



## CHRONIC HAND ECZEMA RESEARCH STUDY

If you have **severe chronic hand eczema**, then you may be eligible to participate in a new research study.



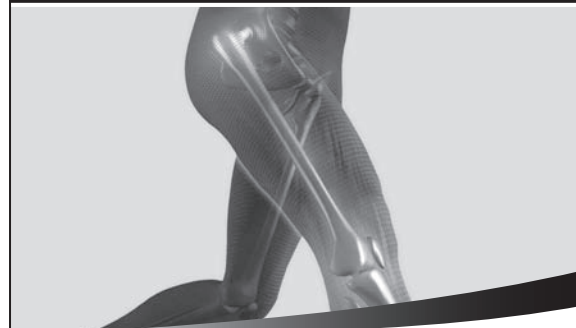
### Main Requirements for this study are:

- You are 18-75 years of age
- You have severe chronic hand eczema for at least 6 months
- You meet study required health criteria

**All qualified participants will receive study medication, study related treatment and follow up exams at no cost.**

**Call Now**  
**952-937-9000**  
[www.mapsresearch.com](http://www.mapsresearch.com)

## OSTEOARTHRITIS RESEARCH STUDY



### DO YOU HAVE PAIN FROM OSTEOARTHRITIS IN YOUR KNEE OR HIP?

If you are suffering with osteoarthritis of the knee or hip, then you may qualify to participate in a new research study for osteoarthritis.

Main requirements for participating in the study are:

- You are 18 years or older
- You have been diagnosed with OA of the knee or hip
- You have not found sufficient relief from, or have not tolerated, standard medication
- You meet study-required pain levels and health criteria

Participation in this study includes:

- A comprehensive study-related health evaluation
- Educational materials about osteoarthritis
- Investigational study medication

Study medication and study-related procedures will be provided at no cost to you.

**CALL NOW:**  
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**(952) 937-9000**  
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[www.oaresearchstudies.com](http://www.oaresearchstudies.com)

## Breakthrough Cancer Pain?

If you've felt pain come on rapidly and became intense within minutes, even with a regular schedule of pain medication, you've experienced breakthrough pain. What matters most is how quickly you can make breakthrough cancer pain go away.

If fast relief is important, you may want to consider volunteering for a clinical research study evaluating an investigational medication to see if it can safely and effectively deliver fast relief from breakthrough pain using an oral spray.



To qualify, you must be:

- At least 18 years of age and have cancer
- Treating persistent cancer pain with opioid medications
- Experiencing between one and four episodes of breakthrough pain per day
- Using medication to treat breakthrough pain

As a participant, you will receive all study-related care and treatment at no charge and may be compensated for time and travel.



## CLINICAL RESEARCH OPPORTUNITIES

MAPS Applied Research Center has ongoing studies in the following areas:

- Cholesterol
- Cancer Breakthrough Pain
- Cancer Bone Pain
- Osteoarthritis of the Knee or Hip
- Chronic Hand Eczema
- Opioid Induced Constipation
- Pain

If you or anyone you know might be interested in participating in one of our studies, please contact:

**MAPS Applied Research Center**

7450 France Ave. S., Suite 265 • Edina, MN 55435 • **(952) 937-9000**

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# MARC News

The Power of One

## CHRONIC PAIN: A Universal Disorder

It is estimated that nearly 86 million American adults are affected by chronic pain. Today, chronic pain is the leading contributor to health care costs. In fact, it remains the most common reason Americans access health care. In addition, chronic pain is the leading cause of disability. But what exactly is chronic pain, and what are we doing to treat chronic pain.

Chronic pain is described as any pain lasting three months or longer. Often it does not serve as a warning of physical injury or illness, but rather is a result of a physical injury or illness. Those who suffer from chronic pain typically complain of headaches, low back pain, cancer pain, arthritis pain and nerve pain. Although chronic pain most commonly affects the muscles, nerves and bones of the body; frequently, the underlying cause of chronic pain is difficult to determine.

Healthcare providers employ a variety of techniques including CT Scans, EMG, MRI, Discography, Myelograms, Bone Scans and Ultrasounds to detect a physical reason for a patient's chronic pain. However, a definitive diagnosis is often hard to pin down because chronic pain, for many, also has a psychological factor. Irregardless of the origin of chronic pain, sufferers flood our health care system in search of relief.

Available therapies for chronic pain are diverse, and the management of chronic pain can be a challenge for healthcare providers and patients alike. Fortunately, researchers and healthcare providers are developing new treatments and techniques for managing chronic pain. The majority of treatments for chronic pain can be divided into two categories: non-invasive therapies and invasive therapies.

**Nearly 86 million American adults are affected by chronic pain – The most common reason Americans access health care.**

**Non invasive therapies**, such as behavioral and physical therapy, exercise, massage and heat/ice, focus on managing chronic pain without using a drug or device. The advantages of these therapies include lower cost, less risk and easier access. On the other hand, **invasive therapies**, for example medications, steroid injections, acupuncture and implantable

devices, center on managing chronic pain with drugs, biologics and devices. Ideally, healthcare providers and patients compromise and select a program that balances chronic pain control while minimizing risks.

Although significant progress has been made in regards to identifying the cause of and improving the recognition of chronic pain, a large portion of that landscape has yet to be explored. Only time and research will tell if chronic pain relief will become a reality.



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## Sue Richardson Shares Her Experience as a Research Participant at MARC

### How did you first hear about MARC?

My sister called me with the information on the research trial. She had seen the ad on the television and called me after she wrote down the phone number.



### Was this your first experience participating in a clinical research trial?

This was not my first experience in participating in a clinical research trial. I have done at least 5 other drug research trials over the past 10-12 years. I did the trial because I wanted to help myself, if possible, as well as the future of others with the same condition.

### Please tell us about your experience at MARC?

I liked going to MARC because 1) it was close to get to, and 2) it offered some possible help. The people were all very professional and they all had a great sense of humor.

### Is participating in a research study something you would consider doing again?

I would participate in a study again because one never knows what will be helpful. If you don't try, you won't know. It also offers a lot of hope for medical conditions and you feel at least you are trying to help yourself/others for the future.

### How likely would you be to recommend participating in a research study to your family or friends?

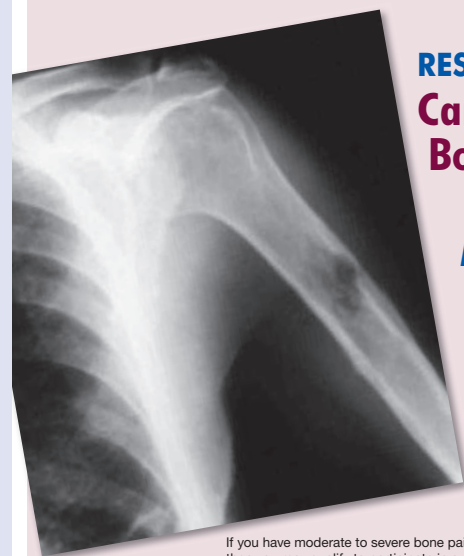
I always recommend participating in a research studies. Many people are too scared to participate but I believe it is from lack of education. People don't know that a lot of money is spent on research and development. The pharmaceutical companies have to pay for all the labs, blood tests, and EKG's. You get excellent care because the companies need accurate information in order to get a new medication out on the market. They usually pay a stipend that will cover time, travel, parking and sometimes overnight stays, depending on the study.

### Overall, how would you rate your experience as a clinical trial volunteer at MARC?

I had a very positive experience as a clinical trial volunteer. I am currently telling all my friends. **This is the first time in 25 years I feel like I have a life again—with energy and pain relief.**

**RESEARCH FACTS** Only 30% of clinical trial participants report that they first learned about a clinical trial from their primary/specialty provider. Most of their information comes from the internet or other media forms.

- 77% of people surveyed said they would consider involvement in an appropriate clinical study if asked; but only 10% of people eligible to participate in clinical trials actually do so.
- According to a survey of nearly 6000 cancer patients, 84% said that they were unaware that participation in a clinical trial was a treatment option. The majority of these patients said they would have been receptive to the idea of a clinical trial if they had known it was an option open to them.
- According to one survey, 97% of respondents who did participate in clinical trials reported that they **had been treated with dignity and respect and received excellent or good quality of care.**
- In a poll, 94% of people recognize the importance of participating in clinical research in order to advance medical science. However, 75% of the general public state that they have little or no knowledge about the clinical research and the participation process.



### RESEARCH STUDY: Cancer Induced Bone Pain

**Do you have  
bone pain  
resulting  
from  
metastatic  
cancer?**

If you have moderate to severe bone pain related to metastatic cancer, then you may qualify to participate in a new research study

Main Requirements for Study Participation include:

- 18 years or older
- Able to tolerate stable doses of Opioids
- Diagnosed with bone pain related to metastatic cancer

All qualified participants will receive investigational study medication, study related treatment and follow up exams at no cost.

**Call  
now!**

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## BREAST CANCER

In May, the Susan G. Komen foundation hosted the annual **Race for the Cure**. This particular fund raising event boasts that about \$27 million dollars have been raised by this event in Minnesota and stay in this state to further education, treatment, and breast cancer screening.

It would seem that with such large amounts of money, and heightened awareness, breast cancer would be a thing of the past, but though decreasing in numbers, it is still a formidable disease.

Cancer begins at the cellular level in our bodies. Normally, cells in our bodies divide to form new cells as they are needed to replace cells that die off. Sometimes these cells

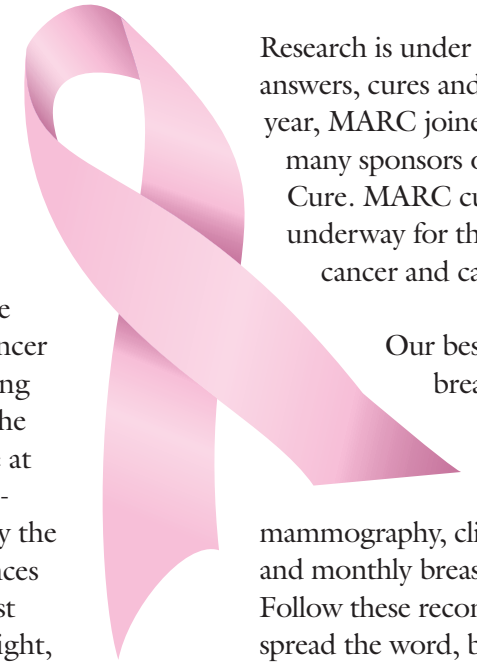
randomly divide and grow, but other cells have not died off. The result of this disorderly growth is the formation of a mass or tumor. Some of these growths are benign, some are cancerous. Metastasis is when these cells spread to other tissues.

Breast Cancer is the leading cause of cancer related deaths among women 40-59 in the US. All women are at risk, and the risk increases with age. By the age of 85, the chances of developing breast cancer are one in eight,

with an estimated 40,460 deaths in 2008 alone. But men can develop breast cancer as well with greater than 2000 cases in 2008.

Research is under way to find answers, cures and treatment. This year, MARC joined KS95 as one of many sponsors of the Race for the Cure. MARC currently has studies underway for the treatment of cancer and cancer related pain.

Our best defense against breast cancer is early detection and treatment. This includes annual mammography, clinical breast exams and monthly breast self examination. Follow these recommendations and spread the word, be a part of the cure!



## Did You Know? **FACTS ON CHRONIC PAIN**

**More than 50 million Americans experience chronic pain that interferes with daily activities, according to the American Pain Foundation.**

- Chronic pain is often defined as pain that lasts for 6 months or longer.
- Nociceptors are sensory receptors that send nerve signals to the spinal cord and brain causing the perception of pain.
- Research indicates that men and women respond differently to pain. Women are believed to seek help more quickly, are more likely to use a variety of support resources to deal with pain and recover more quickly.
- Exercise is often prescribed as a way to prevent and treat pain.

- Pain is the number one complaint of older Americans.
- The cause of chronic pain is not always evident.
- In a survey by the National Institute of Health, lower back pain was the leading pain complaint, followed by headaches, neck pain and facial pain.
- Fibromyalgia is becoming more common as a chronic pain complaint.
- Medical and technological advances have made pain more manageable today than ever before.
- Pain Management has become a medical specialty.