

KGK SynerTimes

January 2008



THANK YOU! – for being part of our community in the past years as a participant, supporter, or friend.

As we have grown, together we helped bring many new and improved natural health products closer to market.

We hope you will continue to be a part of our family, and we are re-newing our efforts to bring you news and information from the natural health and clinical trial front.

If you haven't heard from us for a while and would be interested in getting re-acquainted, we'd like to introduce you to a new member of our team, **Kristina Douglas**.

Kristina joined our team in August. As our **Recruiting Specialist**, her role is to ensure you are kept aware of new trials, help you through the recruiting process when you enter a new clinical trial, and to ensure that you have a very positive experience participating here at KGK.

Kristina is enjoying meeting so many of our past participants, friends and supporters.

Please, feel free at any time to call Kristina at 519-858-8359 to introduce yourself and find out what's new at the clinic!

Kristina Douglas
KGK Recruitment Specialist



Current & Upcoming Trials

- Menopause Study
- Chocolate Study
- Low-dose Aspirin Study
- Osteoarthritis Study
- Hunger Hormone Study
- Pollen Allergy Study
- Tea Study
- Impaired Fasting Glycemia
- Ascorbic Acid Study

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Did You Know...

Beginning with today's issue, we will provide information & news related to Clinical Trials and Natural Health Products in order to help you better understand this very important part of our lives. If you have any particular question you would like to see answered in the "Did You Know..." section of KGK SynerTimes, please drop us an email at clinic@kgksynergize.com

What is a Clinical Trial?

Clinical trials are research studies in which people help doctors/researchers find ways to improve health and preventative care. Each study tries to answer scientific questions and to find better ways to prevent, diagnose, or treat disease. Studies are done with volunteers to find out whether promising approaches to prevention, diagnosis, and treatment are safe and effective.



During the clinical trial, the researchers recruit patients with the predetermined characteristics to participate, administer the treatment, and collect data on the patients' health for a defined time period. (These data include things like vital signs, amount of study drug in the blood, and whether the patient's health gets better or not.) This data is then analyzed using statistical tests to determine the results of the study and whether or not they were significant.

Some examples of what a clinical trial may be designed to do are:

- assess the safety and effectiveness of a new medication or device on a specific kind of patient (e.g., patients who have been diagnosed with Osteoarthritis)
- assess the safety and effectiveness of a different dose of a medication than is commonly used (e.g., 10 mg dose instead of 5 mg dose)
- assess the safety and effectiveness of an already marketed medication or device on a new kind of patient (who is not yet approved by regulatory authorities to be given the medication or device)
- assess whether the new medication or device is more effective for the patient's condition than the already used, standard medication or device ("the gold standard" or "standard therapy")

All clinical trials must be approved by an Ethics Review Board to ensure that the study design is effective and ethical for the subjects participating.

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