



iVolunteer

www.somethingtobeproudof.com



Welcome to the spring edition of iVolunteer – our dedicated newsletter designed to keep ICON volunteers up-to-date on what’s happening here in Manchester.

Last year was extremely busy for ICON, with the opening of the new unit and achieving MHRA accreditation, and this year has got off to a very busy start too.

Following 2010’s move to the new, hospital-based unit at the MRI, we have had lots of enquiries from our clients for patient studies as well as volunteer studies. So please check out forthcoming studies in our 2011 study section – there may be something relevant to you or



some one you know, who has the condition we are recruiting for.

It may come as a surprise to you, that clinical trials have a history dating back to 1747, when Dr James Lind conducted a study into the treatment of scurvy, on board HMS Salisbury with 12 sailors.

International Clinical trials Day in May each year celebrates Dr Lind’s discovery – find out more overleaf.

I am delighted to welcome our new Medical Director Dr Anthony Priestley to

the team. Anthony comes with a terrific pedigree and background in clinical research and a liking for fast cars! You can find out more about him in the section below.

I would like to once again thank you for being a volunteer and helping us in our drug development research.

Finally on behalf of all the ICON team I would like to wish you a very Happy Easter!

**Gwen Aston,
Senior Director
& General Manager,
ICON Development
Solutions, Manchester**



Meet ICON Manchester’s Medical Director



Name: Anthony Priestley
Hometown: Airdrie, Scotland
Role at ICON: Medical Director

Responsibilities: As Principal Investigator, I bear the overall responsibility for any clinical trial that is run at ICON, where my role is to ensure that these are conducted to the highest possible standards. And as Medical Director, I have direct responsibility for the

team of Clinical Research Physicians who oversee the clinical conduct of our studies.

Typical day: The great thing about clinical research is that no two days are the same. Studies run at a fast pace and I enjoy getting stuck in. Much of my day is spent working on the design of future studies, making sure our clients will receive the most valuable data, and that the safety of our volunteers remains the top priority.

I also spend a lot of time working with our Business Development team, demonstrating to potential clients that ICON is the best and most effective facility to conduct a study.

Career history: After qualifying as a Doctor, I began my career in clinical trials as a Research Physician at Roche. I then

moved on to LCG Bioscience and Serono, before taking up the position of Medical Director at Bourn Hall Ltd.

Successes to date: I have been involved in many ‘first-in-man’ studies, and have become a specialist in fertility trials throughout this time. Although I have participated in the development of dozens of different treatments, the most recognisable drug I have worked on is TAMIFLU®, which was widely used last year to control the outbreak of swine flu.

Hobbies: I enjoy photography and digital image editing. However, with a son aged 8½, and a daughter aged 4, you can imagine my spare time is limited.

Interesting fact: I have driven a Formula 1 car in the South of France. With 650 BHP it was a scary but memorable experience.

International Clinical Trials Day May 2011

On May 20th, 1747, a Scottish naval doctor, James Lind, began comparing various treatments for scurvy. As a result, his work is now recognised as the first known example of a clinical trial.

To mark this significant anniversary, each year, International Clinical Trials Day is celebrated around the world, recognising the important role clinical trials continue to play in modern-day healthcare.

Oranges and lemons

Whilst on board a Royal Navy ship, HMS Salisbury, James Lind set about trialling six treatments on 12 sailors displaying symptoms of scurvy. To do this, he divided the sailors into six pairs:

- Two patients were given cider
- Two were given vinegar
- Two were given elixir vitriol (a mix of sulphuric acid, alcohol, and aromatic spices)
- Two were given sea water
- Two were given a mix of spices, garlic, and mustard seeds
- Two were given oranges and lemons



Within six days, one of the patients given oranges and lemons became fit for duty and the other became well enough to act as a nurse for the remaining patients.

Although understanding the health benefits of oranges and lemons in scurvy had to wait until the discovery of vitamins, James Lind had established the foundations of evidence-based medicine, now a cornerstone of our health services.

2011 Studies

Patient studies: Do you or anyone you know suffer from psoriasis? If so, we need you/them for a study beginning in May investigating a new psoriasis ointment. Contact us for more information.

Healthy studies: We also have a number of studies for healthy volunteers starting in the near future. These include research in to new treatments for chronic pain, diabetes and skin conditions. Keep an eye on our website for the most up-to-date study information.

Volunteer interviews

Adam, 28, Self-employed

- Q.** Why did you become a clinical trials volunteer?
- A.** Extra income
- Q.** Why did you choose to take part in this particular study?
- A.** I have a lot of friends who are diabetics and I want to help them
- Q.** How long have you been a volunteer with ICON?
- A.** 3 years
- Q.** How many studies have you taken part in with ICON?
- A.** 2
- Q.** What has been the most interesting study you have done with us?
- A.** The one I'm currently doing which is researching a new treatment for diabetes
- Q.** How are you planning to spend your money?
- A.** I work far away from home so it helps to pay for my expenses and holidays



Jon, 22, Student (Band name Despoiler)

- Q.** Why did you become a clinical trials volunteer?
- A.** Money
- Q.** How long have you been a volunteer with ICON?
- A.** 2 years I think
- Q.** How many studies have you taken part in with ICON?
- A.** 3
- Q.** What has been the most interesting study you have done with us?
- A.** The methadone study
- Q.** How do you feel about the contribution you are making towards medical research?
- A.** Happy - it's a necessary step and I don't see a problem being part of it
- Q.** What do you plan to spend your compensation on?
- A.** Band equipment or holiday



Feedback

Wi-Fi: Before Christmas, our volunteers told us that the Wi-Fi connection in the clinical unit was slow and, at times, even checking e-mails was a time-consuming task.

As a result, our IT guys have since installed new equipment, ensuring each volunteer has a good connection and download speed. Your feedback is appreciated as it helps us to make the volunteer experience better.

Refer-A-Friend

Don't forget...if you know anyone who would also like to do something to be proud of, you will receive £25 if they go on to complete a study. If they are interested in taking part in a study, just ask them to apply online at www.somethingtobeproudof.com and quote your name as the person that recommended them.

Receive
£25

Contact us and keep in touch

Please ensure we have your most up-to-date contact details.

Clinical Research Study Volunteers

Registered address: ICON Development Solutions, Skelton House, Manchester Science Park, Lloyd Street North, Manchester, M15 6SH. Tel: 0800 328 8000.

ICON
A Symbol of Excellence