

DECEMBER 2011



ACTIVMED PRACTICES & RESEARCH

STUDYING TOMORROW'S TREATMENTS TODAY

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NEWSLETTER



ActivMed
Clinical Study
Spotlight for
May 2011

DIABETES

About Type 2
Diabetes

When you have type 2 diabetes, high levels of sugar build up in your blood. This can lead to serious health complications. That's why **controlling your blood sugar** is key to managing diabetes. Keeping your blood sugar under control lowers your risk for complications later. High blood sugar can harm your organs and raise your risk of heart disease.



WE ARE CURRENTLY SCREENING FOR A NEW DIABETES STUDY.

- ❖ Are you age 18-85?
- ❖ Have you been diagnosed with Type 2 Diabetes?
- ❖ Have been treated with Insulin for at least 90 days?

You may qualify for this study.

Please contact our Haverhill Office at **978-372-7252**
For more information

Most eligible participants will receive any diagnostic testing, lab work, study medication, and office visits with a physician and lab work at no cost. A stipend is available for your time and trouble. Remember ActivMed Practices and Research is centrally located north of Boston and minutes away from the New Hampshire border

MANAGING DIABETES THROUGH THE HOLIDAYS

Managing diabetes can be a challenge at the best of times. You can eat well and manage your diabetes through the holidays. Here are some tips to help you.

EAT MODERATELY Yes, holidays are times to celebrate with food. However, with an understanding of what foods contain carbohydrates, you can plan your meals accordingly. Prioritize salad over stuffing and dessert so that your body is full of lower carbohydrate food. But do eat some of the stuffing and dessert if you want to. Abstaining from carbohydrates and then eating a lot at once is not good for your blood sugar.

Eating moderately has another advantage. Good blood sugar also means that you will feel better, and that is important over the busy holiday season!

ACTIVMED PRACTICES AND RESEARCH
WISH YOU A
WONDERFUL HOLIDAY SEASON

Happy New Year 2012

ActivMed Practices & Research

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Studying
Tomorrow's
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



ACTIVMED CURRENT AND UPCOMING TRIALS

Type I and II Diabetes	High Cholesterol	Bipolar Disease
Chronic Back Pain	Hypertension	COPD
Major Depression	Alzheimer's Disease	Acne
Rheumatoid Arthritis		

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

THE MOST PRECIOUS CHRISTMAS GIFT YOU CAN EVER GIVE.

Our best memories are not of the gifts we received but of simpler more precious moments that we would have or should have shared with our families.



Giving a gift of time is perhaps one of the best gifts you can ever give.

1. Spend time with your kids. Kids are absolutely precious and guess what ...they will not be kids forever. Cherish this time you have by creating wonderful Christmas memories.

Sleep in front of the Christmas tree with all your kids snuggled together.

Take your kids for a drive to see all the pretty Christmas displays.

Make decorating the tree a family time with music and goodies.

2. Offer to help someone

Christmas time is quickly becoming a selfish holiday. We are so concerned about satisfying our wants and needs that we oftentimes forget to lend a helping hand where it is most needed.

Offer to clean up after the Christmas Meal.

Invite your family over for a simple Christmas breakfast

Offer to help an elderly neighbor with their Christmas list or decorations.

Try to include anyone you may know who is alone for the holidays in your Christmas celebration.

3. Be romantic

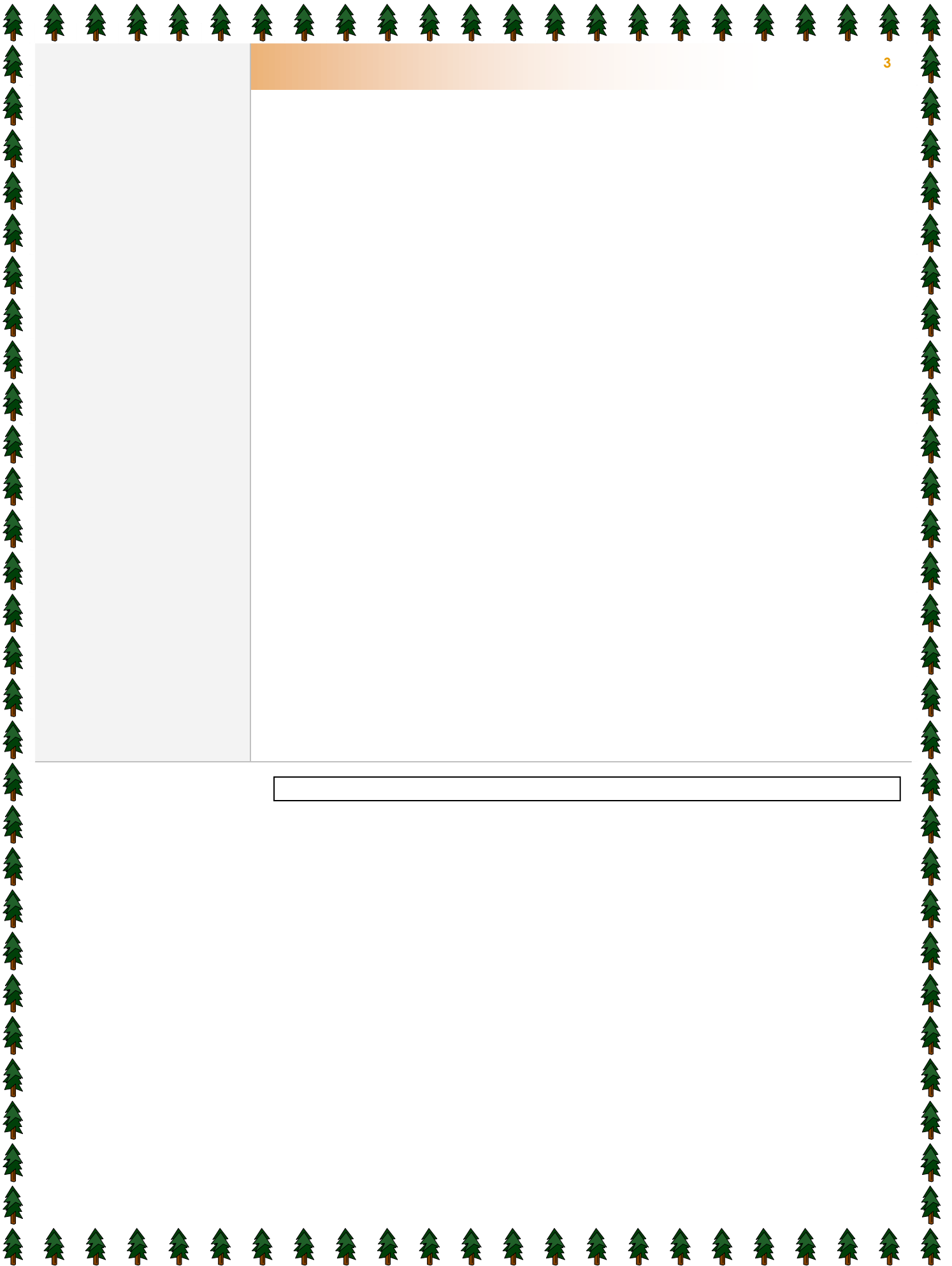
Late hours at work, shopping, cleaning etc. can really put a damper on your Christmas spirit. After a long, busy day take the time to put some romance back into your relationship.

Make your wife/husband a cup of hot chocolate and just snuggle with her/him.

Offer to take the kids shopping .

Give your wife/husband a massage.

Give a gift of time and your family members will treasure it for years to come!



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Your Tagline here.

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product

Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press

releases and market studies.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

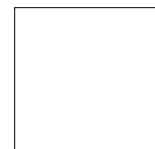
About Our Organization

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose, and you can import them into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption for the image near the image, too.

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