

### **GOT CHOCOLATE?**

5 visits in 7 months—must be willing to drink 3 servings of milk a day for the duration of the study or take a supplement—milk, supplements, vitamin D and bone density scans provided at no cost—stipend available.

Inclusion criteria:

- \* over age 50
- \* past menopause for more than 5 years but less than 10 years
- \* intake of one or less dairy servings a day
- \* not currently taking steroids, calcium supplements, hormone replacement or prescription osteoporosis medication.

If interested contact Julie Stubby, RN at 280-BONE (2663) and mention “milk mineral” study.

### **Healthy Kids Can Help**

Parents of 5 year olds/ Opportunity for healthy 19 year olds  
Your healthy child may qualify for a research study of bone growth and development at the Creighton Osteoporosis Research Center.

- \* 3 annual visits
- \* Painless evaluations
- \* These measurements will improve the healthcare of ill children
- \* Monetary stipend

Please note: Cannot be taking steroid medication (i.e. nasonex, prednisone, flonase, advair, flovent)

Contact our pediatric nurses at 280-BONE (2663) for more information.

### **Interested in joining a nutritional supplement study?**

The Creighton Osteoporosis Research Center is seeking women for a 6 month study evaluating the potential effectiveness of a nutritional supplement on bone density.

Eligibility requirements:

- \* Female, age 45-55
- \* Caucasian
- \* Post-menopausal for 1 to 3 years and no hysterectomy
- \* Not currently taking any hormones
- \* Not currently taking osteoporosis medication
- \* Not currently taking long term steroid therapy
- \* No cancer, except for basal or squamous cell skin cancer

Eligible participants will receive at no cost to them a pre-study health screening which includes a bone density scan.

For more information, contact our research associates at 280-BONE (2663) or 1-800-368-5097, ext. 2663.

**Have you or someone you know experienced  
a hip fracture?**

The Osteoporosis Research Center is currently conducting a research study investigating the relationship between genes and your risk of suffering a hip fracture.

To qualify:

- \* You must be a woman age 50 or above and have broken your hip.
- \* Bone density scan at no cost for qualifying individuals
- \* This study involves no medication
- \* One visit with one blood draw

For more information, please contact Jennifer Larsen, R.T. (R) (BD) (ARRT), C.D.T. at 280-4489 or 1-800-368-5097 or e-mail [jennyl@creighton.edu](mailto:jennyl@creighton.edu)

**Bone Health Screening for Women 20-48 years old**

Are you interested in a bone mineral density scan to evaluate your bone health at **no cost** to you?

Do you have either of these two risk factors?

- \* Family history of osteoporosis
- \* Personal history of broken bones that have occurred over the age of 18

Do you meet the following criteria?

- \* Pre-menopausal
- \* Not currently on treatment for osteoporosis

You may qualify for a study involving an in-depth examination of the bone health of pre-menopausal women. The study involves **no** medication. For more information, please contact Jeanette LeMaster, RN, CCRC at 280-4839 or 1-800-368-5097 or e-mail [jml@creighton.edu](mailto:jml@creighton.edu).