

August 2011



**ACTIVMED PRACTICES & RESEARCH**

STUDYING TOMORROW'S TREATMENTS TODAY

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# NEWSLETTER

**Special Interest  
Article**

**ActivMed  
Clinical Study  
Spotlight for**

**August 2011**

## **BACK PAIN**

Pain in the lower back is a common concern. Lower back pain affects up to 90% of Americans at some point in their lifetime. Up to 50% of those individuals will have multiple episodes. Lower back pain is not a specific disease, rather it is a symptom that may occur from a variety of causes. In up to 85% of people with low back pain no specific cause of the pain can be identified. America spends approximately \$50 billion a year on low back pain.



## **LOW BACK PAIN STUDY**

ActivMed Practices is screening patients for a low back pain study in our Haverhill office. If you are 18 years of age or older with moderate to severe low back pain for at least 3 months and are currently taking a prescription medication for this condition, you may qualify to participate in this study.

**Please call us at 978-372-7252 for more information.**

## **DID YOU KNOW??**

Low back pain is second only to the common cold as a cause of lost days at work. It is also one of the most common reasons to visit a doctor's office or a hospital's emergency department. It is the second most common neurologic complaint in the United States, second only to headache.

For 90% of people, even those with nerve root irritation, their symptoms will improve within two months no matter what treatment is used, even if no treatment is given.

Doctors usually refer to back pain as acute if it has been present for less than a month and chronic if it lasts for a longer period of time

### **ACTIVMED PRACTICES & RESEARCH CURRENT & UPCOMING STUDIES**

**Type I & II Diabetes**

**High Cholesterol**

**Bipolar Disease**

**Irritable Bowel Syndrome**

**Chronic Low Back Pain**

**Hypertension**

**Major Depression**

**Alzheimers Disease**

**Severe Facial Acne**

**Rheumatoid Arthritis**

**Flu Vaccine**

**COPD**

**Please call 978-372-7252 (Haverhill, MA) or 603-319-8863 (Newington, NH) for more information on these studies.**

**ActivMed Practices & Research**

**Haverhill, MA**

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**Website**  
www.activmedresearch.com

**Studying**  
**Tomorrows**  
**Treatments**  
**Today**

**CEO & President**  
**Terry Stubbs, MA, CCRC**

Founder, president and CEO Terry Stubbs has managed over 450 clinical trials and has over 21 years of healthcare management experience. She is author of the "Quick Pace Recruitment Program" and "12 Keys to Successful Weight Maintenance." She is also an active member of DIA and ACRP



**THE DOG DAYS OF AUGUST!**

**THE ACTIVMED FLU TRIAL WILL BE STARTING SOON**



We are planning our Flu Trial to begin in August. If you are 65 years or older you may qualify for this study. We only have a limited amount of spaces so it is important to call us and sign up at **978-372-7252** as soon as possible.

You may call Rakesh, Jess or Pam for more Information.



**Oh No,  
Not the Flu!**

**FITNESS & NUTRITION WORDSEARCH**

- |                  |             |
|------------------|-------------|
| ACUTE INJURY     | PROTEINS    |
| CALORIES         | FITNESS     |
| CARBOHYDRATE     | FLEXIBILITY |
| CARDIO           | FREQUENCY   |
| CHRONIC INJURY   | HEALTHY     |
| CYCLING          | INTENSITY   |
| DIET             | MINERALS    |
| DIGESTION        |             |
| ENDORPHINS       |             |
| EXERCISE         |             |
| FATS             |             |
| MUSCULARSTRENGTH |             |
| NUTRIENT         |             |
| OBESITY          |             |
| PROTEINS         |             |
| RICE             |             |
| STRETCH          |             |
| REHABILITATION   |             |
| SWIMMING         |             |
| TIME             |             |
| WARMUP           |             |
| WATER            |             |
| VITAMINS         |             |

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