

YOUR HEALTH & RESEARCH

PATIENT NEWS & INFORMATION – WINTER 2011-2012

Diagnostics Research Group • Lung Diagnostics • Allergy Diagnostics • Women's Diagnostics

WHAT ARE THE BENEFITS OF PARTICIPATING IN A CLINICAL RESEARCH STUDY?

Charles P. Andrews, MD, CPI
Director of Clinical Research

If you had a day where you helped yourself, you helped others, and, you got paid for it...most people would count that as a pretty good day. For the past ten years, those are the exact benefits Diagnostics Research Group has offered subjects participating in our clinical research studies.



John Holcomb, MD, CPI
Investigator

Hilda Pomroy, RRT, CCRC
Director of Clinical Operations

Charles Andrews, MD, CPI
Director of Clinical Research

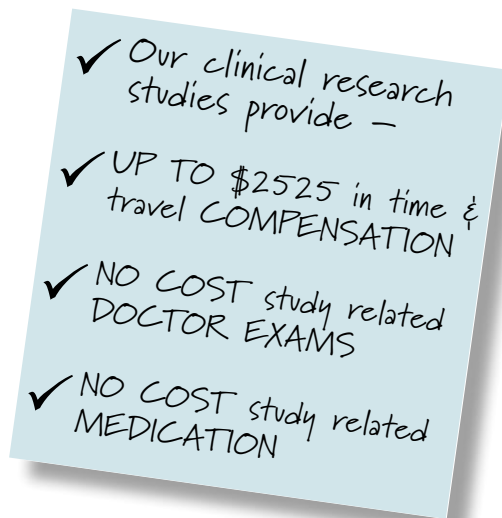
Brita Andrews, RN, MSN, CCRC
Chief Executive Officer

(Left to Right)

Help Yourself: When you participate in a research trial that is studying a condition or disease you have, you become part of a team that is working toward improving your own health and well-being. Additionally, our participants receive “no cost” research-related doctor examinations and “no cost” study-related medication during a study. Often the treatment or medication you receive is available only through the specific clinical trial in which you may be participating. The FDA closely monitors all our clinical trials with their primary goal being the safety and protection of you and the other participants.

Help Others: Clinical research studies at Diagnostics Research Group are directed at evaluating safe and effective medical devices or medications for the treatment of a particular condition. The results of these studies may benefit you and also other people in the United States who might be afflicted with the same condition. It is important to understand that the FDA bases its final decision on whether to make a medical treatment available to the public, in large part, on the results of clinical research studies.

Receive Compensation: All our clinical studies provide time and travel compensation to the participants. The amount one receives varies by the level of participation the research subject is required to contribute as well as the type of clinical trial. Generally, compensation for a research subject in one of our clinical research studies ranges from \$225 to \$2525 per study. The FDA requires that research subjects only participate in one clinical research study at a time.



If you are interested in participating in one of our trials, please contact us at 210-692-7157 or visit our web site at www.dxrg.com.

Diagnostics Research Group
San Antonio, Texas
210-692-7157

IDIOPATHIC PULMONARY FIBROSIS

**Charles P. Andrews,
MD, CPI**
Principal Investigator

Pulmonary fibrosis is a scarring of the lungs which leads to lung stiffness and a decrease of oxygen entering the blood.

The two most prominent symptoms are dry cough and shortness of breath. Known causes of pulmonary fibrosis include asbestos exposure, toxic fumes, medications and allergic lung disorders.

Idiopathic Pulmonary Fibrosis (IPF) shows very specific lung scarring patterns on CT scans and lung biopsies. In many persons with this disorder, this scarring ultimately progresses to the point that the person is disabled.

Idiopathic Pulmonary Fibrosis has no known cause.

We have worked on several projects for new therapies for IPF. One of those medications, pirfenidone, has been approved in Japan and Europe, but not in the US, even for compassionate use.

Currently, there is no therapy for IPF approved by the FDA.

Diagnostics Research Group is proud to be a designated study site in the United States for potential therapies for IPF.

Our goal as a clinical research facility and a designated study site for IPF is to significantly contribute to the knowledge base of Idiopathic Pulmonary Fibrosis, and ultimately to be part of the solution for a new therapy, and perhaps even a cure, for this debilitating disease.

If you or someone you know suffers from IPF, please contact Priscilla Villarreal, RN, CCRC, at 210-692-7157 for possible participation in one of our studies.



**Priscilla Villarreal,
RN, BSN, CCRC**
Clinical Research Coordinator

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Cholesterol**

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**Study medication and travel
compensation are included in our
research studies of IPF.**

Have you been diagnosed with Idiopathic Pulmonary Fibrosis (IPF)?

We are currently enrolling men and women in a research study for an investigational medication for individuals with Idiopathic Pulmonary Fibrosis.

You may qualify if you:

- Are 40 years of age or older
- Have been diagnosed IPF



Qualified participants will receive:

- Study related medical exams
- Study medication
- Compensation for Time & Travel

If you have any questions or would like more information please contact:

Diagnostics Research Group

(210) 692-7157

www.dxrg.com

MOUNTAIN CEDAR FEVER

John R. Holcomb,
MD, CPI
Principal Investigator

A Mountain Cedar tree can release as many as one billion grains of cedar pollen that can travel by the wind up to 70 miles. Pollen in the air can be so dense that it can be mistaken for smoke. Nasal and eye symptoms of the allergy caused by cedar pollen are very severe and are referred to as “Cedar Fever”.

Because allergy to Mountain Cedar is so common and so intense in the Texas Hill Country, many studies of therapies for this allergy are performed during our season from early December to the end of February.

In our member facility, Biogenics Research Chamber, there is a novel application of cedar pollen allergy. Drs. Robert Jacobs, Daniel Ramirez and Charles Andrews reported in the August 2011 issue of the Annals of Allergy, Asthma, and Immunology the first utilization of Mountain Cedar pollen in a large chamber trial outside of the natural season.

Study medication and travel compensation are included in our research studies of Allergies.

Biogenics Research Chamber, the only large pollen chamber facility in the United States, can test up to 50 subjects at a time. The facility offers new opportunities to persons in our area who wish to participate in cedar allergy trials. Over four hundred subjects have now been tested in the chamber in trials designed to discover molecular and genetic differences in allergy and also to evaluate medical therapies for allergies involving the eye and nose.

If you are interested in participating in either a natural season study or a chamber study, Diagnostics Research Group offers screening and allergy skin testing at no cost to you.

Please call us at 210-692-7157 to see if you may qualify for one of our studies.

If you have family or friends who may want to be in our studies, please share this issue with them.



John R. Holcomb,
MD, CPI
Principal Investigator

Cedar Allergies?

If so, you may be eligible to participate in a clinical research study of an investigational nasal spray for the treatment of Allergies if you:



- Are 12 years of age and older
- Have a 2 year history of cedar allergy symptoms

Study participants will receive:

- Study drug or placebo
- Physical Exams
- Compensation for Time and Travel

To see if you qualify please contact:

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San Antonio, Texas
210-692-7157

HIGH CHOLESTEROL: SO WHAT DOES IT MEAN?

Pam Bonham, FNP
Clinical Investigator



Pamela Bonham, MSN, FNP
Clinical Investigator

Charles P. Andrews, MD, CPI
Director of Clinical Research

(Left to Right)

Many research studies have shown the relationship between high cholesterol and the risk for developing heart disease and other vascular disorders. When cholesterol is measured, health care professionals look at total cholesterol, LDL cholesterol and HDL cholesterol.

Cholesterol has several different parts. Total cholesterol of 200 or less is desired; between 200-239, it is “borderline high”, and 240 or greater is considered “high”.

Part of cholesterol is called “low density” (LDL) and is a particularly important risk factor for developing atherosclerosis (hardening of the arteries). An LDL range of less than 100 is optimal, 100-129 is near optimal, 130-159 is borderline high, 160-189 is high and above 190 is considered very high.

Not all cholesterol is bad. “High density” cholesterol (HDL) is better if it is higher. An HDL level of less than 40 is low, and 60 or greater is considered high and is cardioprotective.

Therefore, therapies for cholesterol disorders are aimed at reducing both total and LDL cholesterol and increasing HDL cholesterol.

When should you be tested for cholesterol?

Current recommendations advise testing men at age 35 and women at age 45.

If you are interested in free cholesterol testing or participating in a study, *please contact us at 210-692-7157, or contact us via our web site at www.dxrg.com.*

HIGH CHOLESTEROL?

Diagnostics Research Group is currently seeking men and women 18-85 years of age to participate in a 24-30 week clinical research study of an investigational medication for high cholesterol.

Qualified participants may receive:

- Study related medical exams at no cost
- Study medication or inactive placebo at no cost
- Compensation for Time & Travel

If you have any questions or would like more information please contact:

Diagnostics Research Group

(210) 692-7157

www.dxrg.com



Study medication and travel compensation are included in our research studies of Cholesterol.

The Investigators of Diagnostics Research Group

Charles Andrews, MD, CPI

– Randall Bell, MD

– Pam Bonham, FNP

– John Holcomb, MD, CPI

– Nora Walker, MD

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Please Call
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For Research Study Information

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San Antonio, Texas
210-692-7157

COULD YOU HAVE COPD?

John R. Holcomb,
MD, CPI
Principal Investigator

The term “chronic obstructive pulmonary disease” (COPD) encompasses the symptoms of emphysema and chronic bronchitis.

The main cause of COPD is cigarette smoking and the majority of smokers develop COPD in the sixth or seventh decade of life. COPD is characterized by airflow obstruction that is not fully reversible and is often accompanied by sputum production, wheezing and shortness of breath.

In our clinical practice, we see, for the first time, persons who because of shortness of breath, chronic cough or extensive smoking histories worry that they may have COPD.

A simple breathing test, known as spirometry, can help answer that question.

Spirometry measures how much air can be exhaled and how quickly the air can be forced out.

In our research practice, we offer spirometry as part of our free screening.

At Diagnostics Research, we have had the pleasure of being a research site for some of the most recently approved medications used in the treatment of COPD. We are excited that many new therapies will be tested in the near future.

If you are interested in participating in our COPD research studies, please call 210-692-7157.

Also, please contact us if you would like free testing for COPD.



Kathy Canty, RN, BSN, CCRC
Coordinator for COPD Study



Margie Longoria
Receptionist

Do you have COPD?

We are currently enrolling men and women with Chronic Obstructive Pulmonary Disease (COPD) in a research study for an investigational inhaled medication.



You may qualify if you:

- Are 40 years of age or older
- Have a smoking history of more than 10 years

Qualified participants will receive:

- Study related medical exams at no cost
- Study medication at no cost
- Possible reimbursement for certain travel expenses

If you have any questions or would like more information please contact:

Diagnostics Research Group
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Version: 25JUL2011

Study medication and travel compensation are included in our research studies of COPD .

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**MANY THANKS
TO OUR STUDY
PARTICIPANTS**

**Charles P. Andrews,
MD, CPI**
Director of Clinical Research

In our 12 years in clinical research, we have had the opportunity to work with many persons from San Antonio and the surrounding areas who have participated in our clinical trials. If you are one of those who have participated, thank you from all of us at Diagnostics Research Group.

If you have not yet been in one of our trials, please review this issue to see if there is a study of interest to you.

On the front cover of this newsletter, we review three good reasons to participate in a trial: (1) to help yourself, (2) to help others, and (3) to receive compensation.



Research Assistants

(Left to Right)

- Tina Ramirez, MA
 - Ofelia Rodriguez, MA
 - Tiffany Mapolo, MA
 - Alison Arellano, BS
 - Renee Vasquez, MA
 - Jennifer Bell, BA
- (Not Pictured)*

I'd like to mention three more great reasons why you should choose our research group in particular for your participation:

Great Staff:

We are fortunate to have a wonderful staff, a number of whom have been with us for more than 10 years. Every week, I hear praise from our subjects about the warmth and professionalism of our nurse coordinators and medical assistants.

Great Location:

Our research center is located in the TNI building in the heart of the South Texas Medical Center. Our facility is easy to find. We pay for our subject parking. We make every effort to keep you comfortable.

Great Studies:

We offer innovative studies that oftentimes are unique in South Texas. In some of our trials, we are the only Texas site. In our member allergy research facility, Biogenics Research Chamber, you have the opportunity to participate in a study at the only facility in the United States that can perform large pollen allergy trials outside of season.

Thank you to all who have been in our trials.

If you have not yet participated, we look forward to meeting you.

**RECRUITING
NOW
FOR THESE
STUDIES**

Allergy

Asthma

COPD

Emphysema

Hypertension

**Idiopathic
Pulmonary
Fibrosis**

Osteoarthritis

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OSTEOARTHRITIS OF THE KNEE

**Charles P. Andrews,
MD, CPI**
Principal Investigator

Osteoarthritis (OA) is the most common form of arthritis and is characterized by the loss of cartilage in a joint. As a result, the joint is painful and may have stiffness and swelling.

If you have family or friends who may want to be in our studies, please share this issue with them.

Osteoarthritis was previously known as degenerative arthritis because it was thought to be a natural result of the cumulative wear and tear associated with aging. While it is true that osteoarthritis generally has its onset after age 40, we know now that there are a number of factors which contribute to its development. For example, genetics, gender, obesity, and previous joint trauma, all appear to have a role.

OA affects 25 million adults in the US. The joint most likely to cause symptoms is the knee. This is one of the reasons that when studies of OA are performed, the knee model is most often used.



**Laura Ramirez
RN, BSN, CCRC**
Senior Clinical Research
Coordinator

Are you suffering from Osteoarthritis of the Knee?

If so, you may be eligible to participate in a 5-7 week clinical research study of an investigational medication for Osteoarthritis of the Knee if you:

- Are 35 years of age or older
- Have a diagnosis of Osteoarthritis of the knee
- Meet study-related pain levels and health criteria



Study participants will receive:

- Study medication or placebo
- Study related physical exams
- Compensation for time and travel

Call now to see if you may qualify:

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As we age, osteoarthritis becomes more likely. Women are two to three times more likely to have OA symptoms than men.

Other risk factors include injury, occurrence in other family members, and certain occupations that require repetitive movement. A modifiable cause of OA is excess weight.



Lisa Lopez, LVN, CCRC
Clinical Research Coordinator

At Diagnostics Research Group, we perform studies of therapies for osteoarthritis.

If you are interested in participating in one of our OA studies, *please contact us at 210-692-9157 or visit our web site at www.dxrg.com.*

Study medication and travel compensation are included in our research studies of Arthritis.

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THE BIOGENICS ALLERGEN CHAMBER

Charles P. Andrews, MD, CPI
Director of Clinical Research

The Biogenics Allergen Chamber is now in its second year of operation as a collaborative effort of Robert L. Jacobs, MD, Dan A. Ramirez, MD and Charles P. Andrews, MD, CPI.

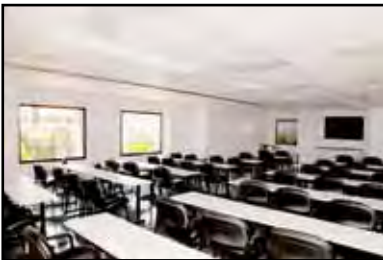
It is unique among research facilities in the United States and is one of only three such test chambers in North America. The chamber offers year-round environmentally controlled testing utilizing pollens that commonly cause allergies in South Texas. Studies performed have provided new basic science information as well as data regarding the performance of allergy medications.

In November of 2011, Dr. Jacobs presented an abstract at the American College of Allergy and Immunology regarding comparisons of symptoms of the same subjects during the ragweed natural season and in the chamber. We have tested the reactions to pollen of up to fifty allergic subjects at a time. We appreciate our subjects who volunteer for studies in this unique resource for advancing research in this area.

Please call us at 210-692-7157 if you are would like additional information concerning our allergen related research studies.



Exterior of Biogenics Allergen Chamber



Interior of Biogenics Allergen Chamber

RESEARCH COORDINATORS AT DXRG

Back Row –

Laura Ramirez, RN, BSN, CCRC

Colleen Malady, RN, MSN, CCRC

Lisa Lopez, LVN, CCRC

Front Row –

Rebecca Garcia, LVN

Kathleen Steel, RN, ADN

Priscilla Villarreal, RN, BSN, CCRC

Kathleen Smith, LVN, CCRC

Kathleen Canty, RN, BSN, CCRC

– Not Pictured



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**MAINTAINING
YOUR GOOD
HEALTH
THROUGH
VACCINATION**

Brita Andrews, RN, MSN,
CCRC

Your good health is your MOST valuable asset. One simple way to stay healthy is to prevent diseases through vaccination. Each year the Center for Disease Control and Prevention revises their Recommended Immunization Schedule for Adults.

If you have family or friends who may want to be in our studies, please share this issue with them.

Their current vaccination schedule includes the following:

<u>Type of Vaccine</u>	<u>Those Who Should be Vaccinated</u>
Seasonal Influenza.	All adults
Pneumonia (PPSV).	Age 65 and older or younger with a chronic disease
Measles, Mumps, Rubella (MMR).	Born after 1957
Varicella or chickenpox (Var).	Without a history of disease or evidence of immunity
Tetanus, Diphtheria, Pertussis (Tdap).	Younger than age 65
Hepatitis A (HepA).	Desire to be protected from hepatitis A infection
Hepatitis B (HepB).	Desire to be protected from hepatitis B infection
Human papillomavirus (HPV).	All unvaccinated women under 26
Zoster or Shingles (Zos).	Age 60 and older regardless of previous history of shingles or chickenpox
Meningococcal (MCV4).	Ages 11-18

The benefits of vaccination for the individual include partial or complete protection against infection, protection from symptomatic illness, improved quality of life, improved productivity and prevention of death.

The benefits of vaccination for society include creation and maintenance of immunity against communicable diseases, prevention of outbreaks and reduction in the costs associated with health care.

Diagnostics Research Group offers vaccination research studies.

Please contact us at 210-692-7157 if you are interested in participating in one of our clinical research studies.



PATIENT RECRUITMENT

Norma Flores,
Patient Recruiter

Laura Degollado,
Patient Recruiter

Cristina Morales
Director of Patient Recruitment

(Left to Right)

Diagnostics Research Group
San Antonio, Texas
210-692-7157

**CHECK
YOUR
BLOOD PRESSURE**

Charles P. Andrews,
MD, CPI
Director of Clinical Research

Many medical conditions are not preventable. However, the complications of hypertension, or high blood pressure, can often be prevented by early detection and continuing therapy. Hypertension complications can include stroke, vascular disease, kidney failure and cardiac events.

Remarkably, although more prescriptions are written for hypertension than any other medical condition, blood pressure control in the US is much less than optimal. Many persons with hypertension have no symptoms. If you have a family history of hypertension or have known diabetes, it is particularly important that you have frequent blood pressure checks. If you are found to be hypertensive, you will benefit from the therapy.

One of the most active areas of research in internal medicine is in the therapy of hypertension.

At Diagnostics Research Group, we perform blood pressure checks at no charge. *If you would like to be checked, please call 210-692-7157 to schedule a screen.*

**THE PULMONARY
TESTING LAB**

Charles P. Andrews,
MD, CPI
Laboratory Director

In Suite 440 of the Texas Neurologic Institute, our pulmonary group has a specialty laboratory for the evaluation of lung function.

Mr. Carlos Cervantes, RRT, has been the Clinical Manager of Pulmonary Dynamics since its inception 4 years ago. He has many years of experience of lung testing, and many of our patients have complimented his professional manner and expertise. In addition to clinical studies of our patients at our pulmonary clinic, Mr. Cervantes does research protocol testing for Diagnostics Research Group and other clinical research sites in San Antonio utilizing state of the art equipment to measure airflow, lung volumes and oxygen transport.

Breathing tests are utilized to evaluate the clinical symptoms of shortness of breath, wheezing and cough. They can help establish diagnoses of asthma, emphysema, and other respiratory disorders. They also provide information regarding the effectiveness of medications in clinical practice and in research.

We are pleased to offer this specialized service to our patients, our subjects, and to the medical research community.

For more information, or for your personal physician to request pulmonary tests, please contact Mr. Cervantes at 210-692-5864.

**FREE
SCREENING
TESTS**

- Allergies
- Breathing
- Blood Sugar
- Blood Pressure
- Cholesterol

Call
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Carlos Cervantes, RRT
Conducting Testing at
Pulmonary Dynamics

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**DXRG APPLAUDS
THE 2011
ARASE AWARD
RECIPIENT**

Patricia Miranda, BBA
Accountant for DXRG

Diagnostics Research Group is proud to be a sponsor of the Alamo Regional Academy of Science and Engineering. The local ARASE fair is held annually in March. Participants include students in grades six through twelve from thirty-two surrounding counties. In addition to being a sponsor of the fair, we present a scholarship award to the best project related to Medicine & Health in the Senior Division.

Congratulations to 2011 Award recipient Seshidar Tekmal, a student at Health Careers High School and a previous recipient of the award.

We hope our support will encourage students to pursue careers in medical science.

**MAP TO
OUR OFFICES**

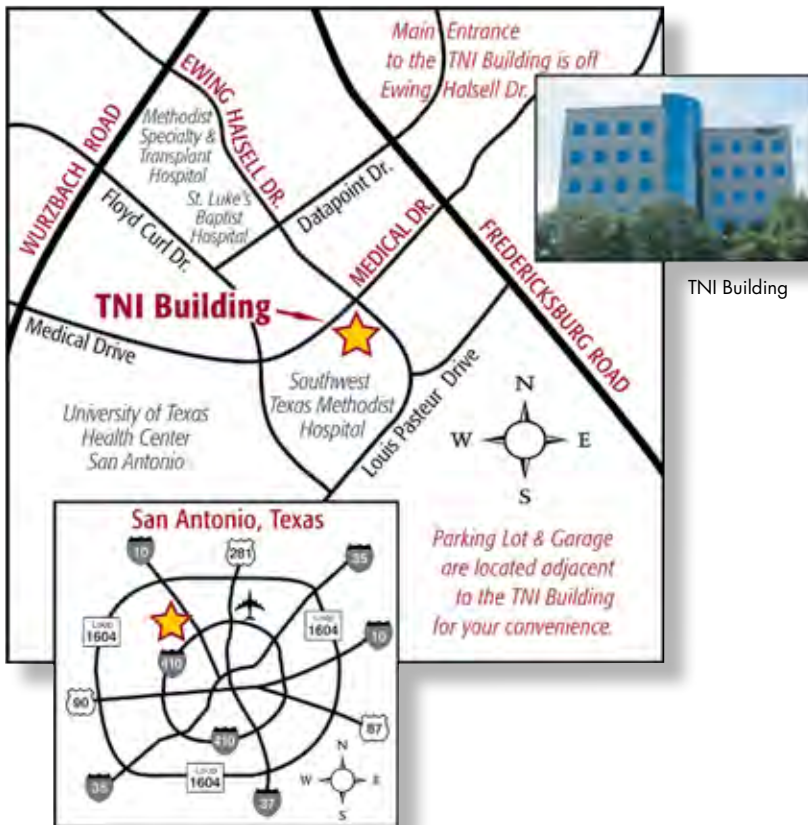
Diagnostics Research Group is located in Northwest San Antonio in the South Texas Medical Complex. We are located at 4410 Medical Drive, Suite 360, in the TNI Building (The Texas Neurosciences Institute), at the intersection of Medical Drive and Ewing Halsell Drive.

Please call us if you need directions at 210-692-7157.



Patricia Miranda, BBA
Accountant for DXRG

Veronica Williams
Regulatory Specialist



RECRUITING NOW FOR THESE STUDIES:

- Allergy - Asthma
- COPD
- Emphysema
- Hypertension
- Idiopathic Pulmonary Fibrosis
- Osteoarthritis

If you have family or friends who may want to be in our studies, please share this issue with them.

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**FREE SCREENING
TESTS AT
DIAGNOSTICS
RESEARCH
GROUP**

John R. Holcomb, MD
Principal Investigator



Nora Walker, MD
Randell Bell, MD
Investigators

We offer *free screening tests* at Diagnostics Research Group.

We have helped many persons know their status in regards to various aspects of their health. You have no obligation for receiving these tests.

Depending on your situation, you may wish to request any of the following tests:

- Blood pressure check
- Blood sugar
- Cholesterol
- Allergy skin tests
- Breathing tests

Study medication and travel compensation are included in our research studies.

We make the results of all screening tests available to you and encourage you to share them with your primary physician.

If you would like to have one of these important evaluations, please call 210-692-7157 to schedule an appointment for a free screening test.

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