November 2016

The Conquering Diseases Program announces a new website!
The Conquering Diseases program is excited to extend its outreach through a new website which is now available in English and Spanish. Volunteers can also now conveniently sign up for the Clinical Research Volunteer Registry on line. The Volunteer Registry is used to connect volunteers with UMass researchers who are conducting IRB approved studies. Visit our new website today at http://www.umassmed.edu/conqueringdiseases/

Studies of interest

Want to QUIT smoking? (Docket # H-0001183)
Want to QUIT smoking? Do you own a smartphone? Are you between 21 – 65 years old? If yes, you may be eligible to participate in a research study. The goal of our research is to detect changes in brain activity related to using smartphone apps that may help you quit smoking. You will receive the phone app at no cost. You will be in the study for about one month. Please contact Susan Druker at (508) 856-5529 or susan.druker@umassmed.edu.

Heart Healthy Cooking: Tips in the Kitchen & Supermarket
At the heart of a healthy lifestyle is good nutrition. Making smart food choices can help reduce your risk of heart disease and stroke. The good news is, eating right doesn’t have to be hard or require a special diet. Renowned local Chef John Cannon will teach you how to cook a healthy meal at home for you and your family. Plus, take advantage of the opportunity to talk to a licensed, registered dietitian! This is open to anyone interested in healthy cooking. Make your reservation today by contacting Blair Young at blair.young@heart.org or 508-499-6266.

When: November 29th
Time: 5:30 - 7:30 PM
Location: University of Massachusetts, Shaw Building, 419 Belmont Street, Worcester MA 01605
Cost: $25

Black participants needed for survey (Docket # H00005882)
Researchers at the University of Massachusetts Medical School are conducting a research study and are looking for black participants to complete a short online survey to let us know your interest on weight loss app designed specifically for the black community. The study will take 10-15 minutes. If you complete the survey, you will be entered in for a drawing for a $40 gift card. To participate in the study, please click here: http://bit.ly/BRelaxSurvey To learn more about the study, please email us at martinus.evans@umassmed.edu or call us at (508) 856-2209.
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)

Alcohol Behavioral Couple Therapy for Service Members and Veterans
(Docket # H00003823)
Researchers at UMass Medical School are developing an innovative program for Service Members and Veterans with alcohol-related concerns. The Alcohol Behavioral Couple Therapy Military treatment research program is designed to help service members or veterans and their partners learn skills that will help to reduce drinking and improve relationship functioning. The program will include a thorough assessment, 15 weekly outpatient couple therapy sessions (free of charge), and a follow-up session. Compensation will be provided for the intake and follow-up sessions. For more information, please contact Rachel Rosen at (855) 901-2228 or abctmilitary@gmail.com.

Are you interested in knowing more about your bone health? (Docket # 13-111)
Healthy women ages 21-40 are invited to participate in a research study on the effects of exercise on bone health. To be eligible for the study you must be a healthy normal body weight, non-smoker, not be pregnant or planning a pregnancy in the next two years, and must have plans to be in the Worcester area for the next two years. A four-minute commitment, three times per week for one year may be required. Compensation is provided. For more information call the Musculoskeletal Biomechanics Lab at 508-831-5338, e-mail at MBL@wpi.edu, or sign up at https://redcap.wpi.edu/redcap/surveys/?s=T489XE3MHT.

Are you a woman aged 35 to 64 who smokes? (Docket # 15-311)
It is not clear how smoking affects bone health and function. Weaker bone increases risk for fracture, especially in aging women. Healthy women who smoke (35 to 64 years old), are invited to take part in a single-visit study using a low-dose x-ray to understand how smoking affects bone health. Compensation provided! For more information, please contact Joshua Johnson, PhD at 508-831-5338 or MBL@wpi.edu, or complete the survey. https://www.surveymonkey.com/r/Z895LKL.

Should Infants with Down Syndrome be Screened More Frequently for Thyroid Dysfunction? (HSC Docket # H00000722)
The Division of Pediatric Endocrinology at the UMASS Memorial Children’s Medical Center is conducting a research study to determine whether infants with Down syndrome need to be screened at more frequent intervals during the first year of life for thyroid disorders. Thyroid hormone is critical for brain development in the first three years of life. Early diagnosis and treatment of thyroid disorders in all infants can optimize neurodevelopmental outcomes. This study involves screening for thyroid disorders with either a heel, toe or finger stick blood sample at 2 and 4 weeks of age and monthly thereafter for the first 12 months of life. For convenience, these blood samples can be done at your pediatrician’s office. If your infant is diagnosed with a thyroid disorder then treatment will be started promptly. Criteria: Newborn with Down syndrome (≥ 30 weeks gestation); Enroll < 6 months of age. If you are interested in learning more about this study please contact Penny Feldman, M.D. at 508-334-7575 or at penny.feldman@umassmemorial.org. Compensation provided for each visit. Funded by the Gerber Foundation.

Research Leads to Cures...Be part of the Cure!
UMass Conquering Diseases Biorepository (Docket # H-12647)
Would you like to help find better treatments and cures for health conditions and diseases? If you have ever been seen at UMass Memorial, you can donate a blood specimen to our Biorepository! Please contact us to learn more: 508-856-2557 or ConqueringDiseases@umassmed.edu.