



NEWSLETTER

May 2011

Special Interest Article:

ActivMed Clinical Study Spotlight for May 2011 **DIABETES**

About Type II Diabetes

When you have Type II Diabetes, high levels of sugar build up in your blood. This can lead to serious health complications. That is 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 several **Diabetes** clinical trials

1. Type II Study

Male or female at least 18 years of age.

Must have been diagnosed with type II Diabetes and currently use insulin with or without an oral diabetic medication.

2. Type II Study

Male or female at least 18 years of age.

Must be on **BOTH** oral diabetes medication as well as insulin for the past 90 days.

3. Type II Study

Must be at least 50 years of age or older.

Must have had a heart attack, had a stent placed, a stroke, or other heart disease.

Have been on a stable dose of insulin with or without certain oral diabetic medications for at least 3 months.

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. If you are interested, please call us at 978-372-7252. Remember ActivMed Practices and Research is centrally located north of Boston and minutes away from the New Hampshire border

Barbeque time is fast approaching!!

Try a new healthy marinade for your favorite grilled or oven roasted chicken recipe.

Soy-Peanut Marinade:

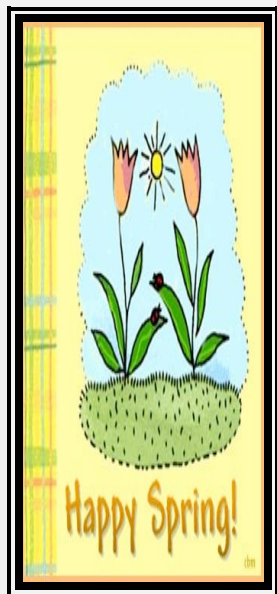
- 2 tablespoons fresh lime juice
 - 1 tablespoon light soy sauce
 - 1 tablespoon reduced-fat peanut butter
 - 1 tablespoon rice vinegar
 - 2 medium cloves garlic, minced, or
 - 1 teaspoon bottled minced garlic
 - 1/2 tsp. cumin
 - 1/2 teaspoon toasted sesame oil
- Whisk all ingredients together, add chicken and marinate 1/2 hour. Get the grill ready and enjoy!

**ActivMed
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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



In addition to our spotlight studies, we are also currently screening for:

***Rheumatoid
Arthritis**

***Cardiovascular
Disease**

***Erectile
Dysfunction**

***Irritable Bowel
Syndrome**

***Psoriasis**

***Major Depression**

***Diabetes Type I**

COMING SOON

***Bipolar**

About Our Organization

**ActivMed
Practices &
Research, Inc.** has
been conducting
sophisticated clinical
research trials on
behalf of the world's
leading

pharmaceutical,
biotechnology and
medical device
companies in Northern
Massachusetts and
Southern NH for more
than 20 years.

We offer many of the
same clinical trials
currently being
offered in the major
Boston area hospitals.

ActivMed Practices and Research is happy to announce the opening of a new office in Newington, NH.

2299 Woodbury Ave, 2nd Floor Newington, NH 03801

***Free health screenings for people who have diabetes
or suspect they have diabetes.***

Newington, NH - ActivMed Practices and Research located at
2299 Woodbury Ave, 2nd Floor in Newington, NH is looking for
people having trouble managing their diabetes, or suspect they
have diabetes and need a blood test to confirm it.

Are you having trouble controlling your diabetes? Are your
"sugar" numbers too high? For a limited time the research
office is offering glucose testing and blood pressure testing by
appointment only.

Call Deb at 603-319-8863 for more information and to schedule
your free appointment.