Conquering Diseases Programs

UMass Memorial Health Care

May 2014 Newsletter

May 2014

Studies of interest

Do you have Parkinson’s disease, Multiple System Atrophy or Pure Autonomic Failure and feel light headed when you stand up? (Docket # H00003305)

PHOENIX is a clinical study for patients with symptomatic neurogenic orthostatic hypotension to assess sustained effects of droxidopa therapy. The purpose of this research study is to determine whether a study medication called Droxidopa can relieve the symptoms of neurogenic orthostatic hypotension and whether it causes any side effects. Principal Investigator: Peter Novak MD, PhD

Study Coordinator: Bernadette Shaw (508) 856-2908 or email bernadette.shaw@umassmed.edu

Do you have Type 2 diabetes? (Docket # H00003138)

If you have Type 2 diabetes, DEVOTE is a cardiovascular outcomes study for insulin degludec in type 2 diabetics. The purpose of this trial is to compare the cardiovascular safety of the investigational product, insulin degludec, to that of the approved product, insulin glargine, in type 2 diabetic patients who are at least 50 years old and at risk for cardiovascular disease. The Principal Investigator of the study is John-Paul Lock, MD. For more information on the study, please contact Carol Ciccarelli at (508) 856-2828 or carol.ciccarelli@umassmed.edu

Are you pregnant? (Docket # H00003617)

Our study is named ARRIVE! The goal of the study is to determine whether coming to the hospital and having your labor started with medicine (i.e., labor induction) at 39 weeks of pregnancy can improve the baby’s health at birth when compared with waiting for labor to start on its own. For more information, please contact Tiffany Moore Simas, MD at (508) 334-6678 or email her at tiffany.mooresimas@umassmemorial.org.

Smoking Cessation (Docket # H00004447)

Korean Americans are more likely to smoke and die from smoking-related cancers than the general U.S. population. Dr. Kim has developed a Korean-culture adapted smoking cessation intervention. The intervention is effective when it is delivered in a person-to-person counseling platform. Dr. Kim wants to examine whether the intervention can be delivered via telephone and how Korean Americans would respond to it. Please contact Sun Kim, PhD at (508) 856-6384 or sun.kim@umassmed.edu

College Students and Mental Health (Docket # H00002042)

There is growing concern that since the 1990’s there has been a sharp increase in the number of college students who experience a serious mental health problem. Our study aims to gather information about college students referred to a psychiatrist for psychopharmacologic evaluation and treatment. We will examine the associations between demographics, past psychiatric history, psychiatric diagnoses, current psychiatric symptoms, and psychotropic prescribing patterns among the referred students. For more information please contact Daniel Kirsch at 508-334-7702 or email at Daniel.Kirsch@umassmemorial.org.


Coming in June! Alzheimer’s Lunch and Learn

Know the 10 Signs - Early Detection Matters
A workshop presented by the Alzheimer’s Association

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease. [www.alz.org/10Signs](http://www.alz.org/10Signs)

**Hosted by:** Julie McMurray – Alzheimer’s Association  
**Time:** 12:00 p.m. – 1:00 p.m.  
**Date:** Friday, June 13, 2014  
**Location:** UMass Medical School, 55 Lake Av North
Conquering Diseases Program, Ambulatory Care Center, Room AC1-36  
Worcester

**To Register Please Call:** 1-800-272-3900

---

National Melanoma/Skin Cancer Awareness Month

Skin cancer is a lifestyle disease affecting young women, older men and everyone in between. One in five Americans will develop skin cancer in the course of their lifetime. But there is good news: because skin cancer is chiefly lifestyle disease, it is also highly preventable. Want to know what to look for? [http://www.skincancer.org/skin-cancer-information](http://www.skincancer.org/skin-cancer-information)

---

High Blood Pressure Month

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the United States. [http://www.cdc.gov/features/highbloodpressure/](http://www.cdc.gov/features/highbloodpressure/)

---

Stroke Awareness Month

More than 7 million people in the U.S. today have survived a stroke. The best way to protect yourself and loved ones from stroke is to understand personal risk and how to manage it. Stroke is an emergency. The more people who can recognize and respond to stroke warning signs FAST – the better. [www.stroke.org](http://www.stroke.org)

---

May is National Arthritis Month

Arthritis is not one single disease—it includes more than 100 related conditions that affect the joints, bones and connective tissues. Consider these arthritis facts:

- More than 50 million Americans have arthritis.
- Arthritis is not just a disease of aging: 2/3 of arthritis sufferers are under the age of 65; 300,000 are children.
- Arthritis is the #1 cause of disability in the U.S.
- The three main types are:
  - Osteoarthritis (OA), the most common form, is a degenerative disorder that causes the breakdown of cartilage in the joints.
  - Rheumatoid Arthritis (RA) is an autoimmune disease that causes inflammation in the joints along with possible joint and bone damage.
  - Juvenile Arthritis (JA) includes a number of autoimmune and inflammatory conditions affecting kids age 16 and under.
- Research suggests three ways to help prevent OA: get regular exercise, manage your weight, and avoid joint injuries.

---

Biorepository
Volunteer to donate a small amount of blood that will be stored in our Biorepository and used by UMass researchers. (Docket # H-12647)

Clinical Research Volunteer Database
Participate in the Clinical Research Volunteer Database. The database is used for UMass researchers who are conducting IRB approved studies. (Docket # H-12562) For more information, stop by the Conquering Diseases office. We are open 8:00 AM – 4:00 PM