

## Helping Yourself and Others through Clinical Research *by Narendra Godbole, MD*

**H**ave you considered participating in a research trial? Clinical trials look at new ways to prevent, detect or treat disease. Treatments might be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments.

According to the National Institute of Health, "People participate in clinical trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff. Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future."

By participating in a clinical trial, you get to contribute personally to the

advancement of medical treatment. Most people agree it is a great feeling to help others and to have access to cutting edge medications.

The research department at Thunderbird Internal Medicine is a dedicated team that is passionate about medical research. The physicians here recognize the importance of research in the advancement of medicine and take pride in conducting studies that help patients and the general population. The research staff ensure that treatment protocols are closely followed and patient care is monitored and evaluated continually throughout the study. Some direct benefits of participating in clinical research studies include receiving complementary medication and lab work. In addition, time and travel expenses may be reimbursed.

Currently, we are recruiting for several studies at Thunderbird Internal Medicine including those targeting

treatment for migraines, diabetes, diabetic foot ulcers, and chronic obstructive pulmonary disease. Some studies do not require taking medication at all and only require blood draws.

The available research studies change frequently so you should ask your provider if there are any studies for which you may be a candidate. Participation in clinical research is always voluntary, however the contribution made to advancing medicine makes a lasting impact. Studies vary in length. For instance there are those for which a patient may come in once to provide blood samples. On the other end of the spectrum a patient may participate in a study that will require a five year commitment.

Inquire with your Primary Care Physician or call the research department at 602-354-4004 for more information.

## Address Sleep Disorders for a Healthier You

**S**leep deprivation and other sleep issues are linked to heart disease, depression, obesity and lower life expectancy. If you experience daytime sleepiness, irregular breathing during sleep, nighttime gasping, choking or coughing, frequent nocturnal urination, morning headaches, gastro-esophageal reflux, fatigue, depression or hypertension, you may be a candidate for a sleep study.

Depending on your symptoms, your provider will make a recommendation between one of two different types: overnight or at-home sleep study. You can learn more about each on the Services page of [www.thunderbirdim.com](http://www.thunderbirdim.com).

If you have regular sleep issues, know that you're not alone. In the U.S., more than 70 million people suffer from chronic, severe sleep disorders. Talk with your provider to learn more!



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