QUARTERLY NEWSLETTER OF MCRC

Research Today

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The Latest News at MCRC...

MCRC is pleased to announce a step forward! After 31 years at St. Paul Hospital, MCRC and Rheumatology Associates have definitely outgrown our space. Our new offices will be located on the corner of Walnut Hill near Central. Read more about our new facility inside.

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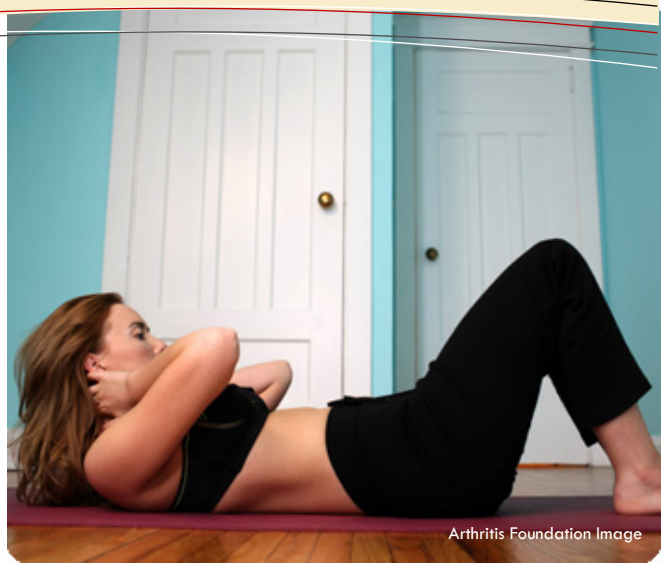
Medical Advances Through Clinical Research

mcrc Metroplex Clinical Research Center

Exercise is a Great Pain Medication for Arthritis

The Arthritis Foundation


Arthritis Foundation Image

It may seem counterintuitive to exercise when suffering with joint pain, but physical activity is actually a natural pain reliever for most people suffering from arthritis. A recent study published in *Arthritis Care and Research* magazine concluded that regular exercise, specifically the Arthritis Foundation Exercise Program, is an effective course in significantly improving and managing arthritis pain. This is good news for the aging population of U.S. baby boomers who want to get back to basics with a natural remedy for pain. In fact, arthritis is projected to increase by 40 percent, affecting 67 million Americans, in the next two decades. Currently, there are 3.7 million people living in Texas with arthritis.

The in-depth study looked at the effectiveness of the Arthritis Foundation Exercise Program, developed in 1987 to reduce pain and stiffness by keeping joints flexible and muscles strong. The Arthritis Foundation Exercise Program, formerly known as People with Arthritis Can Exercise (PACE), is a program developed by the Arthritis Foundation to promote self-management of arthritis through gentle activities to help reduce pain, increase joint flexibility and range of motion and to help to maintain muscle strength. The program is offered at basic and advanced levels, and is available throughout the country in many convenient community-based settings. **There are currently over 220 sites throughout Texas that offer one or more Arthritis Foundation exercise programs .**

Key findings of the study include participants reporting a decrease in pain and fatigue, an increase in upper and lower extremity function, and an increase in strength after participating in the basic, eight-week exercise program. Also, participants who continued the exercise program independently, beyond eight weeks, sustained improvement in re-

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duced stiffness.

"The study showed that the exercise program is suitable for every fitness level, even inactive older individuals," said author of the study Leigh Callahan, Ph.D., Thurston Arthritis Research Center, University of North Carolina at Chapel Hill. "Many people believe the myth that exercise exacerbates their symptoms. The truth revealed in the study is that symptoms improved with exercise."

Exercising for joint health is different than exercising for cardio health. People living with arthritis don't have to sweat to achieve success. The basic eight-week Arthritis Foundation Exercise Program consists of low-impact routines with gentle range-of-motion movements that can be done while sitting or standing.

"Even minor lifestyle changes like taking a 10-minute walk three times a day can reduce the impact of arthritis on a person's daily activities

and help to prevent developing more painful arthritis," explains Patience White, M.D., chief public health officer of the Arthritis Foundation. "Physical activity can actually reduce pain naturally and decrease dependence on pain medications."

In addition to the Arthritis Foundation Exercise Program, the Arthritis Foundation also offers the Arthritis Foundation Aquatic Program, a program that features gentle activities in warm water that will help reduce pain, gain strength and flexibility. Swimming is not a prerequisite. The Arthritis Foundation also offers a Tai Chi Program, using Sun Style Tai Chi which includes agile steps and exercise that may improve mobility, breathing and relaxation. Both the Arthritis Foundation Aquatic Program and Tai Chi from the Arthritis Foundation have numerous classes throughout Texas. For a class near you, call the Arthritis Foundation at 1-800-442-6653.

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than $128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability.

For more information, contact the Texas Chapter, at 800-442-6653 or online at www.arthritis.org, keyword Texas.

Announcement from MCRC — Expansion of our Phase 1 Unit

Starting this June, MCRC is proud to announce the opening of a new Phase 1 unit right across the hall from the main research center.

Our last newsletter featured an article about the importance of Phase I clinical trials and many of our patients have responded to that article and become a volunteer for one of our Phase I trials. For those of you who are not familiar with the Phase I trials, these trials are done in small groups, usually 4 – 6 volunteers with well controlled or minimally active disease. Generally these volunteers receive a single dose of the study medication and over the next hours or days, blood and urine samples are obtained to measure the drug activity in the body. Most Phase I trials require at least one overnight stay and some can require multiple days.

Until our August move into the new facility we have added additional space at our current location; allowing us to accommodate six overnight patients. The new acquired area will feature amenities not available in our current space.

Kitchen Basics from *The Essential Arthritis Cookbook*

Preparing a meal involves much more than cooking. There are menus to be planned, groceries to be bought and stored, ingredients to be mixed, cookware to be selected, and finally dishes to be washed. No wonder people make remarks like :

"Cooking makes me so tired that I don't even want to eat."

"I would do more cooking, but my hands hurt so much."

"Carrying those heavy grocery bags takes all the energy I've got."

There are several reasons why having arthritis makes you feel tired. Inflammation, pain, stress and joint stiffness are all energy-robbers. But there are many ways to outsmart them by using your energy wisely. The secret lies in understanding your disease process and in changing some of your daily habits.

Fighting Back Against Energy-Robbers

One way to simplify meal preparation and save energy is by developing an energy-savings plan. Your body's main energy source is the food you eat every day. Think of food-energy as a deposit into a daily savings account. To manage arthritis, you will want to budget this energy wisely. Using this energy constantly will deplete your energy balance. There are two ways to keep your "energy savings balance" healthy. First you must stop doing things in ways that waste energy. Next, you must make wise choices with the energy with the choices you do have. Here are proven ways to end each day with a positive balance in your energy savings account.

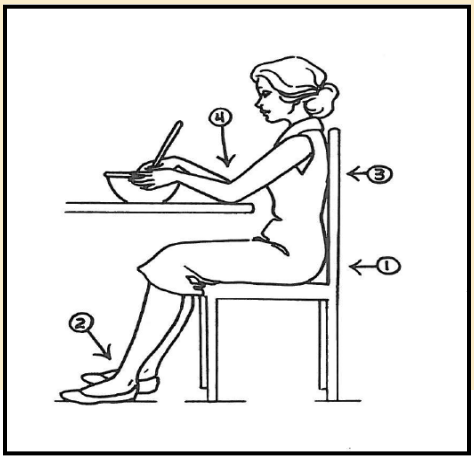
Avoid habits which lower your energy balance. Enhance your energy by following these suggestions:

Do not work from a standing position. Always sit in a chair with a firm seat and a fairly straight back which supports your back. Rest your arms on a table or counter.

The figure below illustrates the best sitting posture.

Notice the key points of body support:

1. Buttocks squarely on the chair.
2. Both feet on the floor.
3. Back supported by the chair.
4. Upper arms relaxed and supported by the table.
5. Forearms and hands free.



See page 4 for Citrus Spinach Salad recipe & Baked Salmon with Cucumber Sauce recipe.

Recipes from *The Essential Arthritis Cookbook*

Recipes in *The Essential Arthritis Cookbook* are specially developed to reduce preparation **time**, the **number** of bowls and utensils and the **range of motion** needed in the kitchen. All recipes have been tested by a number of taste-testers and prepared by people with arthritis to certify that they produce tasty dishes time after time with a minimal amount of energy.

Mini-rest breaks are designated by the special figure ☺
Mini-Breaks last 1-2 minutes. Use this time to take a deep breath and to locate tension up in your body. Close your eyes and actively relax these body parts. You need to take a mini-break every ten minutes while you are working.

All recipes are low in fat and cholesterol, moderate in the amount of salt and sugar, and fit into a well-balanced diet.

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Medical Advances Through Clinical Research

NEWSFLASH

MCRC IS MOVING THIS AUGUST

We are excited to announce our new facility! MCRC will be conveniently located next to the DART rail station at the corner of Walnut Hill and North Central Expressway. Features of the new site will include updated amenities, a better flow of services from Rheumatology Associates to MCRC, a comfortable spacious waiting area and much more. We hope you will enjoy our new setting as much as we will!

MCRC's *NEW* address will be:
8144 Walnut Hill Lane
Suite 810
Dallas, TX 75231

UPCOMING STUDIES…

- Scleroderma Study
- Osteoarthritis of the Knee
- Early RA study for patients recently diagnosed
- Phase 1 RA study for patients with mild disease activity on methotrexate
- RA study for patients with active disease on methotrexate
- RA study for patients with active disease on DMARD therapy

Recipes from *The Essential Arthritis Cookbook*

BAKED SALMON WITH CUCUMBER SAUSE

4 servings

Vegetable Cooking spray
4 4-ounce salmon steaks
1 teaspoon margarine, melted
1/4 teaspoon salt
1/4 teaspoon pepper

Cucumber Sauce
1/2 cup peeled and grated cucumber
2 tablespoons reduced-calorie mayonnaise
2 tablespoons fat-free sour cream

Preheat oven to 400^0. Coat a baking dish or pan with cooking spray. Rinse salmon steaks and pat dry with paper towels.

Place salmon in coated baking pan. Evenly spread the melted margarine over the fish. Sprinkle with salt and pepper.

Bake for 20 minutes or until fish flakes when tested with a fork.

Mix cucumber sauce ingredients in a small bowl. Top each steak with 3 tablespoons cucumber sauce before serving.

Serving size: 1 salmon steak with 3 tablespoons cucumber sauce
Analysis per serving: 217 Calories, 24g Protein, 3g Carbohydrate, 11g Fat, 4g Sat . Fat, % of Calories from Fat 47, 77mg Cholesterol, 275 mg Sodium
Diabetic Exchanges: 3 lean meats & 1 fat

CITRUS SPINACH SALAD

Leaf lettuce may be substituted for spinach.
4 servings

1 small, red onion
6 cups fresh spinach
1 16-ounce can grapefruit sections, drained (reserve 1/2 cup juice)
1/4 cup plain croutons

Citrus Vinaigrette *(makes 3/4 cup)*
1 tablespoon corn oil
1 tablespoon Dijon mustard
1/2 cup grapefruit juice (reserved from canned grapefruit sections)
1/4 teaspoon paprika
1/4 teaspoon pepper
1/4 teaspoon salt
1 tablespoon sugar

Slice onion and separate into rings. Tear spinach into bite-size pieces. Combine onion, spinach and grapefruit sections in a large serving bowl. Cover and refrigerate until ready to serve. Top with croutons. Serve vinaigrette separately.

Combine all ingredients in a small bowl, stirring well to dissolve sugar. Cover and refrigerate until dressing is thoroughly chilled.

Serving size: 2 cups salad and 3 tablespoons vinaigrette
Analysis per serving: 110 Calories, 4 g Protein, 18 g Carbohydrate, 4 g Fat, tr Sat Fat, 0 mg Cholesterol, 260 mg Sodium
Diabetic exchanges: 1 fruit, 1/2 vegetable & 1 fat

CURRENT STUDIES at MCRC

Osteoarthritis

- We are conducting a research study of three approved medications commonly used to treat pain associated with osteoarthritis or rheumatoid arthritis in people who also have or are at high risk for heart disease. You may qualify if you are over the age of 18 and diagnosed with Osteoarthritis or Rheumatoid Arthritis; and you have controlled diabetes mellitus, heart disease, arterial disease or are at risk of cardio-vascular disease. Medical exams and labs and study medication will be provided at no cost and compensation for time and travel will be provided.

- Osteoarthritis (OA) sufferers are invited for the unique opportunity to participate in a clinical trial to test an investigational drug that may slow down or stop the progression of OA. You may qualify if; you are 40 or older and are mild to moderately overweight, you experience knee pain, stiffness, or aching, you are taking something for the pain and discomfort on a regular basis and you have no anticipated surgery of the knee in the next two years. Qualified participants will receive study-related medication (or placebo) as well as study-related lab tests and medical exams at no cost. Compensation is provided to help with travel expenses.

- If you have painful osteoarthritis of the hip or knee and are taking Naproxen or Celecoxib then ask us about this study. The study is examining a new investigational medication for signs and symptoms of moderate to sever osteoarthritis of the knee or hip. Participation in this research study will provide study-related health evaluation and OA assessment, educational materials about OA, study medication and study-related procedures at no cost.

Ankylosing Spondylitis

You can participate in a research study to investigate an oral treatment for Ankylosing Spondylitis (AS). To participate you need to be at least 18 years of age, and diagnosed with AS. Your participation will last up to 17 weeks. To find out more or to see if you qualify please contact us.

Lupus

- Were you diagnosed with Lupus more than 6 months ago and are you taking 20 mg or less of prednisone a day? You may qualify to be a part of this phase one research study to potentially help the advancement of Lupus treatments. Qualified participants will receive study-related health assessments at no charge, will receive investigational drug and will receive payment for participation.

- Do you have Systemic Lupus Erythmatosus? Are you 18 or older? Do you have biopsy proven kidney involvement to your Lupus? If so, you may qualify to participate in a clinical research study.

Rheumatoid Arthritis

- If you are over 18, been diagnosed with Rheumatoid Arthritis, currently taking Methotrexate and are having an inadequate response to Etanercept (ENBREL) or Adalimumab (HUMIRA), you may qualify to participate in a 30-week study. You will receive medical care and medicine at no cost. Compensation is available to cover travel expenses.

- Are you experiencing an inadequate response to your TNF-alpha therapy after at least 3 months of continuous treatment? If you are between 18 and 75 years of age and have Rheumatoid Arthritis, you may qualify to participate in this clinical research study. Medicine and medical care provided at not cost. Also, compensation for time and travel expenses may be provided.

Gout

We are now enrolling participants to help evaluate the effectiveness and safety of an investigational medicine for preventing gout flares when used in combination with FDA-approved gout medicines.
To be considered for participation in the RE-SURGE study, you must be 18-80 years of age, have a history of gout and are at risk of gout flare, be able to or are already receiving treatment with allopurinol, AND not currently be experiencing a gout flare. Qualified participants will receive study medicine as well as study-related medical evaluations at no cost. Reimbursement for time and travel may also be available.

CURRENT STUDIES ***continued on backside….***

For information about current research studies or to see if you qualify, please contact:

Chip Pemberton at 214.424.0407
or
Neha Patel-Cervantes at 214.424.0405

PATIENT CORNER

Phase 1 patients talk about their experience at MCRC and the reasons why they chose to participate in clinical research.

Several patients were asked the following questions. Some of their responses are listed below.

WHAT MADE YOU DECIDE TO VOLUNTEER FOR CLINICAL RESEARCH TRIALS?

"I retired and had the time to help others have an easier time than I had over my 40 years of disability."

"I enjoyed testing the new drug to see if I felt better. I have six grandchildren who could possibly benefit from this research, and they pay you for your time. So it's a win-win situation."

"A hope in a new drug for RA, and the compensation was a nice bonus."

WHAT WAS YOUR EXPERIENCE LIKE DURING THE TRIAL?

"Outstanding, the staff was exceptionally nice and helpful. I met some other RA patients—it was kind of nice to have that support."

"Extremely enjoyable. The ladies in the study with me were delightful. The staff is always friendly and gracious to us in every way."

"There were lots of nice people and I had a pleasant time."

WOULD YOU ENROLL IN ANOTHER STUDY IF YOU HAD THE OPPORTUNITY TO DO SO?

"Absolutely."

"Definitely."

"Yes!!"

RHEUMATOID ARTHRITIS *continued...*

- MCRC is currently conducting a clinical research study to evaluate the effectiveness and safety of an investigational medication for the treatment of Rheumatoid Arthritis. You may be potential candidate for this study if you: Are between the ages of 18 and 75, have been diagnosed with Rheumatoid Arthritis, are currently on methotrexate, and have not responded to certain therapies used to treat Rheumatoid Arthritis. If you choose to join this study, you will be asked to attend 13 study visits over 32 week period. During this time, you will have various assessments and receive study medication. Qualified participants will receive study medication and study-related medical care at no cost.

- Have you had an unsatisfactory response or are you intolerant to at least one traditional disease modifying antirheumatic drug (DMARD)? Are you over 18 and been diagnosed for at least 3 months? You may qualify to participate in a 12-week, 8 visit, two stage dosing research study with an open label extension. Qualified participants will receive study-related health assessments at no charge, and will be compensated for time and travel.

- If you have rheumatoid arthritis you know finding the right treatment can be challenging. A clinical research study is under way, right now, to test the safety and effectiveness of an investigational medication for people with rheumatoid arthritis. To qualify you must 18 years of age or older and had an inadequate response to at least one traditional or biologic DMARD. Other eligibility criteria will apply. Qualified participants will receive study related medication and care at no cost. If you qualify, you will be asked to complete 9 visits over 6 months.

- Do you suffer from stiff, painful and inflamed joints to fatigue and weight loss? The symptoms associated with active rheumatoid arthritis can seriously impact your quality of life. Metroplex Clinical Research Center is currently conducting a research study with an investigational therapy for rheumatoid arthritis and are looking for male and female participants who are aged 18 years or older, have been diagnosed with active rheumatoid arthritis and are currently taking methotrexate and are willing to attend up to 10 visits over a 24-month period. If you are eligible for participation, you will receive study medication or placebo and all study related medical care at no cost.

- MCRC is currently seeking participants that have been diagnosed with Rheumatoid Arthritis, Psoriatic Arthritis or Psoriasis for a clinical research study. If you are between 18 and 65 years old and have been on a stable dose of methotrexate for the last 3 months you may qualify. Qualified participants will receive study-related medication and care at no cost, and will be compensated for your time.