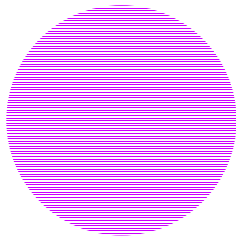


Highlighting Current Topics in Women's Health Research

**Special Interest Articles:**

- Focus on Contraception
- Focus on Dr. Michael Thomas
- Focus on the informed consent



**Individual Highlights:**

- Spotlight on Our Staff 2
- Current Study Highlights 2
- From the Managers' Desk 3



Michael Thomas, MD

*In The News...*

## Contraceptive Clinical Trials Network

The Contraceptive Clinical Trials Network (CCTN) is a network of research centers, tied together by the National Institute of Child Health and Development (NICHD), part of the National Institute of Health (NIH).

The purpose of the network is to bridge the gap between cutting-edge research discoveries and market approval of new contraceptive products and devices. As new contraceptive methods are developed, they must be tested for their safety and effectiveness, as well as their acceptability (do people "want" or "like" to use them).

Actual testing of the products and devices occurs at the 12 research centers in the nation-wide network. These research centers are typically university-affiliated.

Michael Thomas, MD is the Principal Investigator for the recently renewed Contraceptive Clinical Trials Network contract between NICHD and the University of Cincinnati. He is also the Director of Reproductive Medicine Research, where some of these studies will be performed over the next 7 years.

Dr. Thomas is a leader in the field of infertility with research interests in contraception, infertility, hormone replacement therapies, and the effects of menopause on women of color (see *Spotlight on Our Physicians, below*).

Our Nurse Practitioner, Debbie Boerschig, CNP, and Clinical Studies Assistant, Patricia Johnson, LPN, will be working with Dr. Thomas on these studies.

## Spotlight on Our Physicians - Michael Thomas, MD

Dr. Thomas is an Associate Professor and Director of the Division of Reproductive Endocrinology and Infertility in the department of Obstetrics and Gynecology at the University of Cincinnati, College of Medicine, and Director of Reproductive Medicine Research. He also serves as Director of the Fellowship Program for the Reproductive Endocrinology and Infertility division and is the Medical Director for the Gordon Gift of Life Foundation.

Dr. Thomas came to the University of Cincinnati as a Fellow in 1988, and joined the faculty in 1990. His research interests include infertility, hormone replacement therapies, contraception methods and devices, and the effects of

menopause on women of color. He has published numerous articles and book chapters on these topics.

His accomplishments have been recognized nationally as one of Woodward and White's *Best Doctors in America* for 3 consecutive years and locally as one of Cincinnati's *Top Doctors*.

In addition to his clinical practice, he maintains an active research program including a 7-year federal contract with the Contraceptive Clinical Trials Network (see above) and several industry-sponsored clinical trials in Women's Health.



## Spotlight on Our Staff - Theresa Crouch

Theresa has worked with us for 4 years as a Clinical Studies Assistant. She brings expertise in project coordination and recruitment from her years of experience at Phoenix International.

You may have already talked with her if you have ever called our center. She and Patricia Johnson handle the majority of the incoming phone calls.

Theresa's other duties include coordinating recruitment and study

advertising and processing all regulatory documents. Recently, she has taken on additional responsibilities as a Study Coordinator for several industry-sponsored trials.

Theresa's efforts and dedication have made a tremendous impact on the success of the center.

Theresa is a native of Cincinnati, graduating from Colerain High School.

### *Update on Studies*

#### **Contraception Studies:**

- ❖ Diaphragm/Spermicide Study - testing the effectiveness of an investigational spermicide used with a diaphragm.

#### **Menopause-Related Studies:**

- ❖ Hot Flash Study - testing the effectiveness of a natural herbal remedy for treating hot flashes.

#### **Possible Studies in the Future:**

We are always seeking new studies of cutting-edge treatments and medications to improve for women's

health. Some of the more common areas include:

- ❖ Osteoporosis prevention
- ❖ Contraception
- ❖ Menopause-related conditions (hot flashes, etc.)
- ❖ Endometriosis
- ❖ Low Libido

If you are interested in studies in these areas, call us to have your name added to our database. We will be happy to call you when we have a new study.

*Call us for more information about any of these active studies.*

*We love referrals!*

## The Educated Consumer of Research

### **Understanding Informed Consent:**

The first step of any study must be obtaining your "Informed Consent." Informed Consent is the process of reviewing all of the study procedures with you so that you are completely informed about what will happen during the research study.

Researchers are required by federal ethics guidelines to obtain "Informed Consent" before any study procedures are performed.

Remember:

- ❖ Your participation in a study is completely voluntary. You cannot be "forced" to

participate or "punished" for not participating.

- ❖ All study procedures must be explained in language you can understand; researchers are not allowed to deceive participants about what will happen during the study.
- ❖ You are free to end your participation at any time without consequences to you or your health care.

Make full use of your informed consent process. Make sure all your questions are answered before you sign the form. If you are not given an opportunity to completely read the informed consent form or have all your questions answered, beware!



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**Quality Research  
for Women's Health**

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***We're on the Web!***

***See us at:***

***www.ResearchforWomen.com***

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## From the Manager's Desk

We have so many wonderful things going on at our center. With the recent renewal of the Contraceptive Clinical Trials Network, we will be getting very busy. It is amazing when you think about how much we are doing to develop new options for women in the area of contraception.

This is only one part of the research we do here. We have so many different studies going on for a variety of conditions ranging from endometriosis and vaginal infections to hot flashes and osteoporosis

prevention.

The women who participate in our studies do so for many different reasons, but one thing is true, they have all chosen to donate their time to help in the development and testing of new treatments for their conditions. Their contribution to research benefits all women.

Thank you, ladies!

***Rose***

### About Our Organization...

Reproductive Medicine Research is committed to innovative scientific research in women's health.

Under the directorship of Drs. Michael Thomas and Jared Robins, and Dr. Rose

Maxwell as Manager of Clinical Research, the center has a dedicated and experienced staff of nurses, nurse practitioners, and study coordinators.