

# Prohealth Gazette

Good Health for Today and Tomorrow

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## Inside this Issue

Participation in Studies and Upcoming Trials	2
Peripheral Neuropathy and Diabetes	3
November is Osteoporosis Month	3
A Special Visitor	3
Calcium Chart	4
Cook's Corner	4
Useful Links	4

## Our Staff

David Kendler, MD FRCP, Research Director

Larry Dian, MB ChB, Co-Investigator

Dominique Doré, Study Coordinator

Joan Poon, Study Coordinator

Juliet Algoso, Study Coordinator

Ann Tkachuk, Study Coordinator

Tracy Fan, Research Assistant

Mary Li, Research Assistant

Frances Ricafort, Research Assistant

Rosine Hage-Moussa, Research Assistant

Jennifer Mai, Medical Secretary

Monika Mezey, Medical Secretary

Steve Robertson, DEXA Specialist

Alice Zhang, Visiting Physician (China)

## Contact Us

Prohealth Clinical Research Centre



215, 809 West 41<sup>st</sup> Avenue  
Vancouver, BC V5Z 2N6  
604-263-3661  
Toll Free 1-866-226-6143  
[www.prohealthcr.ca](http://www.prohealthcr.ca)

## Message from the Director



We are very proud to see our research team grow with the recent addition of new and talented staff. Clinical research requires a high degree of teamwork with all members of the team working together to provide the highest level of care to our volunteers and patients. Prohealth continues to be the North American leader in clinical trials

in the area of osteoporosis, and this is the result of the hard work of our dynamic team.

Of course, the end result of research comes with the presentation of research results at medical meetings. Over the past year, we have had many opportunities to present our results at major meetings in Prague, South Africa, China, and Philadelphia, as well as national meetings in Canada. This exposure helps doctors around the world learn how to better treat their patients and benefits everyone.

All of this activity is possible only because of the commitment of our volunteers. Each individual's contribution to this bigger picture is very important. We continue to grow to meet the requirements of clinical research and the needs of each research volunteer.

Dr. David Kendler, Director

## American Society for Bone and Mineral Research Meets in Philadelphia

The 28<sup>th</sup> Annual Meeting of the American Society for Bone and Mineral Research (ASBMR) was recently held in Philadelphia, Pennsylvania.

Over 5,000 researchers, physicians, clinicians, and other health professionals attended more than 1,500 meetings and presentations on recent developments in education, research, and clinical practice relating to bone and mineral metabolism. Our director, Dr. Kendler, attended along with several members of our staff to stay up to date on issues regarding bone health.

The meeting is held in a different North American city every fall. For more information on this year's meeting, as well as past and future meetings, you can visit ASBMR on the web at [www.asbmr.org](http://www.asbmr.org).

## Participation in Studies and Upcoming Trials

Our Research Centre is always recruiting volunteers to participate in trials to test new medications as well as medications currently in use. By participating in our studies, you will have a chance to use these medications before they become available to general doctors. In addition, you will benefit from medical examinations and tests, and you will be reimbursed for your travel expenses.

We are always starting new trials, so although you may not qualify for one of the trials we are currently recruiting, there may be something available for you a few months down the road. If you are interested in participating in a trial, or you would like us to keep your name on our mailing list for future trials, please call us at 604-263-3661 or toll free at 1-866-226-6143. You can always get the latest information by visiting our website at [www.prohealthcr.ca](http://www.prohealthcr.ca).

### LOW BONE DENSITY—RESEARCH STUDY

Dr. David Kendler at Prohealth Clinical Research is conducting a one-year research study for post-menopausal women with LOW BONE DENSITY. This study will compare “an injection of the investigational study drug every six months” with alendronate (Fosamax®) taken once weekly. Participants will have a one-in-two chance of receiving either the study drug or alendronate.

#### You may be eligible if:

- You are a postmenopausal (at least 12 months) woman.
- You are 55 or older.
- You have taken alendronate (Fosamax®) for at least the last 6 months.
- You have already been diagnosed with osteoporosis or low bone mass.

#### Qualified applicants will receive:

- Bone density testing
- Laboratory testing
- Physical exams
- Calcium and Vitamin D supplements
- Investigational study drug or alendronate (Fosamax®) for 1 year (12 months)

All participants will receive study-related exams related to their bone health. All procedures (testing) and study drug are provided at no cost to you. If you qualify and choose to participate in our research study, compensation will be available for travel.

**To find out if you qualify for this research study, call Joan Poon, Study Coordinator, at 604-263-3661.**

### WOMEN NEEDED!

If you are 50-70 years old, 2 years post-menopausal, not on Fosamax, Actonel, Didrocal or Evista...

You may be eligible to participate in a new study comparing an investigational drug to a commonly used osteoporosis medication. You will receive study medication, blood and urine tests, physical exam, bone density tests, and travel compensation.

For more information, call **604-263-3661**.

Toll Free **1-866-226-6143**

Dr. David Kendler, Prohealth Clinical Research  
809 West 41<sup>st</sup> Avenue, Suite 215, Vancouver, B.C. V5Z 2N6  
Website: [www.prohealthcr.ca](http://www.prohealthcr.ca)

### Diabetics!

Do you have any of the following:

- Leg cramps?
- Muscle weakness?
- Numbness or burning?
- Sensation in the hands or feet?



You may have diabetic peripheral neuropathy and be eligible for a research study evaluating a new investigational medication for this problem.

Participants will receive:

- Study medication
- Blood and urine tests
- Physical exams
- ECGs
- Travel expenses will be reimbursed.

**For more information, call Prohealth Clinical Research at 604-263-3661 or toll free at 1-866-226-6143.**

**Website: [www.prohealthcr.ca](http://www.prohealthcr.ca)**

### Thank you to our volunteers...

To thank some of our current volunteers, we recently held a luncheon at the VanDusen Gardens in Vancouver. The Prohealth Clinical Research team catered this event while guests listened to Dr. Kendler talk about osteoporosis and how valuable all of our volunteers are to advancing research in bone health.



**If you know of a location or community event where we can provide more information on our studies, or if you know anyone who might be interested, please call us at 604-263-3661 or 1-866-226-6143 or visit us on the web at**

**[www.prohealthcr.ca](http://www.prohealthcr.ca)**

## Peripheral Neuropathy and Diabetes

**P**eripheral neuropathy is a disorder affecting the peripheral nervous system. It may involve the nerves of the face, arms, legs, and chest or abdomen. Neuropathy may be due to physical injury, tumors, toxins, autoimmune responses, nutritional deficiencies, alcoholism, and vascular or metabolic disorders. Diseases associated with neuropathy include diabetes, shingles, multiple sclerosis, HIV infection, cancer, and Carpal tunnel syndrome.

There are many types of peripheral neuropathy, all of which have their own sets of symptoms, patterns of development, and prognosis; this is dependent upon the type of nerves involved – motor, sensory, or autonomic. Mild symptoms may include temporary numbness, tingling, prickling sensations, sensitivity to touch, or muscle weakness. More severe cases involve burning pain, muscle wasting, paralysis, and organ or gland dysfunction. In many instances, patients lose the ability to perceive pain, and this

leaves them at a disadvantage as they won't be able to protect themselves if a sore or injury develops.

It is common for diabetics to develop peripheral neuropathy, and approximately 20 percent will have more severe symptoms and experience neuropathic pain. One of the theories about why patients with diabetes may experience neuropathy suggests that elevated blood glucose levels damage the small blood vessels that supply oxygen and nutrients to the nerves. These sugars may accumulate in the nerves, impairing the way the nerve functions.

Currently, there is no cure for peripheral neuropathy, but there are therapies to help patients deal with the symptoms of many of the different forms. Drugs such as gabapentin and amitriptyline can relieve pain. Patients who improve their blood glucose levels report much less severe symptoms. The key to prevention for diabetic patients is improved blood sugar control.

**Prohealth Clinical Research conducts trials on peripheral neuropathy in diabetic patients. If you have any of the signs and symptoms listed above, contact us for information on upcoming trials.**

## A Special Visitor



**D**r. Alice Zhang, an endocrine specialist, comes to us all the way from Tang Shan, China. She is visiting our centre on an educational exchange for six months to learn about the latest advances in bone metabolic diseases diagnosis and treatment.

Our clinic is one of the top bone density testing facilities in the world. Alice loves being here, and you will always find the biggest smile on her face. Our patients appreciate her enthusiasm as she learns at our centre in Vancouver.

You can look forward to meeting Alice in the clinic should you decide to become a volunteer.

## Did you know...

### November is Osteoporosis Month

**T**his year, the campaign's worldwide theme is **Bone Appétit** as more research is being done in the fields of nutrition and the role of food in building and maintaining healthy bone.

While there are effective therapies available for those with osteoporosis, health professionals are focusing on prevention programs which are proving to be effective in preventing fractures.

You can find out more about the campaign by visiting [www.osteoporosis.ca](http://www.osteoporosis.ca). Check out their calendar of events for activities and presentations in your community.

## Calcium Chart: Are You Getting Enough Calcium?

Osteoporosis Canada recommends 1,000 mg per day for those between the ages of 19 and 50. Women and men over 50 need 1,500 mg per day. Below is a chart indicating some common foods with high calcium content.

Food	Amount	Calcium
Yogurt	1 8-oz. container	400 mg
Low-fat milk	1 8-oz. glass	300 mg
Calcium-fortified juice	1 8-oz. glass	300 mg
Swiss cheese	1 1-oz. slice	270 mg
Sardines with bones	3 oz.	200 mg
Broccoli	1 cup	75 mg
Green beans	1 cup	60 mg
Orange	1	50 mg

You can also visit Osteoporosis Canada on the web at [www.osteoporosis.ca](http://www.osteoporosis.ca) and use their online calcium calculator to see if you are getting enough calcium each day.

## Cook's Corner

**Three Cheese Manicotti**, from Better Homes & Gardens. Contains 53% of the daily recommended intake of calcium.



- |                                     |   |
|-------------------------------------|---|
| 1/4 cup chopped onion               | 8 dried manicotti shells                                |
| 1 clove garlic, minced              | 2 beaten eggs   |
| 1 tablespoon cooking oil            | 2 cups shredded mozzarella cheese (8 ounces)            |
| 1 14-1/2-ounce can tomatoes, cut up | 1-1/2 cups ricotta cheese or cream-style cottage cheese |
| 1 8-ounce can tomato sauce          | 1/2 cup grated Parmesan cheese                          |
| 1 teaspoon sugar                    | 1/2 cup snipped fresh parsley                           |
| 1 teaspoon dried oregano, crushed   | 1/2 teaspoon dried oregano, crushed                     |
| 1/4 teaspoon dried thyme, crushed   | Dash pepper   |
| 1 small bay leaf                    |   |

### Instructions

- For sauce, in a 2-quart saucepan, cook onion and garlic in hot oil until tender. Add *undrained* tomatoes, tomato sauce, sugar, the 1 teaspoon oregano, the thyme, and bay leaf. Bring to boiling; reduce heat. Simmer, uncovered, for 20 to 25 minutes or until thickened. Remove from heat; discard bay leaf.
- Meanwhile, cook pasta according to package directions; drain. Rinse shells in cold water.
- For filling, in a medium mixing bowl, stir together eggs, half of the mozzarella cheese, the ricotta or cottage cheese, Parmesan cheese, parsley, the 1/2 teaspoon oregano, and dash pepper. Spoon filling into manicotti.
- Pour half of the tomato mixture into a 2-quart rectangular baking dish. Arrange stuffed manicotti in the baking dish. Pour remaining sauce over shells. Sprinkle remaining mozzarella cheese atop.
- Bake the stuffed manicotti, covered, in a 350 degree F oven for 35 to 40 minutes or until heated through. Makes 8 servings.

## Useful Links...

Osteoporosis Canada: [www.osteoporosis.ca](http://www.osteoporosis.ca)

Public Health Agency of Canada: [www.phac-aspc.gc.ca/pau-uap/paguide/](http://www.phac-aspc.gc.ca/pau-uap/paguide/)

Canadian Health Network: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

International Osteoporosis Foundation:

[www.osteofound.org/](http://www.osteofound.org/)

Canadian Diabetes Association: [www.diabetes.ca](http://www.diabetes.ca)

Health Canada Diabetes: [www.hc-sc.gc.ca/dc/ma/diabete/index\\_e.html](http://www.hc-sc.gc.ca/dc/ma/diabete/index_e.html)