

# NEWS RELEASE

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## UNIVERSITY OF NEVADA SCHOOL OF MEDICINE

FOR THE GOOD HEALTH OF NEVADA

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### Women volunteers needed

Lynne Williams, medical school information  
June 12, 1996

### FOR IMMEDIATE RELEASE

Historically, women have been under-represented in most studies done on the causes and treatment of disease. However, that is changing. In September 1994, the University of Nevada School of Medicine was awarded \$8.5 million by the National Institutes of Health to take part in a nationwide study of women's health issues. The 12-year project, which is the first to be undertaken by the school's Landra Reid Center for Women's Health Studies, will examine the risk factors involved in heart disease, breast cancer and osteoporosis in older women.

Nationwide, 160,000 women will be studied during those 12 years; 3,800 will be enrolled in the Nevada study, which is completing its second year of recruitment.

The project involves both clinical trials and an observational study. The clinical trials are studying: 1) the effect of hormone replacement therapy on heart attacks in women, 2) whether a low-fat diet can reduce breast cancer rates, and 3) whether calcium and vitamin D can slow down bone loss due to osteoporosis. All trials are randomized, with approximately half of the participants receiving intervention (such as hormones, calcium and vitamin D), while the other half receives placebos.

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In the observational study, there is no treatment or intervention. Women will be followed over a 12-year period, with yearly records kept regarding their medical problems, physical condition, and various forms of biomedical monitoring. The Center has been recruiting women-- ages 50 to 79-- from a broad spectrum, including minorities and all socio-economic levels. After almost two years, most of the younger age groups of Caucasian women have been filled, but the study still needs minority women (African/American, Native American and Hispanic) participation in all age groups, and Caucasian women from 60 to 79.

Women enrolled in the clinical trials will be seen once or twice a year, and can be enrolled in one, two or all three of the groups being studied.

To participate in this study, you should live within a 50-mile radius of Reno or make regular trips to the city. If you are interested in being part of this important national study, which may help prevent these diseases in your granddaughters or great-granddaughters, call **784-4906**.