

Inside this Issue

Research Centre Recruits Volunteers	2-3
Thoughts of a Study Volunteer	3
Did You Know...	3
Your Health and the World Wide Web	4
A Little Bit About Osteoarthritis	4

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We Are Moving!

We need more space! Our Research Centre is continuously growing — exploring new areas of research, adding new studies, expanding our staff — and our current facility is bursting at the seams. Look for us at our new location on July 4th at 1285 West Broadway, two blocks east of Granville, conveniently located on major bus routes, close to many shops and restaurants.



Our new location
 1285 West Broadway, Vancouver, BC

There will be parking for all our visitors in the underground parkade and on the street. Up-to-date information will be posted on our website, so be sure to check regularly. You can always email us if you have any questions or concerns. We look forward to seeing you!

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Prohealth Director Elected ISCD President

Prohealth Clinical Research Centre is pleased to announce that our director, Dr. David Kendler, has been elected president of The International Society For Clinical Densitometry (ISCD).



Dr. David Kendler

The ISCD is the world leader in bone densitometry education and certification and offers courses and certification for clinicians and technologists. Dr. Kendler has been on the executive committee for several years and travels all over the world to provide the latest information on bone densitometry. The annual ISCD meeting, recently held in Tampa Bay, Florida, gives clinicians, researchers, technologists, and other healthcare providers the opportunity to share the latest updates on bone densitometry.

Congratulations to Dr. Kendler from the Prohealth team!

Research Centre Recruits Volunteers

We at the Research Centre are always starting new trials and recruiting volunteers. Now that we have expanded into the areas of diabetes, osteoarthritis, and rheumatoid arthritis, we have something for almost everyone. Our volunteers have a chance to use the newest drugs at no cost, while benefiting from medical exams, tests, and, of course, reimbursement for travel expenses. If you are interested in participating in a trial or 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 or by emailing us at prohealth@prohealthcr.ca.

Bothered by Arthritis? Concerned About Heart Disease?

We are conducting an investigational research study of 3 approved medications commonly used to treat pain due to osteoarthritis (OA) or rheumatoid arthritis (RA) in people who also have or are at high risk for heart disease.

Qualified participants will receive study-related medical care, regular study check-ups, and study medication at no charge.

To qualify you must be 18 years of age or older and have

- Osteoarthritis or rheumatoid arthritis for at least 6 months
- A regular prescription for your pain for at least 6 months
- A history of heart disease (such as heart attack, stroke, or diabetes) or a combination of 3 or more of the following: high blood pressure, high cholesterol, a smoking habit, age 55 years or older, or a family history of heart disease.

For more information, please call the number below.

Prohealth Clinical Research
at **604-263-3661**
(or visit our website at
www.prohealthcr.ca)

The
PRECISION | Dispositive Diagnostic Evaluation
of Genes and Integrated Safety
of Protein 22 (DPOV)
Study

You may also log onto www.ArthritisHeartStudy.com for more information about this study

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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 toll free at 1-866-226-6143. You can also visit us on the web at www.prohealthcr.ca or email us at prohealth@prohealthcr.ca.

**Free Bone Density Testing
Hip and Spine**



For women over 60

Osteoporosis does not cause pain. A bone density test is the only way to find out if the disease has weakened your bones.



For men over 65

**Call Prohealth Clinical Research at
604-263-3661**

Thoughts of a Study Volunteer

It's been two years now since I became one of the volunteers at the osteoporosis Research Centre. I feel fortunate to be part of this research study, which gives me a better understanding of my bone structure and condition. Aside from having a good knowledge of osteoporosis, Dr. David Kendler gives me a thorough physical examination and inquires about my overall well-being.

The staff at the centre are friendly and very efficient. I always feel comfortable every time I go there. I also appreciate the vitamins they provide to keep my bones healthy.



Volunteer Corazon Suarez

Corazon Suarez

Did You Know...



Cottage cheese retains only 25-50% of the calcium from the milk it is made from. It is a modest source of calcium — approximately 75 mg for a half-cup. Compare this to the same amount of milk or yogurt, which has twice as much calcium — 150 to 200 mg. An ounce of hard cheese contains about 200 mg of calcium.

While [Osteoporosis Canada](#) recommends that adults over 50 consume 1500 mg of calcium per day, this doesn't mean there is no point in eating cottage cheese. Regular low-fat or non-fat cottage cheese is high in protein and one of the few cheeses that is truly low in fat.

Your Health and the World Wide Web

Nowadays, the Internet is the most popular source of information for just about everything. With popular search engines such as Google and Yahoo, 46% of Canadians say they get their health and diet information from the web. With all the information that comes with a point and a click, it is increasingly important to be able to evaluate the source to ensure you are getting the most accurate and reliable information. For example, if you were to type “calcium and osteoporosis” into a search engine, approximately 1.2 million sites would come up. Knowing which one is going to be the most reliable can be a challenge.

One of the first things to look at when evaluating a site is who is running the site. The best sites are run by institutions and organizations that are well known and in which you already have confidence. Government sites such as Health Canada’s site at www.hc-sc.gc.ca are a good place to start. Knowing the purpose of a site is important, too, and especially who is paying for it. Sites may exist to inform, sell, promote, or raise money.

The type and quality of information is another key to determining how reliable a site is. A website full of testimonials rather than references to reputable health organizations and peer-reviewed journals is often a red flag.

The most important thing to remember about information on the web is that it is never 100% trustworthy. You should always consult your physician or a specialist before taking any advice you have read on the web.

A Little Bit About Osteoarthritis

Osteoarthritis (OA) is the most common form of arthritis and is caused by the breakdown of the cartilage that covers and protects the ends of bones. The most common joints affected by osteoarthritis are weight-bearing joints, such as hips, knees, hands, and spine.

In a healthy joint, the cartilage acts as a shock absorber and also allows the bones to move smoothly. Over time, the cartilage wears away and bits may break off, causing pain and swelling of the joint between bones. Eventually, the cartilage may wear off completely, and the bones will rub together. Moving the joint becomes painful and cumbersome, and the bones may form bumps on the ends called *spurs* which may exacerbate the problem.

Osteoarthritis may also cause the joint to lose its shape. The muscles holding the joint in place may weaken as they aren’t used as much. Sometimes, the joint just stops working altogether.

There are many other kinds of arthritis, but osteoarthritis affects one in ten Canadians and usually develops after the age of 45. The exact causes are unknown, but several risk factors have been identified. These include heredity, excess weight, injury, and joint damage from other types of arthritis.

There is currently no cure for osteoarthritis. Several treatments are available to help alleviate pain and stiffness, making movement easier. Common drugs include: acetaminophen (Tylenol®), topical creams and gels such as Bengay Arthritis®, NSAIDs (Ibuprofen, Naprosyn, Celebrex), and corticosteroid injections. Of course, exercise is highly recommended as it reduces pain and prevents further joint damage while strengthening muscles to stabilize and protect joints. Make sure to avoid excess strain on joints, maintain a healthy weight, warm-up and cool down before and after exercising, and apply ice after injuries.

The Arthritis Society has extensive information on this disease and more. You can visit them on the web at www.arthritis.ca or call **1-800-321-1433**.

PROHEALTH Clinical Research is currently conducting two studies on osteoarthritis and rheumatoid arthritis. See pages 2 and 3 to find out if you qualify! Please call us or [email](mailto:) if you would like to volunteer. We look forward to seeing you!