



**Pharmacology
Research
Institute**

The PRI Bulletin

**A Newsletter of Scientific Research
for Quality Medical Care**

Since 1975: Convenient, Personal and Professional!

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PRI Riverside Moves to a New Location

By Donna Dietrich, RN, MSN, NP

The Riverside office of PRI recently moved approximately two miles west to a new location. After two years at the Lemon Street location, our office relocated to 3576 Arlington Ave. Suite 301 in Riverside on October 2, 2000. The office is located on Arlington Avenue, on the south side, one block west of the 91 Freeway. The new office is just 1/2 a block from the bus stop. Convenient parking surrounds the building with two main lobby entries.



3576 Arlington Avenue - PRI Riverside's New Location

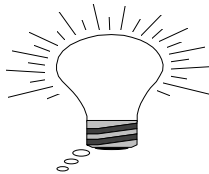
With nearly 2,000 square feet, the third floor space was designed to PRI's specifications. Our team is optimistic that visitors will find our new location convenient to locate and

comfortable to visit.

Our new mailing address is: 3576 Arlington Ave., Suite 301 Riverside, CA 92506.

Our telephone number remains the same at (909) 778-9600. We look forward to seeing you at our new Riverside office.

Updated Caregiver Manuals



To aid our patients with Alzheimer's Disease and their families, PRI developed a manual for caregivers. We have now revised and updated it for you.

It outlines:

- important resources
- safety concerns
- caregiving tips
- legal issues
- and much more

The newest edition is available at the PRI office closest to you. Please call us if you, or someone you know, would like to receive one.

INSIDE THIS ISSUE:

PRI Riverside Office Moves....	1
Updated Caregiver Manuals....	1
The Professionals at PRI.....	2
Understanding GAD.....	3
Take PRI's GAD Quiz.....	3
What's New at PRI?.....	4

The Professionals at PRI

Congratulations Dr. Heiser!!

By: Charles S. Wilcox, PhD

In this first newsletter of 2001, we proudly feature Jon F. Heiser, M.D. - recently promoted to the rank of Full Professor at the University of California, Irvine. Indeed this is a significant accomplishment and, yet, not all that surprising when one learns a little more about the man with the warm grin and firm handshake...

Dr. Heiser proudly describes his family background as “blue collar,” with a strong work ethic—“an average, hard working family.” Recognizing that hard work rather than money would open doors for him, young Jon Heiser attended both college and medical school on multiple scholarships and awards. During college he conducted basic research with semiconducting

crystals, which is a foundation for today’s computer chip. In parallel with his academic pursuits Jon developed quite an interest in and skill at basketball. In fact, as a student at Williams College he played in the NCAA tournament!

During medical school, student Heiser had a keen interest in research and studied the brain mechanisms of memory formation, storage and retrieval. This work continues to serve as the foundation for his ongoing studies in the diagnosis and treatment of memory

disorders today. In the 1970s, while a full-time “academic” psychiatrist, Dr. Heiser was a pioneer in the application of computers to psychiatric decision-making.

Above and beyond Dr. Heiser’s professional and intellectual achievements—not to mention his legendary jumpshot—we are most proud of his ability to treat people in the same manner as we would wish to be treated, with competence and compassion.

Jon F. Heiser, M.D.
Medical Director



PRI Welcomes a New Member to the Team

By: Alicia A. Puppione, RN, MSN

PRI is pleased to introduce a new member of the medical team, Susan Janko, RN, MS, NP, Clinical Research Nurse. Susan relocated to Southern California from Maryland and joined the Northridge branch of the PRI team. She received both her Bachelor and Master of Science Degrees in Nursing from the University of Maryland.

After graduation, Susan spent two years as a volunteer missionary in Senegal, West Africa. Prior to joining PRI, Susan worked for eleven years at Johns Hopkins Medical Center in Baltimore as an adult nurse practitioner. While there, Susan honed her expertise in many aspects of primary care from the management of high blood pressure and diabetes, to counseling patients about healthy lifestyles.

Susan enjoys working at PRI because she likes being involved with the evaluation of new and

hopefully superior medications for Alzheimer’s Disease, Depression, Migraine Headaches and Social Anxiety. Susan also enjoys the small company atmosphere of PRI.

Outside the office, Susan enjoys exploring her new Southern California home, surfing the internet, experimenting in the kitchen and listening to classical music. Susan is also very active in her church community.

Pharmacology Research Institute is fortunate to have Susan Janko as a member of the team!

How Much is Too Much? Understanding Generalized Anxiety Disorder

By: Daniel E. Grosz, MD

Anxiety is a part of everyday life. It is a common emotion that is usually present when one is thinking about upsetting ideas, or worries.

Anxiety can be very adaptive in situations of danger. When we are frightened our brain sends a signal to our bodies to get ready. This heightened state of readiness is sometimes called the "Fight or Flight" response. Over time animals, including humans, have developed this response as a self-protective reflex.

The "Fight or Flight" response, a.k.a. anxiety by healthcare providers, is necessary for an individual's survival in situations of threat. However, in many instances the presence of anxiety is not triggered by actual danger and can become exaggerated and maladaptive. Anxiety can be so severe that it becomes disruptive and even disabling. When symptoms of anxiety are of such a magnitude, then we are dealing with a medical condition known as Generalized Anxiety Disorder (GAD).

People with GAD experience excessive or unrealistic anxiety about two or more things in their lives. For example, they may worry excessively about finances, or their children's or spouse's safety. For a common worry to be significant enough to meet the criteria for an anxiety disorder, the individual needs to

be bothered by these worries more days than not for the majority of each day. The major difference between everyday worries and GAD is that worries associated with GAD interfere with everyday life. Additionally the symptoms need to be present for at least six months.

Along with worrying excessively, most people with GAD have physical symptoms that are associated with their anxiety. People with GAD often report feeling "keyed up" or "on edge" all the time. They feel as if they are restless and are unable to relax. These feelings of tension are sometimes noticeable in symptoms like muscle tension, aches and pains, trembling or twitching, frequent headaches, and getting tired easily.

Generalized Anxiety Disorder can also cause alarming symptoms that look and feel like medical problems. Anxiety can cause your heart to race, pound, and skip beats. It can make you feel short of breath, like you cannot get enough air, or like your chest is being squeezed. People with GAD often have stomach problems like irregular bowel movements (e.g. constipation and/or diarrhea), heartburn, difficulty swallowing or getting full easily. Because the symptoms of anxiety may also be indicators of a serious physical illness, people should be thoroughly evaluated by a healthcare professional.

Treatment for GAD is rapidly changing. Many currently available medications have recently been approved by the FDA for long-term treatment of GAD (i.e. Paxil® and Effexor®). Newer treatments are currently being evaluated. If you have questions about GAD, or new treatment options, please call the PRI office nearest you.



Take
PRI's
GAD
Quiz

Are You Stressed Out???

Over the past week have you:

- been anxious or fearful?
- felt irritable or edgy?
- had an upset stomach?
- felt nervous?
- experienced stiff muscles or many headaches?
- had sweaty palms or shaking hands?
- had a pounding heart or have you been sighing?
- have your knees buckled?

If you have been bothered by three or more of these symptoms recently, you may have an anxiety disorder. Please call your local PRI office for more information.

What's New at PRI?

Depression

PRI conducted some of the first studies of the "new generation of antidepressants." The introduction of these medications in the late 1980's enabled patients to combat depression more safely and effectively. We continue to be on the cutting-edge working with the most promising antidepressants ever! PRI has many new studies with the latest potential medicines available.

Nervousness, Worry, Anxiety

Generalized anxiety is quite common. When left

untreated, it can have a negative impact on one's physical well-being. PRI has been awarded research grants to evaluate potential new medicines for anxiety. If you suffer from the symptoms of anxiety, please call PRI.

Social Anxiety Disorder

Until recently, Social Anxiety Disorder was considered to be an extreme form of shyness. However, new scientific research indicates that it is highly prevalent with serious consequences. Individuals with Social Anxiety Disorder are inclined to fear-and avoid-

social situations which, as a result, influences many aspects of their lives, as well as job performance. As a leader in the area of Social Anxiety Disorder research, PRI has been awarded several research grants for Social Anxiety in 2001. New programs for adults have been launched at each of our offices; we also have an Adolescent Social Anxiety Disorder program enrolling at our Northridge office.

For more information on PRI's programs for Depression, Generalized Anxiety Disorder, or Social Anxiety Disorder, please call the nearest office.

The PRI Bulletin is an official publication of the Pharmacology Research Institute and is intended for patients and friends of the Institute. Inquiries and changes of address may be directed to one of the site coordinators (listed below).

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