

SOUTHWESTERN NEWS

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Patients sought for birth control, nasal congestion, and depression clinical trials

DALLAS – Aug. 17, 2004 – Researchers at UT Southwestern Medical Center at Dallas are seeking patients to participate in medical studies on birth control pills, medication for nasal congestion, and depression. All clinical trials are approved by UT Southwestern's Institutional Review Board, which reviews them for benefits, risks, side effects and informed consent.

Birth control pills

Women between 18 and 35 who have regular periods are needed to participate in a study at UT Southwestern Medical Center at Dallas to determine whether low-dose birth control is effective for suppressing ovulation. Participants must have a body mass index between 18 and 30 and have not used birth control pills or patches for 90 days nor have had birth control injections for 180 days. Women will receive study-related medicine, exams and tests – such as a Pap smear and cholesterol checks. Follow-up tests must be done three times a week for three months. Those selected will also receive financial compensation. For more information, call 214-648-2507.

Nasal congestion

Researchers at UT Southwestern Medical Center at Dallas are investigating whether a drug used to treat heartburn is also effective for treating runny noses and other nasal symptoms not caused by seasonal allergies. To qualify, you must be at least 18 and suffer from a runny nose or nasal congestion year round. Participants cannot be pregnant, breast feeding, currently suffering from seasonal allergies, be allergic to esomeprazole – the study medication – or have used a proton-pump inhibitor in the last two weeks. Study participants will receive financial compensation, study-related medication and a skin-prick allergy test. For details, call 214-648-7602.

Depression

People who continue to experience symptoms of depression while taking antidepressant medication could be eligible for a study at UT Southwestern Medical Center at Dallas investigating the added benefits of a supervised exercise program. Participants should be between the ages of 18 and 70 and be taking a selective serotonin re-uptake inhibitor (SSRI) – such as Zoloft, Prozac, Paxil, Celexa or Lexapro – but still feel depressed. Qualified individuals must be willing to participate in a 12-week exercise program, with regular sessions held at The Cooper Institute in North Dallas. For more information, call 214-648-0153.

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For information about other clinical trials at UT Southwestern Medical Center at Dallas, visit <http://www.utsouthwestern.edu/home/research/clinicaltrials/index.html>