

JANUARY 2012



ACTIVMED PRACTICES & RESEARCH

STUDYING TOMORROW'S TREATMENTS TODAY

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NEWSLETTER



Special Interest Article

ActivMed Clinical



January 2012

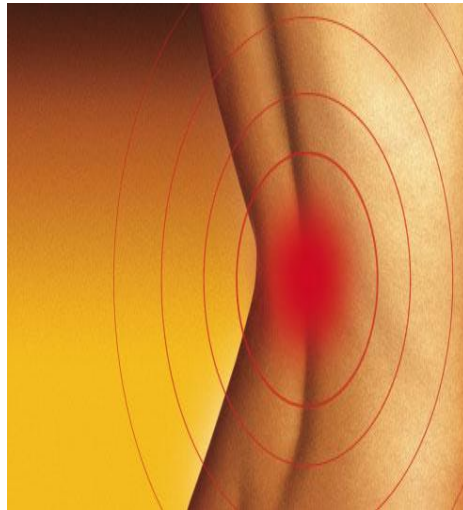
BACK PAIN

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 new back pain study in our Haverhill office. If you are 18 years of age or older with moderate to severe back pain daily 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, behind only headaches.

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.

January is **Glaucoma**
and
Cervical Health Awareness Month

Make your yearly checkup appointments now!

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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 the author of the *Quick Pace Recruitment Program* and *12 Keys to Successful Weight Maintenance*. She is also an active member of DIA and ACRP.

Funny New Years Resolutions

Just for today I will not sit in the living room all day in my pj's. Instead I will move my computer to the bedroom.

I will not bore my boss with the same excuse for being out. I will think of new excuses.

I will try to figure out why I really need 9 email addresses.

I will stop telling the same story at every get together.

I resolve to work with neglected children-my own.

I will do less laundry and use more deodorant to save water.

I will spend less than 1 hour on the internet. This of course will be hard to estimate because I am not a clock watcher.

ACTIVMED CURRENT & UPCOMING TRIALS

- | | | |
|-------------------------|----------------------|------------------|
| Type I and II Diabetes | High Cholesterol | Acne |
| Chronic Back Pain | Hypertension | Bipolar Disorder |
| Major Depression | Alzheimer's Disease | |
| Coronary Artery Disease | Rheumatoid Arthritis | |

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

COME IN FOR A FREE HEALTH SCREENING IN OUT HAVERHILL OR NEWINGTON, NH SITES!

WE OFFER: GLUCOSE, BLOOD PRESSURE & CHOLESTEROL SCREENINGS

Please call **978-372-7252** in Haverhill or

603-319-8863 in Newington to schedule your appointment.



From your friends at
ActivMed Practices and Research

Have a safe New Year's Eve
And a healthy and happy **2012**

