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Nationwide Recruitment Underway for Women's Health Studies

Bethesda, MD -- The National Institutes of Health today announced a nationwide recruitment campaign to enroll 160,000 women, between the ages of 50 to 79, for the Women's Health Initiative clinical studies. A meeting of principal investigators was held on Oct. 4 and 5 in Chicago to review early recruitment efforts in preparation for large-scale recruitment.

Local recruitment is beginning at each of the 16 Vanguard Clinical Centers that comprise the initial coast-to-coast network for this NIH research study designed to provide answers for women's unique health concerns. Ruth L. Kirschstein, M.D., NIH Acting Director said, "The National Institutes of Health is committed to closing the research gap regarding our knowledge about women's health. Even in its earliest stages the Women's Health Initiative has generated tremendous enthusiasm, indicating that women in the general public are eager to learn about important scientific data that can improve their health."

The Women's Health Initiative, a \$625 million, 15-year commitment to advancing biomedical research into chronic diseases that affect women, will focus on the causes and prevention of cardiovascular disease, cancer, and osteoporosis -- the most common causes of death and disability among older women. Through several components of a large clinical trial, the Women's Health Initiative will examine the effects of a low-fat diet in preventing breast and colorectal cancer and heart disease, the benefits and risks of hormone replacement therapy in preventing cardiovascular disease and osteoporotic fractures, and the effects of calcium and vitamin D supplements in preventing osteoporotic fractures and colorectal cancer.

The randomized controlled clinical trial component of the Women's Health Initiative will enroll over 60,000 post-menopausal women 50 to 79 years of age. Each woman will be

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followed for approximately nine years to obtain necessary information to achieve established goals for the trials. Women who are ineligible or choose not to participate in the randomized controlled clinical trials may enroll in a long-term observational study aimed at discovering new risk factors and biological markers for diseases in women.

Researchers expect that results derived from the Women's Health Initiative will provide scientifically valid information for women and their physicians to improve overall health and promote longer life.

The 16 Vanguard Clinical Centers (representing 15 states) will localize recruitment efforts in their area through various media. By late 1994, an additional 29 clinical centers will be awarded contracts -- for a total of 45 centers. Each of the 45 Clinical Centers will recruit about 3,600 women for either the clinical trial or the observational study.

The broad geographical distribution of the first 16 clinical centers allows for recruitment across the United States and 4 of the centers will principally recruit minority participants. Those four centers are: Emory University School of Medicine, University of Alabama at Birmingham, University of Arizona, and the University of California, San Diego.

Several centers have already begun recruitment measures in their communities, resulting in a large number of telephone calls and letters from women interested in enrolling in the clinical trials. Women who have already been considered eligible after the screening process have been placed on eligibility lists and will be notified by their respective center. These women do not need to reapply if they view other broadcasts or advertisements.

The NIH has established a toll-free number to assist with general questions about the Women's Health Initiative and to refer callers to the clinical center nearest to their residence. The toll-free telephone number is: 1-800-54-WOMEN or (1-800-549-6636).

A list of individuals whom women may contact at each Vanguard Center to request information about enrollment in the Women's Health Initiative studies is attached to this release.

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CLINIC RECRUITMENT TELEPHONE NUMBERS

<u>City/State</u>	<u>Clinical Center</u>	<u>Telephone Number(s)</u>
Seattle, Washington	Fred Hutchinson Cancer Research Center	(206) 667-6550
Davis, California	University of California, Davis	(916) 734-0130
La Jolla, California	University of California, San Diego	(619) 622-5770 (La Jolla) (619) 498-4980 (Chula Vista)
Tucson, Arizona	University of Arizona	(602) 321-7440 1-800-341-7672
Minneapolis, Minnesota	University of Minnesota Medical Center	(612) 336-5743 (612) 336-5742
Iowa City, Iowa	University of Iowa	(319) 335-6628 1-800-348-4692
Chicago, Illinois	Northwestern University Medical School	(312) 908-0895
Memphis, Tennessee	University of Tennessee, Memphis	(901) 767-4200
Birmingham, Alabama	University of Alabama, Birmingham	(205) 975-7575
Atlanta, Georgia	Emory University School of Medicine	(404) 473-8600
Winston-Salem, North Carolina	Bowman Gray School of Medicine	(919) 272-0455 1-800-644-9448
Pittsburgh, Pennsylvania	University of Pittsburgh	(412) 624-6926
Buffalo, New York	State University of New York, Buffalo	(716) 829-3128
Newark, New Jersey	University of Medicine and Dentistry of New Jersey	(201) 982-4001 1-800-WOMEN 10
Pawtucket, Rhode Island	The Memorial Hospital of Rhode Island	1-800-742-3446
Boston, Massachusetts	Brigham & Women's Hospital	(617) 278-07822