



ACTIVMED PRACTICES & RESEARCH

STUDYING TOMORROW'S TREATMENTS TODAY

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JUNE 2011 NEWSLETTER

Do you suffer from:

ERECTILE DYSFUNCTION?

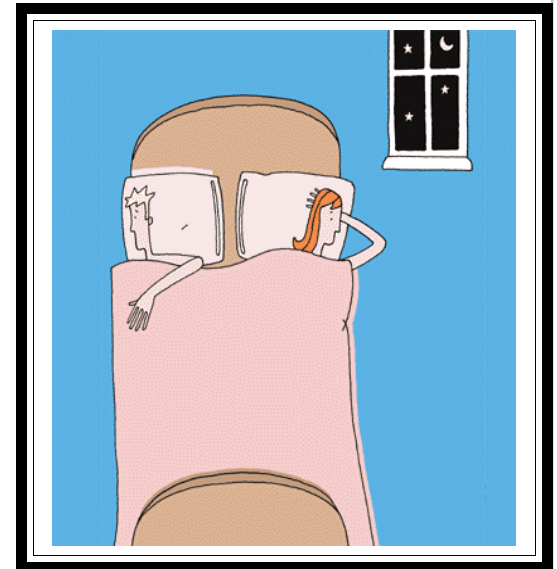
Men who are 18 years or older are currently being screened for a new Erectile Dysfunction study in our ActivMed Practices and Research Office in Haverhill, MA

Applicants must have taken either 100 mg, Viagra, 20 mg of Cialis or 20 mg of Levitra in the past 30 days to begin the process of this trial.

Eligible participants will receive study related 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 travel. If you are interested, please contact **Sally** at **978-372-7252**. Remember ActivMed Practices and research is centrally located North of Boston and minutes away from the New Hampshire border.

Thank you

ActivMed Practices and Research Clinical Study Spotlight for June 2011 ERECTILE DYSFUNCTION



In addition to our spotlight study, we are also screening for the following studies:

Rheumatoid Arthritis

Cardiovascular Disease

Irritable Bowel Syndrome

Major Depression

Diabetes Types I & II

COMING SOON: Bipolar Disorder, Acne

HERE WE GROW AGAIN

ActivMed Practices is proud to announce our newest location at:

**2299 Woodbury Avenue
Second Floor
Newington, New Hampshire 03801
603-319-8863**

Please drop by for a visit and learn about the exciting new studies at all ActivMed locations!

**ActivMed
Practices & Research**

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*“ 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



HELPFUL HINTS FOR A HEALTHY SPRING!

HEADACHE? EAT FISH

Eat plenty of fish. Fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

HAY FEVER? EAT YOGURT

Eat lots of yogurt before pollen season. You may also want to try to eat honey from your local area daily.

❖ Try to avoid being outside when the pollen count is **particularly high**.

❖ Keep doors and windows closed to keep the pollen out.

❖ Try not to rub your eyes, this can make irritation worse and increase risk of infection.

❖ Use air filters indoors and vacuum regularly.

❖ Over-the-counter medications such as antihistamines, nasal sprays, and eye drops may help.

INTERESTING HEALTH TIDBITS

BONE PROBLEMS? EAT PINEAPPLE

Bone fractures and Osteoporosis may be prevented by manganese in pineapple.

DIARRHEA? EAT APPLES

Grate an apple with its skin, let it turn brown and eat it to possibly help this condition.

Apple

The antioxidants & Flavonoids enhance the activity of Vitamin C, Thereby helping to lower the risks of colon cancer, heart attack & stroke.

KIWI

It is loaded with good **Potassium, Magnesium, Vitamin E and fiber** . Its **vitamin C content is twice that of an orange**.

JUNE'S HEALTHY RECIPE

1 CUP STRAWBERRIES
CLEANED AND SLICED.

1 TBS. BALSAMIC VINEGAR

3/4 TSP. GROUND PEPPER

1/2 TSP. SUGAR

1/4 TSP. SALT

2 TBS. CANOLA OIL

FRESH STRAWBERRY SAUCE

THIS IS FABULOUS ON
GRILLED CHICKEN!

ADD A FRESH SALAD
AND VOILE!!

PLACE ALL
INGREDIENTS EXCEPT
THE OIL IN A BLENDER
OR FOOD PROCESSOR
UNTIL PUREED. ADD
OIL AND PROCESS
UNTIL SMOOTH.

You may cover and
refrigerate for 2 days