



# Foundation FEATURES



A Quarterly Newsletter from Dean Foundation for Health, Research & Education

## Oncology Clinical Trials at Dean Medical Center

By Lisa Peronto, RN, CCRP

Everyone has been touched by cancer at some point in their life. When we know of someone who has cancer, we are hopeful that they will be cured or that their cancer will go into remission so that the person has a good quality of life.



Back row L-R: Dr. Edward Prendergast; Dr. Charles Diggs; Dr. Roy Kim; Lisa Peronto. Front row: Dr. Yamil Arbaje; Dr. Peter Beatty; Dr. Michael Frontiera

It was estimated that in 2004 there will be 1,368,030 new cancer cases, and that 563,700 people will die of cancer. We do not have a cure for cancer which is the reason that Cancer Clinical Trials are so important.

The **Oncology** department at Dean Clinic has been involved in research studies since 1988, and we have put over 500 patients onto a Clinical Trial. The research studies take place at the Dean Medical Center at Fish Hatchery Road, but all of the research activities are coordinated by the Dean Foundation. The majority of the trials are through the Eastern Cooperative Oncology Group (ECOG) and the Cancer Trials Support Unit (CTSU). We usually have between 25-30 studies active at any given time for which **Dr. Charles Diggs** is the Senior Investigator.



Dean Foundation employees Angie Diggs and Lisa Peronto

For cancer there are the common practices on how to treat a particular disease which is called the "standard of care." The oncology trials then look at adding different cancer medications together, using a new cancer medication, combinations of approved medicines, radiation

treatments or other procedures. Most of our trials do not involve placebos.

On average we enroll about 30-40 patients per year onto a clinical trial and have about 225 patients in follow-up. Once a person enrolls into a study, we will follow them for many years to monitor for any long term complications and to determine if the cancer recurs. Once a clinical trial has shown that there is improvement in survival and not had any increase in side effects, then the treatment will become the standard of care.

In the past, clinical trials were encouraged only after failure of treatments or if there wasn't another option; however, many of the trials are for people who are receiving their first treatment. We are fortunate to have a staff of doctors and nurses that work together to have these clinical trials in place.

## Welcome New Dean Foundation Employees

Dean Foundation welcomes **Shannon Kirsch** (left) and **Sandi Sheldon** (right). Shannon is our new research laboratory technician. Shannon was the phlebotomy coordinator at Dean Clinic before she came here in February. Sandi just started in March as a clinical research coordinator. She has worked as a psychiatric nurse for over twenty years. Both new employees are working at the Middleton site.



## FEATURED STUDY

### Arthritis Research Studies

The Dean Foundation is conducting several studies on Osteoarthritis. One study is for arthritis of the knee or hip while the other study is for arthritis of the hand.

#### Knee and Hip Arthritis

This is a study of a new Cox-2 arthritis pill which will be taken on a regular basis for those who have daily knee and hip pain. The drug being tested is similar to Celebrex and Bextra. The study consists of 2 phases, double-blind and open-label.

During the double-blind phase the study participant will receive either the investigational drug or a placebo. There is a 1 out of 7 chance of receiving the placebo. Everyone will receive some rescue medication if they find that their pain is too strong. Because the study is blinded neither the study participant nor the study doctor will know which drug they are receiving. Following the double-blind phase there will be an open-label phase where EVERY patient receives the investigational drug. During both parts of the study we will measure how the study participant's arthritis is doing, how well they are functioning and how much pain they may be having.

#### Hand Arthritis

This is a study of a new investigational hand gel which has an anti-inflammatory drug in the gel. During this study, participants will not take any oral drugs for their arthritis but will use the hand gel and see whether it works to decrease their pain and hand stiffness.

All studies are at no cost to the study participants and open to most healthy adults.

For further information call Brenda or Susie at (608) 835-1014.

### Phone Assessment: First Stop for Participation in Dean Foundation's Research Studies



JoAnn Nishiura

If you see an advertisement for one of Dean Foundation's psychiatric research studies in the newspaper or on TV and find yourself interested in getting more information, the first step is to call clinical interviewer, JoAnn Nishiura, M.S., N.C.C.

Her role is to guide you through your questions and provide the information you need to help you make a decision about participation.

Phone assessment serves a variety of functions for Dean Foundation. The primary role is to prescreen and schedule potential study subjects for the clinical drug trials at our Middleton clinic. After being prescreened, potential study subjects who meet study criteria and are interested in participation, will be scheduled for the next step, an evaluation by one of our study doctors.

Unfortunately, sometimes people who inquire about our research studies do not meet the strict criteria required of study participants. Or sometimes, the caller isn't interested in participation after learning about the study in some detail. When this occurs, JoAnn takes the time to provide information about community resources that may be of benefit and help to provide some relief.

If you have questions about any of our studies, please call Dean Foundation at 800-844-6015 or 608-827-2300 and ask for JoAnn or one of our study coordinators.

### National Anxiety Disorders Screening Day

Dean Foundation and Dean Health System are proud to take part in National Anxiety Disorders Screening Day on Wednesday, May 4, 2005. Free, confidential screenings will be offered from 9 a.m. to 4:00 p.m. at Dean West Clinic and 12:00 p.m. to 4:00 p.m. at Dean East Clinic. If you can't attend in person, call 800-844-6015 during regular business hours, and we will conduct the screening over the telephone. For additional information, please call 800-844-6015.



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