



It's  
Time  
to  
**START!**

Previous studies at Wake Forest University have shown that strength training can help reduce pain while improving function and mobility for people with knee osteoarthritis. The **Strength Training for Arthritis Trial (START)** will help researchers learn which level of strength training may help the most.

More than 370 study volunteers will be randomly assigned to one of three groups. One group will lift a high amount of weight a few times; another group will lift a small amount of weight many times, and the third group will attend healthy

living classes and do stretching exercises. The study will last for 18 months.

Dr. Steve Messier, the principal investigator for **START** said, "A caring, experienced, and knowledgeable research staff combined with nationally and internationally recognized scholars in osteoarthritis research will provide an exciting and rewarding experience for each participant."

If you have knee pain, it may be your time to **START!** See page 2 for more information about this exciting new research study.

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# Do You Have Knee Pain?

If you have knee pain you may be able to participate in a new research study called START (Strength Training for ARthritis Trial).

The purpose of START is to find out if different levels of strength training can reduce pain and improve function for those with knee osteoarthritis.

You may qualify to participate in START if you are:

- At least 55 years old
- Overweight
- Not currently in a strength training program

If you take part in START you will receive the following at no cost:

- X-ray
- Physical exam
- Bone density test
- Either a strength training program or healthy living classes combined with stretching exercises



To learn more about START call **1-877-BE VITAL (1-877-238-4825)**.

IRB# 18176

**Are You  
Concerned  
About  
Alzheimer's?**

**You can help researchers learn how to stop the progress of this heartbreaking disease.** Researchers at Wake Forest Baptist Health want to learn whether brain imaging (MRI, PET and amyloid scans) and biomarkers such as blood and cerebrospinal fluid can help predict and monitor the disease.

We are looking for people who are **55-90 years old, in good general health and who either have a diagnosis of early Alzheimer's disease, mild cognitive impairment or are cognitively normal.** Participants must be willing to undergo memory assessments and clinical tests and must have a study partner who can accompany them to clinic visits.

To learn more about the **Alzheimer's Disease Neuroimaging Initiative (ADNI) research study**, call Leslie Gordineer at **336-713-8477**.

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