Clinical Research Study Today!

Its easy as 1,2,3...



In This Issue...



Rochester Clinical Research provides residents of the Greater Rochester Area access to clinical research studies to advance new medical treatments that improve quality of life. Our commitment is to provide efficient, friendly and caring service. We have conducted more than 600 clinical trials, involving more than 10,000 study volunteers.

RCR Studies

Current and Future studies you can be a part of today!

“Going Against the ‘Graine”

The future of Migraine Treatments with Dr. Joseph Mann.

Why Participate in Clinical Trials?

Concerned or misinformed about Clinical Trials? Let us set the record straight.

Spotlight on Patient Care

Rochester Clinical Research celebrated National Clinical Trials day.

Children in Clinical Trials

Is it necessary? Is it Safe?

Study Spotlights

More information on two currently enrolling studies at RCR.

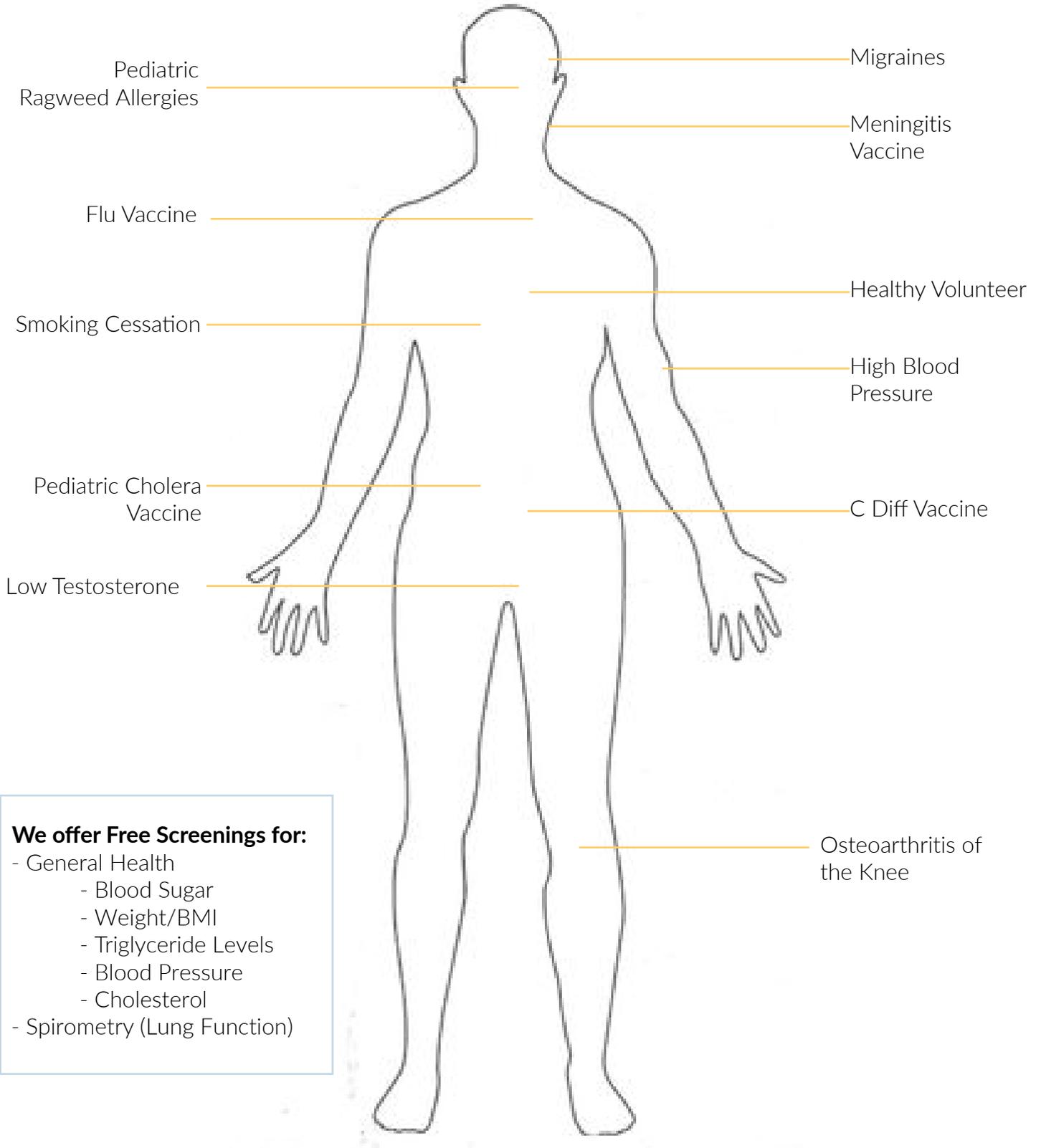
Summer Fun & Patient Testimonials

Hear what RCR and our volunteers have to say!



RCR

Studies



We offer Free Screenings for:

- General Health
- Blood Sugar
- Weight/BMI
- Triglyceride Levels
- Blood Pressure
- Cholesterol
- Spirometry (Lung Function)

RCR Studies



Check out our website for more information on all of our studies
www.rcrclinical.com

STUDY	AGE	POTENTIAL COMPENSATION
Migraines	18+	\$200 - \$1400
Smoking Cessation	18+	\$750
Ragweed in Children	4-17	\$400
Flu Vaccine	65+	\$150
Meningitis	10-25	\$450
Pediatric Cholera	6-17	\$450 - \$725
C Difficile	50+	\$250
Low Testosterone	18-65	\$700
OA of the Knee	40-80	\$500

Going Against the 'Graine

The 59th Annual Scientific Meeting, hosted by the American Headache Society, took place this June in Boston. Rochester Clinical Research's own Dr. Joseph Mann, a 40-year veteran in the neurology field (20 years specifically dedicated to headaches), was in attendance. Dr. Mann returned to RCR buzzing with excitement about the future of migraine treatment and shared his takeaways with the RCR staff, which we in turn want to share with you!



Dr. Mann summarized the meeting in one word: Hopeful. Overall there is now incredibly high hope for acute, episodic, and chronic migraine sufferers. He says “For years we didn’t have anything solely for migraines treatment, and now we have it, and it’s going forward, and it’s safe. I’m very happy about that.”

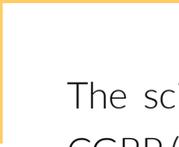
Acute Migraines (Treatment of Migraines)

Acute migraine sufferers are currently able to use a class of drugs called triptans to treat the pain of their migraines. Triptans are able to reduce or even stop migraine discomfort by reducing the swelling due to chemical irritation and constricting the throbbing blood vessels in the scalp. For those who use triptans as a migraine treatment, there is a 30% migraine recurrence rate.

Looking towards the future, studies are being done for alternatives to triptans. Some key differences in the medications that are being tested to rival triptans involve who can use them and how fast they work. The newer medications have shown excellent results thus far; they have a fast onset of action and don’t cause any blood vessel problems, meaning people with heart disease can take them – whereas with triptans, they cannot.

Episodic & Chronic Migraines (Prevention of Migraines)

There is a lot coming down the pipeline regarding future preventative medication for episodic and chronic migraines as well. On the forefront is the use of medications that are called monoclonal antibodies to CGRP, used for the sole purpose of preventing migraines.



The science behind this new migraine medication is relatively straightforward. CGRP (calcitonin gene-related peptide) is released from the trigeminal nerve endings, causing inflammation, dilation, throbbing, and overall pain (migraines). CGRP is activated by various triggers; not enough sleep, hormonal changes, weather, blood sugar levels, hydration, etc. The monoclonal antibodies used in the new research medications attach only to the CGRP and are able to prevent the migraine symptoms from appearing.

The monoclonal antibodies to CGRP have proven very safe, work almost immediately (whereas most other preventative medications take weeks to start working), are long lasting, and are effective without any serious side effects.

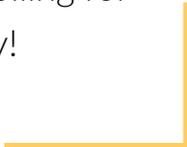
Non-Medication Management (Neuromodulation)

Last, but not least, there is also an up-tick in the methods of migraine treatment and prevention that are not the traditional medicinal methods. These vary from stimulation devices that can be worn on the forehead or neck for a short period of time, to a patch worn on the arm that can be activated through your cell phone. These advancements in migraine treatment allow people who are hesitant to take medication to have other options.

What does this mean?

Migraine headaches are a painful problem. Attacks can make it hard to function both at work and at home and often leave those who suffer from them, as well as those around them, feeling hopeless and frustrated when they can't get them under control. The various advances in migraine preventions and treatments give hope to the millions of people who suffer from migraines.

Rochester Clinical Research is committed to continuing its work towards finding more effective, safer options for migraine sufferers. We are currently enrolling for several of the above-mentioned studies. If interested, contact RCR today!



Rochester Clinical Research's **Current Migraine Research Studies**



Acute Oral CGRP Blocker. For those who have 2-8 moderate to severe migraines attacks. This study will test a new investigational medication to treat migraine attacks.



Acute Migraine Device Study. For those who have 2-8 moderate to severe migraines attacks per month in each of the last two months. This study will test the efficacy and safety of a nerve-stimulating device that can be used at home to treat a single migraine.



Chronic Infusion Study. For those with a history of chronic migraines who suffer from 8 or more migraines per month. This study will examine the effectiveness of an investigational medication for the treatment of migraine headaches.



If you suffer from migraine attacks, contact RCR today to see if you are eligible to participate in one of our studies.

Studies fill up fast so call today!

585-288-0890 | volunteer@rcrclinical.com | Text "info" to 87888

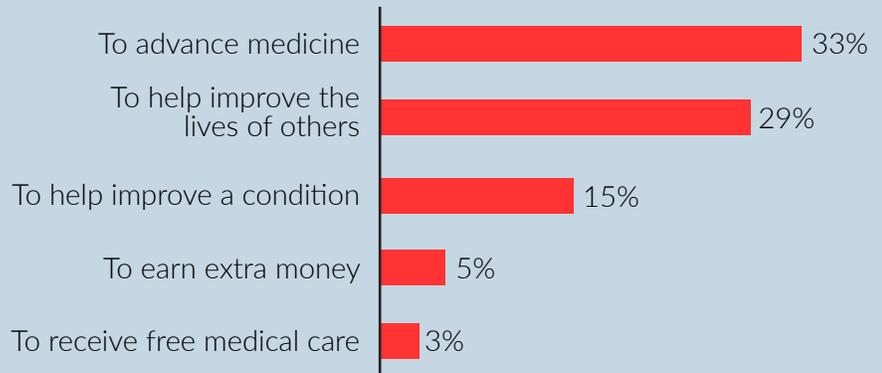
Why Participate in Clinical Trials

THANK YOU TO ALL OF THE VOLUNTEERS WHO PARTICIPATE IN CLINICAL RESEARCH. WITHOUT YOUR PARTICIPATION, SCIENCE COULD NOT ADVANCE.

Possible Benefits of Clinical Trial Participation include:

- Gaining access to cutting-edge research
- Receiving expert medical care for a specific condition
- Help future patients with specific conditions by contributing to medical research and treatment advances.

Top Reasons People Volunteer in Clinical Trials



Source: CISCRP, 2013; N=5,701 people worldwide

Why Rochester Clinical Research?

- **Quality Staff.** Our Study Investigators have hospital privileges, formal education in their area of expertise, and are credentialed by their National Board, in Family Practice, Internal Medicine or Rheumatology. All staff have received HIPAA compliance and Good Clinical Practice training. Additionally, our study coordinators are all Registered Nurses and all become certified by the Association of Clinical Research Professionals as Clinical Research Coordinators after 2 years of research.
- **Quality Research.** Chosen by the people of Rochester as the BEST Clinical Research Site in Rochester five times according to an annual survey conducted by the Democrat & Chronicle.



- **Quality Lab.** RCR is a New York State CLIA Certified Limited Service Laboratory. New York State judged Rochester Clinical Research to exceed the CLIA requirements.
- **Qualified Company.** Recognized by the Rochester Business Alliance four times as a Rochester TOP 100 Company.

Spotlight on Patient Care

Rochester Clinical Research celebrated National Clinical Trials Day in May. Each year, the Association of Clinical Research Professionals (ACRP) helps raise clinical trial awareness and honors clinical research professionals by recognizing their contributions to public health and medical progress. RCR joined them this year by participating in their “WE ARE” campaign to tell the world what WE are doing every day as a clinical researcher. Here is are some examples of what our staff came up with.

WE ARE...

Preventing Disease, Advancing Medicine, Making a Difference, Impacting Lives, Quality, The Future, Saving Lives, Changing Lives.



Children & Clinical Trials

Is it Necessary?

Yes. It was only 100 years ago that nearly one out of every six children born in the United States died prior to their fifth birthday.

It is from prior research studies conducted in children that we have reduced early childhood mortality to a relatively rare event in the United States.



Is it Safe?

Rochester Clinical Research is selective in which trials they opt to conduct - ensuring the safety of the volunteer. That being said, we recommend getting all of the information that you can before you decide whether or not to have your child participate in a trial.

The health professionals involved in the study will gladly explain all of the details - including the study's purpose, duration, required procedures, risks, potential benefits, and key contacts.

If you agree to participate, you give your informed consent on behalf of your child. Informed consent is not a contract, therefore you may withdraw from the trial at any time and for any reason.

More information about having your child participate in a clinical trial is available at
www.childrenandclinicalstudies.org

or

Feel free to contact Rochester Clinical Research with any questions
585-288-0890 | volunteer@rcrclinical.com

Cholera

Facts & Stats

Cholera is an intestinal infection which, in the worst cases, can lead to dehydration or death within hours of onset. Cholera remains a significant public health problem in many parts of the world. The disease is found mainly in underdeveloped countries as a result of poor sanitation/water systems.

Rochester Clinical Research is currently enrolling in a pediatric Cholera Vaccine study. Contact RCR today for more information.

172,454

Cases

42

Countries

1,304

Deaths

** Source: World Health Organization*

Meningitis

Facts & Stats

Meningococcal meningitis is a bacterial form of meningitis, a serious infection of the meninges that affects the brain membrane. It can cause severe brain damage and is fatal in 50% of cases if untreated.

Rochester Clinical Research is currently enrolling in a pediatric Meningitis Vaccine study. Contact RCR today for more information.

11,908

Cases

19

**African
Countries**

1,146

Deaths

** Source: World Health Organization*

Patient Testimonials

"This was my first clinical study, and it was a great experience – Hope to do more clinical trials. I had so much fun; I forgot I got paid at the end!"

S.A., Fairport, NY

"Just a brief note of appreciation to you and your staff for the excellent attention and professional service received as a participant in one of your clinical trials. It was a pleasure to play a small part in your contribution to the advancement of medical research"

D.V.R., Rochester, NY

"The staff at RCR are exceptional. They make you feel comfortable. They are knowledgeable, they take their time, never rush you in and out, but treat you like family. On the other hand, if your appointment is at 9 am you can expect to be seen within 5 or 10 minutes of your appointment. They will never waste your valuable time because they value you and appreciate your participation in their programs."

J.B., Rochester, NY

"I first became a volunteer for the extra money. My Mom was doing a study and recommended RCR to me. While, I can always use the extra money, I continue to do it for the benefit of science. I want to be able to help the field of medicine in anyway that I can. The people at RCR are always very friendly and professional. They make every appointment comfortable for the volunteer. Volunteering has made a positive impact on my life. I am able to say that I helped in the process of putting a new vaccine on the market. I would recommend RCR to anyone that is interested in volunteering in a study. My advice to them would be to look at it as their contribution to the field of medicine. The more people volunteer; the more advances can be made in health care."

J.M., Rochester, NY

Spotlight on Summer

What are RCR employees excited for this summer?

Camping

Hiking

Going to the Beach

Campfires

Concerts

Drive-in Movies

California

Golf

Family Reunion

Swimming

Canoeing

Adirondacks

Disney World

Birdwatching

Olympic National Forest

Mount St. Helens

Portland

Spending Time at the Lake

Eating fresh Veggies from the Garden

Stony Brook

Biking

Gardening

Seabreeze

Family Time

Kayaking

Fishing

Tubing

Ice Cream

