

September 2011



ACTIVMED PRACTICES & RESEARCH

STUDYING TOMORROW'S TREATMENTS TODAY

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NEWSLETTER



Special Interest Article

ActivMed Clinical Study

Spotlight for

September 2011

FLU STUDY

The single best way to protect against the flu is to get vaccinated each year.

We are currently screening participants age 65 or older to participate in our Flu Study. The flu vaccine is at NO cost to you and if you qualify and participate in this study you will be compensated for time and travel.

The seasonal flu vaccine protects against three influenza viruses that research suggests will be most common strain during the upcoming season. The 2011-2012 flu vaccine will protect against 2009 H1N1, H3N2 virus, and influenza B virus. The vaccines change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against influenza virus that can develop in the body.

While many choose to get a flu vaccine each flu season, the Centers for Disease Control feels it is especially important that the following groups consider vaccination, either because they are at high risk of having serious flu-related complications or because they live with or care for people that are at high risk.

1. Pregnant Women
2. People 50 years of age and older
3. People of any age with certain chronic medical conditions
4. People who live in nursing homes or long term care facilities
5. Healthcare Workers



**Don't end up like this!
PROTECT YOURSELF**

6. Caretakers of ill family members
7. Children younger than 5, but especially children under 2
8. Household contacts of persons at high risk for complications from the flu
9. Household contacts and out of home caregivers of children under 6 months of age. (The children are too young to be vaccinated)

*Let's all have a healthy fall and winter!

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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 & UPCOMING TRIALS

- *Type I and II Diabetes
- * High Cholesterol
- * Bipolar Disorder
- * Irritable Bowel Syndrome
- * Chronic Low Back Pain
- * Hypertension
- * Major Depression
- * Alzheimer's 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.

FUN THINGS TO DO IN SEPTEMBER!

Do I dare say it? The lazy hazy days of summer are over. Doesn't it seem as though life somehow now gets busier? September is a great month. Although fall is in the air, the days often still feel like summer. Here are some fun things to do this month.

Remember to stop and take time to just have fun!



**GO APPLE PICKING
THERE ARE MANY
MANY ORCHARDS
IN THIS AREA!**



**CHECK OUT ONE OF
OUR MANY COUNTRY
FAIRS...THERE'S ONE
EVERY WEEKEND.**



**VISIT A CORN MAZE
IT'S A GREAT FAMILY
EVENT, WITH LOTS OF
LAUGHS.**



**ATTENDYOUR LOCAL
HIGH SCHOOL
SPORTING EVENTS.**

WHAT TO DO WITH ALL THE WONDERFUL APPLES YOU PICKED?

There seems to be no end to what you can do with apples!

Here are some of our favorites and all recipes are easy to find on the web or in cookbooks.



REMEMBER!

Our newest location in **Newington, NH** is open and screening for patients that have High Cholesterol , Type II Diabetes w/ Cardiovascular Disease and Type I Diabetes.

