

Clinical Research Associates of Tidewater



Improving Healthcare Through Quality Research for Over 30 years!

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A Message from Dr. Wombolt: Your Child and the Dangers of Meningitis



As a parent, grandparent, or guardian, many of you want the best for your child and want to make the best decisions for them too — including those related to healthcare. This year the Centers for Disease Control (CDC) recommended your child be vaccinated against diseases such as H1N1 flu and Human Papilloma Virus (HPV). Meningitis is another disease the CDC advises your sons and daughters be protected against.

About Meningitis

Meningitis may be caused by either a virus or bacteria. These diseases may cause swelling around the brain and spinal cord. Approximately 2500-3000 cases of meningitis infection occur in the



Duane G.
Wombolt, MD

United States each year. But mostly infants, teenagers, and young adults become infected.

Many factors can increase the risk of meningitis from occurring, like viral or bacterial infection, or chronic illnesses. Even active and passive smoking can put you at a risk of coming in contact with meningitis.

Meningitis is generally spread among people by activities such as coughing and kissing. Smaller children sometime get the disease by chewing on items, such as toys, that may be covered with the bacteria. Crowded households, classrooms, and dormitories are some common places for meningitis. And for 5-15% of the population, the bacteria lives in the nose and throat.

Warning Signs

Early symptoms of meningitis can be confused with flu or pneumonia symptoms. Symptoms include:

- fatigue
- nausea
- vomiting
- weakness
- low blood pressure

- confusion
- headache
- neck stiffness
- discomfort looking at bright lights

In extreme cases delirium, seizures, coma and death result. About 10% of cases end in death.

If you suspect that you or someone you know has meningitis, please treat it as a medical emergency and seek medical attention. Patients with documented cases should be hospitalized and treated with antibiotics.

There are 13 types of meningitis conditions, nine of which can cause disease. To date there are vaccines to prevent types A, C, Y and W-135. But there is no broadly effective vaccine available for type B, which is a common cause of meningococcal disease. **For more information about a meningitis B vaccine study for 11-16 year olds, please call our hotline number (757) 627-6798.**

Tips for Healthy Holiday Travel

Pack a Health Kit with first aid supplies, hand sanitizer and if necessary sunscreen and insect repellent.

Take your Prescription and bring copies in case you run out or lose your current supply.

See your Doctor for a checkup, or necessary shots and medication a few weeks before leaving.

Check Insurance Coverage for where you're traveling to, and take your insurance card with you.

Decide if you can "Hit the Road." Be sure you are healthy enough to travel.



Your Family Tree



Knowing your family history should be more than learning who you are related to. Become familiar with other facts about your family such as health issues, exercise habits, and eating patterns.

Your family history can reveal whether you have an increased risk for a disease. This information can later be used by doctors to make a clearer diagnosis should you start to show signs of an illness or disorder. And their health status can be used to decide which tests and screenings would best determine your health risk.

Having family members who may have or have had a particular medical condition, like

cancer, high blood pressure, or diabetes, does not mean that you will have the condition too. But knowing this information about your family will hopefully encourage you to develop good lifestyle habits.

Keeping up with your own medical history is just as important. If you currently have one or more health conditions and are taking medication for them, it is a good idea to have the information written down and regularly kept with you (maybe in your purse or wallet). This way you will be ready for medical or clinical study situations that require knowledge of your health history before any treatment is started.

Health History Monitoring Tips

- Record the names of your close relatives from both sides of the

family. Include conditions each relative has or had, and the age they were first diagnosed.

- Discuss family history concerns with your doctor. Gather this information before your visit.
- Update your family and personal medical history regularly. Remember that relatives can be newly diagnosed with conditions between doctor visits. Share the new information with whomever you are receiving medical attention.

The best way to learn about your family history is to ask questions. Talk at family gatherings and record your relative's health information. Also regularly monitor your own health conditions and alert your doctor of noticeable changes as soon as possible.

Meet Our Staff: Charles J. Goldman, MD, FACP

We happily welcome Portsmouth native Dr. Goldman to our research team. He is an alumni of Emory University and Medical College of VA, and is a fellow of American College of Physicians. Dr. Goldman is also board certified in internal medicine and is well-known for his dedication to the medical community.



"I joined Clinical Research to remain knowledgeable about new developments in medical therapeutics and technology."

Fun Facts: Dr. Goldman is married and has two children and grandchildren. He is an active member of the city of Virginia Beach Community Services Board. His favorite past time is playing golf.

Study Updates, Free Testing & Reminders

Do you have High Blood Pressure (Hypertension)?

If so, you may be eligible to participate in a clinical research study with FDA approved medications for patients who have High Blood Pressure. You may be eligible if you:

- Are 18 - 64 years old
- Are not pregnant or breastfeeding
- Have a history of having of your bottom blood pressure number

(diastolic) reading 100 mm Hg or higher without medication. *This will be determined during your visit.*

If you participate, you may receive compensation for time and travel.

Eligible participants will receive:

Study drug
Study-related medical exams
Study-related laboratory tests

Compensation up to \$325

Diabetes Related Studies

If you have type 2 diabetes, you may be eligible to participate in one of the following studies:

- If you are having trouble keeping your blood sugar under control with diet and exercise, this may be the study for you. We are

looking for type 2 diabetics who are between the ages of 18-80.

Or

- If you have Chronic Kidney Disease and Type 2 Diabetes, then you may qualify for the Diabetic Kidney Disease Treatment Study.

Compensation To Be Announced

Helping You with Free Testing

To help you determine if you have or are at risk for COPD (Chronic Obstructive Pulmonary Disease), we are conducting a Lung Function Test.

COPD is a disease that makes it hard for you to breathe. It can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, chest tightness, shortness of breath, and other symptoms. Cigarette smoking is the leading cause for COPD. So if you are a current or former

smoker, we strongly encourage you to take advantage of the free lung function testing.

A Kidney Function Test is also available for volunteers who have or are at risk for CKD (Chronic Kidney Disease). This disease can cause permanent loss of some kidney function. People who have high blood pressure or diabetes are often at risk for the disease. If you have either of these conditions, this may be a good test to have done to determine your risk for CKD. Call us at (757) 627-6798 to schedule your appointment.

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(757)

627-6798

Visit us at

***www.crat.org
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Volunteer

Interest Form.

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**November
National
Awareness**

AIDS Awareness

Alzheimer's Disease

COPD Awareness

Family Caregivers Month

Long-term Care

Marrow Awareness



Clinical Research Associates of Tidewater

400 Gresham Drive * 402 Medical Tower * Norfolk, VA 23507 * (757) 627-7446

Know someone who would like to be on our mailing list?

Have them contact us at:

(757) **627-6798** ~ www.crat.org

The information contained in this newsletter is informational only and should not be used to diagnose or treat any conditions. Anyone who has, or suspects a medical condition should consult a qualified physician.

Medical Director

Duane Wombolt, MD, FACP, CPI

Clinical Research Physician

Charles Goldman, MD, FACP

Director of Clinical Operations

Eddie Wombolt, RN, CCRC

Director of Business Operations

Lois Shafter Asimos, CMPE

Certified Family Nurse Practitioners

Eileen Gilman, RN, MSN, NP-C, CCRC

Frances Allan-Martinez, FNP, BC

Regina Jones, RN, MSN, NP-C

Clinical Research Coordinators

Jeannie Miranda, BS, CCRC, ADCO

Linda Hogge, LPN, CCRC

Jennifer Kennedy, BA, CCRC

Adrienne Royes, BS, LPN, CCRC

Vickie Maine, CCRC

Linda Brown, LPN, CRC

Regulatory Affairs / Recruitment

Jacqueline Biggs

Marketing Coordinator

Tiffany (TAP) Parker, BA

Clinical Research Assistants

Jillian Kingsley

Dianne Brinkley

Current Enrolling Studies

TBA	Diabetes
TBA	Diabetic Kidney Disease Treatment
TBA	Gout
up to \$250	Hepatitis B Vaccine
up to \$325	High Blood Pressure
TBA	Pediatric Meningitis B Vaccine (11-16 yrs)

Possible Studies

- Alzheimer's Disease
- Athlete's Foot
- Binge Eating Disorder
- Colonoscopy
- COPD
- Flu Vaccine
- High Cholesterol
- Irritable Bowel Syndrome with Diarrhea
- "Laugh Lines"
- Overactive Bladder
- Osteoarthritis of the knee
- Smallpox Vaccine
- Smoking Cessation

627 - 6798

Qualified participants may receive study-related medication, exams & lab work at no charge. Health insurance is not required and financial compensation is available for qualified participants.