

**You Are Invited  
To An**



**At Our New  
Amish Research Clinic  
1861 William Penn Way  
Lancaster, Pa 17601  
(near Costco)**

**Date: Saturday, March 31, 2007  
Time: 12pm to 4pm**

**Please come and share in our Celebration!**

**Food**

**Door Prizes**

**Fellowship**



***An open letter of gratitude from Dr. Skuldiner and his Staff  
at the Amish Research Clinic***

***The Amish Research Clinic has been serving the Amish community for the past 12 years. Success has been due to the hard work of many people and the fantastic dedication and support of thousands of Amish who have volunteered for our studies over the years. By being a research volunteer, you have contributed new knowledge that may one day result in cures and treatments for the diseases we study. In addition, through our research, we have provided millions of dollars of free screening tests for diabetes, high blood pressure, osteoporosis, thyroid, and heart disease, helping many Amish to improve their health.***

***Our program has grown to the point that we needed to move to a larger facility. We are very excited to enter the next phase of partnership with the Amish community and look forward to the next 12 years. Please join us to celebrate the opening of our new Clinic with food, conversation, and happy and healthy wishes!***

***Alan Skuldiner and Staff of the Amish Research Clinic***

## Ongoing studies at the Amish Research Clinic

**Dr. Shuldiner and his staff are conducting more than 12 studies in which Amish volunteers have the opportunity to participate. For most of these studies, you do not need to have the disorder to participate. Volunteering provides a number of health benefits including free medical evaluations and screening for a number of common diseases and disorders. It also provides the opportunity to contribute to new knowledge, which may help millions of people with same diseases. Free transportation to and from the clinic is arranged or the study is conducted right in your own home. We even pay you for your time and effort. If you are interested in participating in any of our studies, please call (717-392-4948) or write to learn more.**

### **Amish Family Diabetes Study**

Diabetes is a very common disease in which the level of sugar in the blood is elevated. This can lead to eye, kidney, nerve, and blood vessel problems even before it is diagnosed. This study seeks to identify inherited factors that contribute to diabetes.

### **Amish Family Hypertension Study**

Hypertension or high blood pressure is a common disorder that predisposes people to heart and kidney disease and stroke. Understanding hypertension genes will help to treat and prevent heart and kidney disease and strokes in millions of people.

### **The HAPI Heart Study**

This study was designed to better understand how genes interact with common lifestyle factors to contribute to heart disease. It was very successful - 900 Amish volunteered for this study. Although we are not recruiting any new volunteers into the study, we are working very hard in the laboratory in Baltimore to analyze all of the information we have collected.

### **The PAPI Study**

The goal of this new study is to understand why some people do not respond to commonly used medications to prevent heart attacks. These medications are aspirin and clopidogrel (Plavix). This 8-day study involves taking clopidogrel and having blood samples tested to see how well the medication prevents the blood from clotting. PAPI participants will also get free testing for heart problems, high cholesterol, liver, kidney, or thyroid problems, and monetary compensation for their time and effort. We hope you will be willing to participate in this new and exciting study!

### **Amish Family Calcification Study**

The response to the Amish Family Calcification Study has been phenomenal with a total of 808 participating subjects. The recruitment phase of this study is now completed and we have already learned about some of the factors that predict the amount of calcium present in the blood vessels of the heart. We have now entered the next stage of this study during which we are examining genetic material from blood samples of study subjects to identify specific genes associated with calcification risk.

### **Women's Breast Health Study**

The goal of this study is to identify the genes that influence breast density, an important risk factor for breast cancer. Over 300 Amish women and their sisters have already participated in our pilot study and received a free mammogram. We will be resuming

the recruitment of more volunteers soon so that we can begin searching for the genes linked to breast density.

### **Amish Family Celiac Study**

Celiac disease is a disease caused by an intolerance to foods containing gluten, a substance found in wheat, barley, rye, oats, and spelt. Symptoms include diarrhea or constipation, weight loss, weakness, abdominal pain, vomiting, bloating, loss of appetite, anemia (low blood count) and osteoporosis (weak bones). We have been delighted that our celiac disease study has helped members of the Amish community improve their health.

### **Amish Family Osteogenesis Imperfecta (OI) Study**

OI, also known as brittle bone disease, is an inherited form of osteoporosis (weak bones). We discovered a mutation several years ago in the Amish community that causes OI and developed a mouse with the same mutation. We are in the early stages of studying this "Amish" OI mouse to develop new treatments for OI and to identify other genes involved in bone fragility.

### **Amish Childhood Obesity Study**

This study is designed to gather information about physical activity (by wearing an activity monitor), eating habits (by a questionnaire) and health factors (blood pressure, weight, waist measurement, height) in Amish children, aged 8-18, and their parents. So far the information we have collected indicate that Amish children have much lower rates of overweight and obesity than the general US white population. We already have close to 200 participants enrolled, but we still need your help!

### **Amish Family Osteoporosis Study**

Osteoporosis (weak bones) is a common disease that leads to hip and spine fractures that can be very painful and disabling. The study provides the opportunity for free screening for osteoporosis. Thanks to our many wonderful Amish participants, we are making great progress in studying genes that are important for bone health. We continue to recruit volunteers for this studying.

### **The Sitosterol Study**

The study seeks to understand how levels of plant sterols in the blood differ between participants with one or zero copies of an altered sterol transporter gene. To date, over 304 Amish volunteers have provided blood samples. Our findings suggest that individuals with one copy of the changed sterol transporter gene are not at increased risk for heart disease. We will soon begin the second phase of this study in which we will be inviting some participants back for additional studies.

### **Amish Family Longevity Study**

The goal of this study is to identify genes that allow for a long productive life and to understand what these genes do. In the course of the study, a number of individuals have been found to have medical problems that can lead to disease such as high blood pressure or high cholesterol levels, and a number individuals have been identified who do not have any medical problems. We hope that the information we provided about your health status has helped you remain well.