

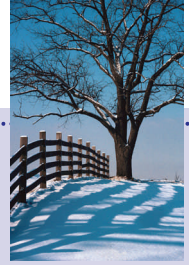


Winter 2010

Volume 1, Issue 1

# The Joint Connection

Rheumatology Associates & Metroplex Clinical Research Center



## Helpful Tips:

- Scheduling Reminders
- A New Year, new Insurance benefits
- Did you know?
- Office Locations
- Upcoming Events

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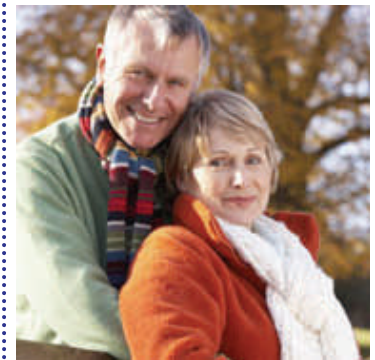
101



## How to minimize winter's impact on your arthritis pain

Winter's chill shouldn't drive you indoors until the spring thaw. Just the opposite, says the Web site [ArthritisToday.org](http://ArthritisToday.org). Walking outside in the winter has many health benefits for arthritis sufferers, including burning calories and helping you feel positive and motivated, the site says. Plus, inactivity is often associated with an increase in pain. So how can you stay active and manage your arthritis this winter? Here are a few tips:

- Stay warm and dry  
Dampness and cold exacerbate arthritis pain. Dress warmly and avoid dampness. If you live in an area with particularly damp weather, equip your home with a dehumidifier to take excess moisture out of the air.  
When walking outside, wear warm, waterproof footwear and gloves. Layer your clothes for warmth and breathability, and choose fabrics that wick moisture away from your skin.
- Stay active  
"Use it or lose it" definitely applies to arthritis sufferers. Exercise can help keep joints moving, strengthen muscles connected to joints, preserve bone health, and improve your overall health and fitness, according to [www.Arthritis.org](http://www.Arthritis.org), the Web site of the not-for-profit Arthritis Foundation.  
If you are less active during winter, arthritis can cause even the smallest movement to be painful. Maintain your prescribed exercise regimen, under your doctor's guidance, as much as possible during winter months. The movement will help fight off the stiffness that cold weather brings to your joints.



Coping with this often debilitating disease can be even more challenging when the weather turns cold, making joints feel even more stiff and painful.

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## Clinical Research 101



A clinical trial (also called medical research, clinical research or a clinical study) is a study intended to help answer specific questions about a treatment by studying its effects in people. Clinical trials are designed and conducted by scientists and medical experts (such as the physicians of Rheumatology Associates) who invite people to participate in the investigation of new therapies for conditions such as Rheumatoid Arthritis, Osteoarthritis, Lupus, Gout and other auto-inflammatory diseases.

There are many reasons for a person with Rheumatoid Arthritis or similar diseases to consider participating in a clinical trial. Many people who take part in studies believe that doing so will benefit themselves and others, now or in the future. (continued on page 3)



## Minimizing winter's impact (continued from page 1)

- **Get help**  
See your doctor regularly throughout the winter and consider using aids that are designed to help ease arthritis pain in the colder months. For example, IMAK's Arthritis Gloves provide mild compression and warmth to help relieve the increased joint pain and swelling associated with winter. Designed by an orthopedic surgeon, the gloves can be worn indoors during daily activities and outdoors under your regular gloves. Made of cotton Lycra, the gloves have open fingertips that allow freedom to touch, feel and grip. Visit [www.IMAKproducts.com](http://www.IMAKproducts.com) to learn more.
- **Keep to your diet**  
Our diets tend to become "heavier" in colder weather as our bodies instinctively crave warmth-generating and fat-building fare to help us stay warmer. But it's important to maintain a healthy diet throughout the winter. Controlling excess weight, which puts undue strain on already sore joints, is a key element of managing your arthritis. Also, talk to your doctor or a qualified nutritionist about what nutritional supplements might be helpful in minimizing your pain.

### Scheduling Reminders

- Please remember when cancelling or rescheduling an appointment, do so 24 hours in an advance.
- When scheduling an appointment make the scheduler aware of any changes such as address, insurance, phone number, etc.
- Use the following extension numbers after dialing the main number when scheduling.

Main Number (214) 540-0700

- **Ext 502** Carla McCullar for:  
Dr. Fleischmann, Dr. Jenkins, Dr. Kurepa,  
Jean Clark
- **Ext 503** Tiffany Herrera for:  
Dr. Kheshgi, Dr. Iqbal, Dr. Stern,  
Andrea Martin
- **Ext 504** Cindy Roegner for:  
Dr. Cohen
- **Ext 527** Sandy Hernandez for:  
Dr. Lakhanpal, Dr. Vine, Dr. Geppert

### DID YOU KNOW....

Did you know that clinical trials can take place in a variety of locations, such as hospitals, universities or doctors' offices, like Rheumatology Associates?

Ask your physician today about clinical trials he or she may be conducting.

### Happy New Year!



It is that time of year again to choose your insurance coverage for the New Year. It is very important to notify your Doctor's office of any changes that you may have. This is especially important if you are on one of the IV drugs as they often require authorizations. We verify coverage for every patient at the beginning of the year. If you have given us your new insurance information prior to your visit this will save time when you come in. It is also important to call your Doctor's office before changing insurance plans to make sure that your current doctors are contracted and accept the new plan. For more information or if you need any help understanding your insurance benefits please contact me.

Carol Cowan  
Insurance Manager  
Rheumatology Associates  
214-540-0630  
[ccowan@arthdocs.com](mailto:ccowan@arthdocs.com)  
[www.arthdocs.com](http://www.arthdocs.com)



## Prepare Your Veins for Infusions

The "quality" of your veins and thickness of your skin and other physical things about you play a role in how easy the needle will go in. I have compiled a short list of things you can do to ensure that your veins are at their best before an infusion. These tricks also work to help blood draws go more smoothly.

- **Super hydration:**  
Drink water. Then drink more water.

When you are done with that, drink a lot more water. No kidding. Having as much liquid on board will really help your veins be nice, big and easy to find. Drinking a sport drink, such as Gatorade, will also help. Caffeine tends to dehydrate the body, so avoid coffee, tea and sodas with caffeine. Signs of dehydration include: fatigue, loss of appetite, flushed skin, heat intolerance, light-headedness,



dark colored urine, dry cough.

- **Salty Foods:** If you are not on a salt or sodium restricted diet, it often helps to eat something salty the night before an infusion. This will help your body retain some of the fluid you are drinking. Popcorn, pizza and Chinese food are great sources of salt.



- **Do "The Chicken":** Flap your arms up and down to increase blood flow to your extremities. You can also dangle your arm over the side of the chair before your infusion to allow gravity to help blood flow to your extremity.



- **Speak Up:** While the person inserting the needle might be the expert at their job, you are it comes to your own body. Tell the nurse what kind of problems people have had inserting a needle in the past and where your "best" veins seem to be.



You should never feel embarrassed or ashamed that you don't like getting infusions. The nurses will be happy to accommodate your requests and help to make your infusions go as smoothly as possible.

Did you know that physicians of Rheumatology Associates often offer their patients an opportunity to participate in clinical trials at Metroplex Clinical Research Center? Ask your physician if you are a candidate.

## Research Begins with You

For information about clinical trial opportunities for arthritis patients or to see if you may qualify for participation, please contact:

Neha Patel-Cervantes, Michelle Huhn at (214) 424-0405 or (214) 879-6737 x 407.

### Locations and Services

#### Metroplex Clinical Research Center

8144 Walnut Hill Ln., Ste 810  
Dallas, TX 75231  
Services: Clinical Research  
Phases I - IV

#### Rheumatology Associates Dallas

8144 Walnut Hill Ln., Ste 800  
Dallas, TX 75231  
Services: Lab, X-Ray, Infusion

#### Duncanville

903 S. Main St., Ste 107  
Duncanville, TX 75137  
Services: Lab, Infusion

#### Grapevine

901 W. Wall St., Ste 103  
Grapevine, TX 76051  
Services: Lab, Infusion

#### Irving

3200 N. MacArthur Blvd.,  
Ste 104  
Irving, TX 75062  
Services: Lab,

#### Lewisville

190 Civic Cir. Dr., Ste 145  
Lewisville, TX 75067  
Services: Lab, Infusion

#### Plano

1200 Medical Ave., Ste 103  
Plano, TX 75075  
Services: Lab, Infusion

## Clinical Research 101 (continued from page 1)

The advances in what is known about auto-inflammatory diseases and medications that you take now are available only because people before you volunteered to participate in clinical trials.

According to federal regulation, every clinical trial in the U.S. must be approved and monitored by an Institutional Review Board (IRB). An IRB is an independent committee of doctors, community advocates, and other respected individuals, mandated to ensure that the clinical trial is ethical and that the rights of study participants are protected.

In addition to the information provided in this article, Metroplex Clinical Research Center (MCRC) offers printed educational materials that may be helpful to you and others who wish to learn more about clinical research, or are considering volunteering in a clinical trial.

For more information about current clinical research studies, or to inquire about study participation, contact MCRC at 214-879-6737. If you are visiting the Dallas RA office you can always stop by suite 810 to inquire and learn about the clinical research studies currently taking place.

Rheumatology Associates &  
Metroplex Clinical Research Center

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Suite 800/810  
Dallas, Texas 75231

RA: 214.540.0700  
www.arthdocs.com  
MCRC: 214.879.6737  
www.mcrcdallas.com



Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5



**Metroplex Clinical Research Center**

8144 Walnut Hill Lane, Suite 810  
Dallas, Texas 75231  
214-424-0405  
or 214-879-6737 ext 407  
[info@mcrcdallas.com](mailto:info@mcrcdallas.com)



**2010 FORECAST: LUPUS**



*presented by Dr. Thomas Geppert  
Metroplex Clinical Research Center*

**DATE:** Wednesday, January 20  
**TIME:** 5:30 p.m. - 7 p.m.

**LOCATION:** Metroplex Clinical Research Center (MCRC)  
8144 Walnut Hill Lane, Suite # 810  
1 block east of Central Expwy  
Dallas, Texas 75231

**DETAILS:** A free informative session given by Dr. Thomas Geppert  
on developments in lupus research, followed by Q & A.

Light refreshments/Tour of MCRC Facility.

**RSVP by January 18:**  
**Neha Patel-Cervantes, MCRC**  
[npatel@mcrcdallas.com](mailto:npatel@mcrcdallas.com)  
214-424-0405

or

[jan@lupus-northtexas.org](mailto:jan@lupus-northtexas.org)