

NEWS RELEASE

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FOR THE GOOD HEALTH OF NEVADA

Women volunteers needed

Lynne Williams, medical school information
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FOR IMMEDIATE RELEASE

Historically, women have been under-represented in most studies done on the causes and treatment of disease. However, that is changing. The University of Nevada School of Medicine has been 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 the next 12 years; 3,800 will be enrolled in the Nevada study.

The project will involve both clinical trials and an observational study. The clinical trials will be set up to study: 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 will be randomized, with approximately half of the participants receiving intervention (such as hormones, calcium and vitamin D), while the other half will receive 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 hopes to recruit women, ages 50 to 79, from a broad spectrum, including minorities and all socio-economic levels. 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.

Women who are interested in participating in the study 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 study, call 784-4906.