



Research volunteer Barb Christiansen shares her experience about MARC

“As a study participant for MARC, I rate my experience very high. The staff are very friendly, and they make the process fun, easy to understand and easy to do. Every part of the whole experience was good, and I would definitely consider participating in future studies.”

Look inside for more information on **The Importance of Medical Research**

MARC News

MAPS Applied Research Center
educating patients on the future of medical research

Issue I



Meet the MARC Team

Front row left to right: Christine Madson, Marci Mark, Kellie LeMay, Beth Garay
Back row left to right: Debra Coffey, Adrian Vaagenes, Russell Flewellen, Michelle Stark

The staff at MAPS Applied Research Center (MARC) welcomes you to our patient information newsletter

In this issue of MARC News:

- About MARC
- How Medical Research can benefit you and others
- Safety concerns of Medical Research
- Questions you should ask before participating in a study
- Research study listings



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About MARC

Introducing MAPS Applied Research Center

Patient awareness and involvement in clinical research studies is crucial to the development of new medical therapies and treatment options. We would like to take this opportunity to introduce you to the MAPS clinical research division, called MAPS Applied Research Center (MARC).

MARC is a clinical research center dedicated to providing patients with innovative medical care through research opportunities. We conduct a large number of research trials for a variety of medical conditions such as pain, acne, high cholesterol, constipation, weight management, osteoarthritis, depression, high blood pressure, diabetes and sleep disorders.

The MARC team of research professional has over 30 years of combined

experience working in the medical research field. We are devoted to providing the highest standard of care to our patients and are highly committed to ensuring all study participants are well-informed and have a positive experience. In fact, many of our research participants have taken part in several of our studies as new opportunities arise.

Participating in a research trial can have many added benefits. If you qualify for a study, your treatment and evaluation are provided free of cost. You will have the opportunity to be at the front of cutting-edge medical technology where you can learn new information about medical conditions and treatment options. Best

of all, the information we gather from the trials will be used to help treat medical conditions more effectively and safely.

We want to provide you with information about our services in order to help you to decide whether to participate in a research trial. It is important for you to gain as much knowledge as possible about the study so that you can make the best

decision about your options. Your participation in our studies is valuable to us and vital to ground-breaking medical advancements, and research could not be done without you.

Medical research changes our world, one innovation at a time

“Advancing Tomorrow’s Healthcare”

Clinical Trials: Are They Safe?

Points to consider when contemplating participating in a research study

By: Christine Madson, MAEd, CCRC - MARC Researcher

The FDA works to protect participants in clinical trials and to ensure that people have reliable information before deciding whether to join a clinical trial. The federal government has regulations and guidelines in place to protect clinical research volunteers from unreasonable risks.

Institutional Review Boards

The primary concern of an Institutional Review Board (IRB) is the safety of research participants. IRBs review research studies to make sure research is being conducted ethically and in accordance with the stringent guidelines set down by the federal government. Important issues addressed by IRBs include safety measures, confidentiality and risk management.

Although efforts are made to control the risks to clinical trial participants, some risks may be unavoidable because of the uncertainty inherent within new medical treatments. IRBs also review studies to make sure researchers have set in place standards to monitor risk and to minimize adverse effects of new medical treatments.

Informed Consent

This informed consent is part of a process that ensures a research volunteer understands the known risks with the study and knows that there may be risks yet unknown. This information permits someone to make an informed decision about the level of risk they are willing to accept before they enter the trial.

After reviewing the consent form with research staff and discussing it, participants must sign the document before joining the study. This indicates they understand that the trial is research and that they can leave the clinical trial at any time.

People should learn as much as possible about the clinical trials that interest them. They

should also feel comfortable discussing their questions and concerns with their primary physician and members of their family before making any decisions. Potential participants should understand what will happen during the trial. This includes also knowing what type of health care they will receive, in addition to other factors such as any costs associated with participation, available compensation and study timelines.

Potential Benefits

Participating in a well-designed and well-executed clinical trial is one approach for eligible volunteers to become actively involved in their health care and gain access to potentially new research treatments. Being a research volunteer also allows access to expert medical care for the condition being studied. In addition, clinical trials provide contributions to medical advancements which advance the field of treatment options, and it would not be possible without research volunteers.

Where can people find out more?

Individuals interested in learning more about current studies being conducted are encouraged to visit our website at www.mapsresearch.com. Additional information can be found by searching www.clinicaltrials.gov. This is an interactive online database, managed by the National Library of Medicine, that provides information about both federally and privately supported clinical research in human volunteers. The www.clinicaltrials.gov website is updated regularly and offers information on the purpose of each trial, who is eligible to participate, locations and phone numbers to call for more information.

WE WANT YOU

MARC is recruiting participants for the following studies:

- Pump Implant
- Sleep Study
- Cancer Breakthrough Pain
- Chronic Pain
- Acute Pain
- Painful Diabetic Neuropathy
- Lower Back Pain
- Opioid Induced Constipation
- Acne
- Fibromyalgia
- Post Herpetic Neuralgia
- Cholesterol
- Spinal Cord Stimulator

Important Questions?

What you should ask before participating in study

Taking part in a research study can be a very rewarding experience. It allows you to help yourself now and to help others in the future. After all, without research, treatment cannot improve and without individuals like you, there would be no research. You may be wondering if you are a good candidate to participate in a research study. Make sure you know the answers to the following questions, they will help you make an informed decision.

Q: Why do you want me to participate in this study?

Q: How will this research help in treating or understanding my disorder?

Q: What do I need to do and how much time will this take?

Q: How might this study benefit me, my relatives, or other people with my disorder?

Q: What possible risks are there to me if I take part?

Q: How will this be different from the care I am getting now, and do I have other options or choices?

Q: Will I have to stop my current treatment?

Q: Could my illness become worse during the study? What will happen if it does?

Q: What will happen to me at the end of the study?

Q: How will this affect my daily life?

Q: What happens if I want to drop out of the study?

Q: Will my medical information be kept confidential?

Q: Do I have to decide right away or can I discuss this with my family, friend, case manager or doctor?

As you can see your decision to participate in a study involves many factors. Our team of research professionals will provide you with all the information you need to make an informed decision. Remember, it is important that you ask as many questions as you need until the answers are clearly understandable to you.

FIBROMYALGIA RESEARCH STUDY

**Real Pain.
Real Fatigue.
Real Concern.**

An investigational drug for fibromyalgia pain and related symptoms

Millions of Americans, like you, experience real pain and real fatigue that doesn't go away... Real symptoms that affect every part of your life. Has fibromyalgia:

- Caused stiffness and body aches that make it hard to get out of bed in the morning?
- Brought on widespread muscle pain and fatigue that limit how much you can do in a day?
- Made it hard to fall asleep and stay asleep?
- Made areas around your neck and shoulders tender to the touch?
- Caused you to miss activities with family or friends because you were too tired or in pain?

This study is evaluating an investigational medication to see if it helps relieve fibromyalgia pain and fatigue and improves quality of life. To qualify you must be at least 18 years of age and have been experiencing widespread pain for three months or more (other criteria apply). Qualified participants receive all study-related care and study drug at no cost and may be compensated for time and travel.

TELL A FRIEND

www.FibroIsReal.com

CONSTIPATION FROM PRESCRIPTION PAIN MEDICATION? YOU MAY WANT TO KNOW ABOUT THIS.

If you're taking prescription medication for pain that is not related to cancer and you're experiencing constipation and bloating, call us to find out if you may be eligible for a clinical research study for bowel dysfunction caused by pain medications such as Vicodin[®], Percocet[®], and OxyContin[®].

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OPAL
A Clinical Study of Constipation Due to Pain Medication



Ready to be a Research Volunteer?

For more information on MARC research studies please visit our website at:

www.mapsresearch.com

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