

Osteoarthritis is the most common form of arthritis and is a joint disease that affects cartilage. Cartilage is the slippery tissue that covers the ends of bones in a joint. When the cartilage is no longer slippery the bone rubs on bone causing pain, swelling, and loss of motion. Osteoarthritis is no longer considered just a result of aging but can be due to a combination of factors such as injury, obesity, overuse or defects. There are treatment plans that can help reduce the effects of osteoarthritis and some plans can involve weight control, resting of the joint, medicines to control the pain, or surgery. There are also other actions one can take to reduce the destructive effects that osteoarthritis can have on a person. Some of these include having a positive healthy attitude by educating yourself about osteoarthritis and focusing on your strengths and not your weaknesses, becoming involved in a support group, and taking control of the management of your disease. Taking control can involve talking to your doctor and other health care providers about how to manage your osteoarthritis. Some of the ways you can manage your osteoarthritis involve protecting your joints by taking simple steps to change your lifestyle, such as maintaining your ideal body weight, exercise the muscles around the joint to help protect that joint, use good posture to keep your joints correctly aligned, minimize your stress on joints, and don't overdo it.



By Dr. Leah Schmidt

EXERCISE FOR ADULTS OVER 50

Staying active is the secret to feeling better and living longer. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and those over 50 need some of each:

- **Endurance activities – like walking, swimming, or riding a bike – which build “staying power” and improve the health of the heart and circulatory system**
- **Strengthening exercises which build muscle tissue and reduce age-related muscle loss**
- **Stretching exercises to keep the body limber and flexible**
- **Balance exercises to reduce the chances of a fall**

Staff Spotlight

Ruben Andrade is our featured Clinical Research Coordinator this month. Ruben was hired 3 years ago and has successfully completed his certification for coordinating. Prior to Genova he was a Corpman in the United States Navy and then worked as a Laboratory Manager for two major Tucson Hospitals, giving him over 19 years of experience in the medical world. When Ruben decided to join Genova Clinical Research he felt it would be a great opportunity to learn a new field of medicine and use his training from the Navy as a Medical Corpman. Since then he's discovered that what he likes most about clinical research is working with the patients when they come in for their visits. Many of his patients love his very entertaining sense of humor and can't wait to come back to see him. Ruben says he also enjoys being involved in the process of bringing new drugs to approval. As for Genova specifically, Ruben feels it is the team effort of the staff that he loves as well as the attention the doctors give to their patients.



Ruben Andrade

Osteoarthritis



Genova Clinical Research is currently conducting a study of an investigational medication for the pain of osteoarthritis of the knee.

Qualified participants will receive study related exams, labwork and study medications at no cost.

Compensation is available for travel to those who qualify.



Call (520) 219-6394

for more information
or visit www.genovaresearch.com
6261 N. La Cholla Blvd., Suite 281

The Volunteer's Voice

Jeannie Cooper is our featured volunteer for this newsletter. She has been involved in several clinical trials here at Genova, ranging in indication from memory testing to osteoarthritis of the knee. Jeannie's profession before she retired was a Nurse Practitioner so she has been in the medical world for some time. She said medicine and research are fascinating for her and she was never nervous to participate in a clinical trial with Genova. Jeannie has led a very interesting life working and living in Colorado before coming to Tucson and finding she really loves the desert. Besides her profession as a nurse, she has had hobbies such as running, cross country skiing and hiking. She currently has a passion for cleaning up along roadways and has been spending many hours doing this along with her husband.

Jeannie said she first heard about Genova's research studies when she saw an advertisement in the newspaper for the memory study. She said she very much enjoyed participating in that study because of the tests involved on the computer and she felt it helped her better understand how her memory works. Since then she has recommended to her friends that they get involved in the research at Genova because she feels it is so worthwhile.



Jeannie Cooper

CURRENTLY ENROLLING STUDIES

Birth Control

Chronic Obstructive Pulmonary Disease

Chronic Pain

Constipation

Female Sexual Dysfunction

Gout

Irritable Bowel Syndrome

Kidney Stones

Migraine

Neuropathy (diabetic & non-diabetic)

Osteoarthritis of the Knee or Hip

Overactive Bladder

Post Shingles Pain

Psoriasis

Restless Leg Syndrome

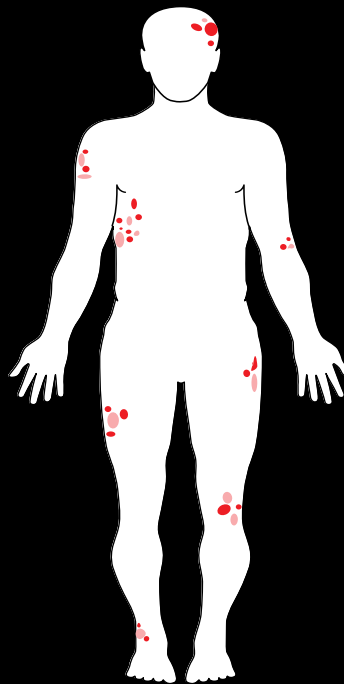
Toenail Fungus

Type II Diabetes

MANAGING YOUR DIABETES:

- Make sure you understand why each medication was prescribed for you and what it will do.
- Be sure to bring your medications or a list with you when you go to health appointments.
- Ask a family member or friend to go with you to health appointments and take notes so you won't be confused when you get home.
- Set-up a reminder system to help you remember to take your medications.
- Check with your doctor immediately if your blood sugar is not being managed by your current medication regimen.

PSORIASIS



Genova Clinical Research is conducting a research study of an investigational topical foam versus a placebo for the treatment of psoriasis.

To qualify you must:

- be 12 or older
- have moderate plaque type psoriasis on body and scalp

Qualified participants will receive study related physical exams, labwork and study medication at no cost.

Compensation may be available to those who qualify .

GENOVA
Clinical Research

Call (520) 575-2834

for more information
or visit www.genovaresearch.com
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Do You Have Type 2 Diabetes?

We are enrolling adult volunteers now



Help us explore pathways to diabetes management

If you have type 2 diabetes, find out if you qualify for a clinical research study of an investigational oral diabetes medication.

You may be eligible if you are:

- 18 - 80 years of age
 - Taking metformin only
- OR
- Taking metformin and one other oral diabetes medication

If eligible to participate, you will be seen by a study doctor and receive study-related testing and medication at no cost.

If enrolled, you may be reimbursed for parking and travel expenses.

For more information, please contact:

Name: _____
Phone number: _____
E-mail address: _____

Thank you. Volunteers are critical to diabetes research.

CANTATASM



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