



A Message from Our Medical Directors

Dear Friends of Diablo Clinical Research,

These are tough times. It seems nobody has been left untouched by the difficulties of today's economy. California has been hit particularly hard. Job loss and loss of state funding for many programs has resulted in not only loss of income necessary for good healthcare but perhaps more significantly, loss of any kind of health insurance.

Times like these call for all of us to come together and support one another in any way we can. We at Diablo Clinical Research are reaching out to those in need by partnering with free clinics such as Sutter Delta and local community health centers. We are also attending community events where we provide free testing. Finally, we are offering diagnostic testing and physician review and feedback of these tests at prices that people can afford whether they have insurance or not.

If you know of an organization that may be interested in partnering with us to assist people in need, please encourage them to call Lisa Harrison, our Director of Community Outreach at (925) 930-7267, ext. 201. We welcome the opportunity to work with any group that you may feel would benefit from our services: churches, synagogues, support groups (health-related, unemployment-related, etc...), clubs, charity organizations, social services organizations, etc... We also welcome the opportunity to attend one of your organization's meetings to discuss a healthcare topic of interest, inform your members about currently enrolling studies or perform free or low-cost screenings (see page 2 for list of our offerings).

No insurance is required to participate in clinical research studies or health screening events and, as always, there is no cost to participate in a research study.

Together we can make a difference.

To your health,



Richard L. Weinstein, MD,



Leonard Chuck, PhD, MD,



and Mark Christiansen, MD

Diablo Clinical Research wants to Share the Health!

Give this coupon to someone with diabetes or at risk for diabetes to receive a

FREE A1c test.

Call Diablo Clinical research at: (925) 930-7267

Glucose Control: How Low Should We Go?

By Mark Christiansen, MD

Glucose is commonly touted as the ultimate goal in the treatment of diabetes. Two recent studies (Diabetes Control and Complications Trial (DCCT) and United Kingdom Prospective Diabetes Study (UKPDA)) supported this widely held belief when they showed that intensive glucose control in those with type 1 and type 2 diabetes resulted in lower rates of eye damage (retinopathy), kidney damage (nephropathy), and nerve damage (neuropathy).

In 2008, however, three studies (ADVANCE, VA and ACCORD) were published that called into question the value of intensive glucose control (defined as A1c under 6.5%) upon cardiovascular events. The ADVANCE and VA trials were completed and did not show any benefit compared to standard care; the ACCORD trial was discontinued due to a 22% increased risk of death in the intensive control group (A1c goal under 6%).

In January 2009, in an effort to minimize confusion, the American Diabetes Association, American Heart Association and the American College of Cardiology issued a consensus statement which was published in *Diabetes Care* (v32, #1, p 187-192). The conclusions include (1) intensive glucose control is of value for the prevention of retinopathy, nephropathy, and neuropathy, (2) intensive glucose control early in the course of diabetes does show reduction in cardiovascular events, consistent with the UKPDS and DCCT, and (3) hypoglycemia may not explain all of the excess deaths in the ACCORD trial.

The bottom line? Glucose control is just one element of treating diabetes and preventing further complications. The most important action that can be taken is early intervention. This intervention should include discussions about food choices, activity levels, and medications for blood pressure, cholesterol, and, of course, glucose control. Early intervention and ongoing care also include constant testing (home testing with meters), eye and foot exams, HbA1c tests, blood pressure checks, and cholesterol tests.

At Diablo Clinical Research, we are committed to early detection and intervention. Our free and low-cost testing (see box below for our offerings) help diagnose diabetes, and then our patients can take this information to their physician, free clinic or choose to participate in a number of studies that are trying to help diabetics with blood pressure, cholesterol, and glucose control. I hope that the information that we provide to you will help you directly in your quest for best health.

Diablo Clinical Research offers these free and low-cost tests, consultations and evaluations:

- * **FREE** diabetic neuropathy evaluations
- * **FREE** fibromyalgia evaluations
- * **FREE** glucose testing
- * **FREE** osteoporosis screenings
- * **LOW-COST** A1c/cholesterol testing
- * **LOW-COST** osteoporosis diagnostic testing (DXAs)
- * **LOW-COST** 30-minute consultations with our dietitian/Certified Diabetes Educator

Call **(925) 930-7267** to schedule your appointment today!

Welcome Christine Raymond, NP, MSN, RN

Diablo Clinical Research is proud to announce Christine Raymond as our new Director of Phase I Operations. Christine comes to Diablo Clinical Research with over 23 years of nursing experience. She started her nursing career in 1985 as an LVN and has continued to enhance her nursing experience and education since then. Christine's experience includes medical-surgical nursing, cardiac care and telemetry, nephrology and dialysis, women's health, pediatrics, urgent care, nursing administration, and most recently cancer care (she is also certified by the ANCC as an Oncology Certified Nurse). She also has experience developing community outreach programs and has worked in conjunction with UC Davis in developing their clinical trial program.

Her special interests include research, the development and maintenance of community outreach programs, and patient and family education.

As a nurse practitioner, she is prepared through advanced education and clinical training to enhance our medical offerings in an expanded roll in collaboration with physicians and patients to provide personalized high quality care with a focus on early intervention/disease prevention.

Katy's Nutrition Korner

Katy Kinninger, RD, CDE

The fresh goodness of summer is back! Local farmers markets are a great source for field-ripened fresh fruits and vegetables, fresh fish and much more. Benefits of buying fresh foods from farmers markets include fewer pesticides, fewer preservatives, and less food processing—all of which lead to healthier eating. It's helpful to have a schedule of local farmers markets to keep track of dates and locations near your job, home or commute path. There are many different markets held at various dates and times throughout the East Bay. To find a list of Bay Area Farmers Markets, visit www.sfgate.com/food/farmersmarkets/.

Diablo Clinical Research will be hosting a booth at the Walnut Creek Farmers Market on Locust Street on Sunday mornings from 9am—1pm. Check our website (www.diabloclinical.com) for the date(s).

We're on the web!
www.diablocinical.com

Advancing Health Newsletter

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Advancing Health



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