WHAT IS THE PASSPORT TO RESEARCH?
The Passport to Research booklet is a quick guide to research projects supported by the Clinical and Translational Science Center (CTSC).

WHAT IS THE CTSC?
The CTSC is part of a national consortium that is committed to improving human health by engaging communities in clinical research efforts. Its partners are Weill Cornell Medical College, Cornell University-Ithaca, Cornell University Cooperative Extension, Hospital for Special Surgery, Hunter College School of Nursing, Hunter College Gene Center, and Memorial Sloan-Kettering.

WHAT IS RESEARCH?
Research is a systematic, intensive study intended to increase knowledge or understanding of the subject studied, a systematic study specifically directed toward applying new knowledge to meet a recognized need, or a systematic application of knowledge to the production of useful materials, devices, and systems or methods, including design, development, and improvement of prototypes and new processes to meet specific requirements.

(NIH Glossary & Acronym List; http://grants.nih.gov/grants/glossary.htm)

WHAT ARE THE BENEFITS?
- Help set the standard for patient care
- Play an active role in scientific discoveries
- Gain access to new research treatments before they are widely available
- Help others by contributing to knowledge about a particular disease
**WHAT ARE THE RISKS?**
- There may or may not be risks, depending on the particular study
- There may also be side effects that cannot be predicted
- Side effects may be mild, serious, long lasting or permanent

**HOW ARE RESEARCH PARTICIPANTS PROTECTED?**
Different groups are reviewing the safety and progress of each study on a regular basis. If any of these groups determine that there is a concern with how the study is conducted, the study will stop.

**WHAT ABOUT CONFIDENTIALITY?**
Efforts will be made to protect your medical records and other personal information to the extent allowed by law. However, we cannot guarantee absolute confidentiality. You will not be identified personally in any reports or publications resulting from a study.

**HOW DO I DECIDE WHETHER TO PARTICIPATE?**
Before participating, you should find out as much as possible about the research study and make sure you understand what happens during the study, the benefits and risks, and any costs to you. Feel free to talk to the research team, your doctor, family members, or friends to determine whether to join a study.

For more information about the CTSC and the research studies included in this booklet, please visit our websites:

[www.med.cornell.edu/ctsc/research](http://www.med.cornell.edu/ctsc/research)
[www.facebook.com/weillcornellctsc](http://www.facebook.com/weillcornellctsc)
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Manualized Time Limited Psychodynamic Psychotherapy for Anxious Children and Adolescents

IRB #: 0902010243

Study Description: The purpose of this study is to determine whether a specific type of talk therapy is useful for the treatment of anxiety disorders in children and teenagers.

Involvement: Psychodynamic psychotherapy sessions, Questionnaires, Interviews

Age: 8-15 years old

Eligibility Criteria: Diagnosis of an anxiety disorder

Commitment: 45-50 minute sessions 2x per week for 3-months; 1-hour meeting at 6-month follow-up

Contact: Dr. Barbara Milrod at 212-746-5868

Evaluating the Effects of Treatment for Advanced Stage Neuroblastoma (Childhood Cancer of the Nervous System) on Lung Function Later in Life

IRB #: 1108011898

Study Description: The purpose of this study is to learn about what happens to the lungs following treatment for advanced stage neuroblastoma early in childhood.

Involvement: Lung function test, Questionnaire

Age: 6-21 years

Eligibility Criteria: Survivor of advanced stage neuroblastoma, patient at Memorial Sloan Kettering Cancer Center Long Term Follow-up Clinic

Contact: Dr. Anne Stone at 646-962-3410
**Research on Joints and Movement in Children**

IRB #: 0912010804  
**Study Description:** The purpose of this study is to determine the effects of body mass on your children’s walking, joint alignment, Vitamin D levels in the blood, and health of the cartilage.  
**Involvement:** Blood draw, Walking test, Physical exam  
**Age:** 13-16 years  
**Eligibility Criteria:** Overweight and normal weight teens  
**Commitment:** 1 visit  
**Compensation:** Up to $25  
**Contact:** Stacey Kung at stacey.kung91@gmail.com

**Research on the Effects of Mild Traumatic Brain Injury (mTBI) on Attention Function in Pediatric Subjects**

IRB#: 1005011059  
**Study Description:** The purpose of this study is to examine how traumatic brain injury (TBI) affects the attention networks in the brain.  
**Involvement:** MRI scan, Eye-tracking, Paper-and computer-based cognitive tasks, Interview, Questionnaires  
**Age:** 7-17 years  
**Eligibility Criteria:** Children with and without head injury  
**Commitment:** 1 to 3 testing sessions which can be anywhere from 1 to 6 visits within one year  
**Contact:** Alison Schonberger or Tim Morley at 212-772-0608 or aschonberger@braintrauma.org; tmorley@braintrauma.org
Comparing the Effects of Surgery vs Medical Therapy in the Management of Type 2 Diabetes

IRB #: 1002010906
Study Description: This study aims to investigate whether gastric bypass surgery is safe and effective in controlling diabetes in moderately obese or overweight individuals and whether the results of a surgical approach compare favorably with those of conventional medical treatment.
Involvement: Medical therapy or Gastric Bypass surgery
Age: 21-65 years
Eligibility Criteria: Diagnosis of type 2 diabetes within the past 15 years, hemoglobin A1c: 7-10%, BMI: 26-34 kg/m2
Commitment: Up to 5 years
Contact: Catherine Wedick at 212-746-5725 or cew2007@med.cornell.edu

Research on Joints and Movement in Children

IRB #: 0912010804
Study Description: The purpose of this study is to determine the effects of body mass on your children’s walking, joint alignment, Vitamin D levels in the blood, and health of the cartilage.
Involvement: Blood draw, Walking test, Physical exam
Age: 13-16 years
Eligibility Criteria: Overweight and normal weight teens
Commitment: 1 visit
Compensation: Up to $25
Contact: Stacey Kung at stacey.kung91@gmail.com
Laparoscopic Gastric Bypass for Type 2 Diabetes Mellitus: A Pilot Prospective Study in Overweight and Mildly Obese Subjects

IRB #: 0906010450

Study Description: Overweight and mildly obese diabetics undergo Roux-en-Y-Gastric Bypass and are followed in regard to measures of diabetes and related comorbidities.

Involvement: Roux-en-Y Gastric Bypass surgery

Age: 18+ years

Eligibility Criteria: Diagnosis of type 2 diabetes, BMI 26-35 kg/m2

Commitment: Up to 5 years

Contact: Catherine Wedick at 212-746-5725 or cew2007@med.cornell.edu

A Randomized, Multi-Center, Pivotal Efficacy and Safety Study Comparing the EndoBarrier Gastrointestinal Liner System vs. Sham for Glycemic Improvement in Inadequately Controlled Obese Type 2 Diabetic Subjects on Oral Anti-Diabetes Agents

IRB #: 1211013273

Study Description: This study is evaluating an experimental medical device, the EndoBarrier Gastrointestinal Liner System, which is designed to decrease blood sugar in overweight Type 2 diabetics. EndoBarrier is a thin, flexible, tube-shaped liner that forms a barrier between food eaten and a portion of the intestinal wall. EndoBarrier is placed using an endoscope, is designed to stay in place for one year, and is then removed using an endoscope.

Involvement: Medical history interview, Physical exam,
Vital sign measurements, Fasting blood sample collection, Questionnaires, Upper GI endoscopy, Stool guaiac test, Electrocardiogram (ECG), Chest X-ray

**Age:** 21-65

**Eligibility Criteria:**
- Overweight
- Type 2 diabetes
- Hemoglobin A1c: 7.5 to 10%
- No history of weight loss surgery

*Those taking the following are NOT eligible:*
Insulin, Victoza, Byetta, Bydureon, Symlin, Prandin, Starlix, Glyset, Precose, NSAIDS, aspirin

**Time Commitment:** 11 clinic visits over the course of 20 months

**Compensation:**
- Baseline visit $75.00
- Procedure day $100.00
- In person follow-up visits (Weeks: 1, 4, 8, 13, 26, 39, 52, 65*, 78*) $60.00/visit
- Device removal* $100.00

*device group only

**Contact:** Research Assistant, weightresearch@med.cornell.edu, 646-962-2424

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**Collection of Airway, Blood and/or Urine Specimens from Subjects for Research Studies**

**IRB #:** 1204012331

**Study Description:** The purpose of this protocol is to collect blood, urine and/or airway specimens to: (1) develop an understanding about the causes of lung disease; and (2) identify individuals who will be suitable candidates for other studies such as those involving research drugs.
Effects of diabetes on the brain

IRB #: 1306014068

Study Description: The purpose of this research is to determine whether diabetes may affect levels of a protein called ‘amyloid’ in the brain, which is important in the development of Alzheimer’s disease and dementia.

Involvement: PET scan of the brain, blood draw, neuropsychological assessment

Age: 55-75 years

Eligibility Criteria: 1) People with diagnosed Type 2 diabetes (greater than 5 years) OR 2) People without diabetes in good general health

Time Commitment: 2 visits (about 4 hours total)

Compensation: $150 check, mailed after completion of study procedures

Contact: Dr. Gloria Chiang, 212-746-6711

Involvement: Screening visit: Medical history, Physical exam, EKG, Blood and urine tests, Chest x-ray and breathing test. Study visit: Questionnaires, CT scan, Bronchoscopy procedure.

Age: 18+ years

Eligibility Criteria: Individuals over 18 years old with or without lung disease

Time Commitment: 2 Visits

Compensation: Up to $250

Contact: Clinical Operations and Regulatory Affairs 646-962-2672
GENERAL POPULATION

Collection of Airway, Blood and/or Urine Specimens from Subjects for Research Studies

IRB #: 1204012331
Study Description: The purpose of this protocol is to collect blood, urine and/or airway specimens to: (1) develop an understanding about the causes of lung disease; and (2) identify individuals who will be suitable candidates for other studies such as those involving research drugs.
Involvement: Screening visit: Medical history, Physical exam, EKG, blood and urine tests, Chest x-ray and breathing test. Study visit: Questionnaires, CT scan, Bronchoscopy procedure.
Age: 18+ years
Eligibility Criteria: Individuals over 18 years old with or without lung disease
Time Commitment: 2 Visits
Compensation: Up to $250
Contact: Clinical Operations and Regulatory Affairs 646-962-2672

EYE-Tracking Rapid Attention Computation (EYE-TRAC)
New Technology Seeks to Rapidly Assess Attention Deficits that Result from Concussion

IRB #: 0211005884
Study Description: The purpose of the study it to develop a sensitive metric for assessing the attention deficits and cognitive impairments that result from concussion or mild traumatic brain injury.
Involvement: MRI scan, Eye-tracking, Paper and Computer-based cognitive tasks, Interview, Questionnaires
Age: 18-55 years
**INSIGHT Outpatient Study (FLU 002): An International Observational Study to Characterize Adults with Influenza**

IRB# 0910010688

**Study Description:** This research is being done to help researchers understand how people with different backgrounds and medical histories are affected by various types of the flu virus.

**Involvement:** Blood draws, Nose and throat Q-tip swab, Medical history interview

**Age:** 18+ years

**Eligibility Criteria:** Flu-like symptoms (fever, cough, and/or sore throat)

**Commitment:** 2 visits over approximately 2 weeks

**Compensation:** Up to $40

**Contact:** Valery Hughes at 212-746-4393

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**Research on Joints and Movement in Children**

IRB #: 0912010804

**Study Description:** The purpose of this study is to determine the effects of body mass on your children’s walking, joint alignment, Vitamin D levels in the blood, and health of the cartilage.

**Involvement:** Blood draw, Walking test, Physical exam

**Age:** 13-16 years

**Eligibility Criteria:** Overweight and normal weight teens
Commitment: 1 visit  
Compensation: Up to $25  
Contact: Stacey Kung at stacey.kung91@gmail.com

Research on the Effects of Mild Traumatic Brain Injury (mTBI) on Attention Function

IRB#: 1005011059
Study Description: The purpose of this study is to examine how traumatic brain injury (TBI) affects the attention networks in the brain.
Involvement: MRI scan, Eye-tracking, Paper-and computer-based cognitive tasks, Interview, Questionnaires
Age: 18-74 years
Eligibility Criteria: Individuals with and without head injury
Commitment: 1 to 3 testing sessions which can be anywhere from 1 to 6 visits within one year
Contact: Alison Schonberger or Tim Morley at 212-772-0608 or aschonberger@braintrauma.org; tmorley@braintrauma.org

MENTAL HEALTH

Understanding the Efficiency of Antidepressant Medication Among the Elderly

IRB #: 0703009061
Study Description: This research is being done to help researchers understand the processes by which some people respond well to medications for depression, while others do not.
Involvement: Blood test, Medication
New Therapy to Treat Anxiety Due to a Fall

IRB #: 1007011165
Study Description: The purpose of this study is to test Exposure Therapy designed for older adults who are dealing with anxiety after being injured by a fall.
Involvement: Therapy
Age: 65+ years
Eligibility Criteria: Diagnosis of anxiety resulting from a fall
Commitment: 10 visits at your home over 18 weeks
Compensation: Up to $60
Contact: Dr. Nimali Jayasinghe at 212-821-0728 or nij2001@med.cornell.edu

Home-Delivered Therapy for Depressed Elders

IRB #: 1003010941
Study Description: The protocol tests the efficacy of Problem Adaptation Therapy (PATH), a new home-delivered psychosocial intervention for elders with major depression, cognitive impairment, and disability. PATH focuses on the patient’s ecosystem (i.e. the patient, the caregiver, and the home-environment) and targets behavioral problems related to both depression and disability.
Involvement: Therapy sessions
Age: 65+ years
Eligibility Criteria: Depression and memory problems
Commitment: 12 weekly therapy sessions and follow-up visits over a total of 24 weeks
Compensation: Up to $200
Contact: Please call 914-997-4331 or 1-800-697-1902

Posttraumatic Stress Disorder Treatment via Videoconferencing

IRB #: 0802009646
Study Description: The goal of this study is to develop more effective treatments for posttraumatic stress disorder (PTSD) using videoconferencing.
Involvement: Receiving 12-14 sessions of prolonged exposure therapy, Interviews, Questionnaires, Taking an active pill (DCS) or a sugar pill (placebo)
Age: 18-70 years
Eligibility Criteria: Diagnosis of posttraumatic stress disorder (PTSD) following an occupationally-related trauma (e.g., military service, police work, EMS work, fire fighting, etc.)
Time Commitment: 12-14 sessions over 4 months with a 6-month follow-up
Compensation: N/A
Contact: Dr. Megan Olden at 212-821-0786 or meo9011@med.cornell.edu
Research on the Treatment of Geriatric Depression
IRB#: 1005011034
Study Description: The purpose of this study is to examine whether elderly depressed individuals whose depression symptoms do not respond well to therapy with medications that balance emotions (mood stabilizers) or antidepressants alone can benefit from taking a specific type of antibiotic called minocycline in addition to their antidepressant or mood stabilizer medication.
Involvement: Medication, EEG, Blood draw, Interviews, Questionnaires
Age: 55+ years
Eligibility Criteria: Diagnosis of depression
Commitment: 7 visits over 8 weeks
Compensation: Up to $125
Contact: Please call 914-997-4331 or 1-800-697-1902
212-772-0608 or aschonberger@braintrauma.org;1 tmorley@braintrauma.org

Research on the Effects of Medication on the Menstrual Cycle
IRB #: 0310006393
Study Description: The purpose of this study is to determine if different phases of the menstrual cycle affect levels of lithium and sertraline in the blood.
Involvement: Blood draw, Interview, Questionnaire
Age: 18-40 years
Eligibility Criteria: Women taking either lithium or sertraline on a daily basis for at least one week
Commitment: 2 visits lasting 30-60 minutes
Compensation: $100
Contact: Dr. Mallay Occhiogrosso at 212-746-3529 or mbc2003@med.cornell.edu
Help Researchers Learn More About the Effects of Antidepressants During Pregnancy

IRB #: 1004010987

**Subject Description:** This research is being done because currently we do not know enough about the impact, if any, that exposure to Selective Serotonin Reuptake Inhibiting (SSRI) antidepressant medication has on the blood circulation changes that happen to babies at the time of delivery.

**Involvement:** Interview, Blood draw, Neurological exam, and Echocardiogram for newborn

**Age:** 18-42 years

**Eligibility Criteria:** Pregnant women with and without SSRI antidepressant medication

**Commitment:** 2 visits and 3 follow-up phone calls over 2-3 months

**Compensation:** $25 gift card

**Contact:** Dr. Mallay Occhiogrosso at 212-746-3529 or mbc2003@med.cornell.edu

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Research on Improving Exposure Therapy Treatment for Posttraumatic Stress Disorder (PTSD)

IRB #: 1005011047

**Study Description:** The purpose of this study is to compare the effects of prolonged imaginal exposure therapy versus virtual reality exposure therapy in the treatment of PTSD, as well as to see whether combining DCS will improve the effects of these therapies.

**Involvement:** Receiving 9 sessions of either virtual reality (VR) exposure therapy or prolonged imaginal exposure therapy; Taking an active DCS pill or a sugar pill (placebo) on days of sessions only (a total of 7 times); Clinical interviews
Manualized Time Limited Psychodynamic Psychotherapy for Anxious Children and Adolescents

IRB #: 0902010243

Study Description: The purpose of this study is to determine whether a specific type of talk therapy is useful for the treatment of anxiety disorders in children and teenagers.

Involvement: Psychodynamic psychotherapy sessions, Questionnaires, Interviews

Age: 8-15 years old

Eligibility Criteria: Diagnosis of an anxiety disorder

Commitment: 45-50 minute sessions 2x per week for 3-months; 1-hour meeting at 6-month follow-up

Contact: Dr. Barbara Milrod at 212-746-5868

Research on the Treatment of Geriatric Depression

IRB#: 1005011034

Study Description: The purpose of this study is to examine whether elderly depressed individuals whose depression symptoms do not respond well to therapy with medications that balance emotions (mood stabilizers) or antidepressants alone can benefit from taking a specific type of antibiotic
called minocycline in addition to their antidepressant or mood stabilizer medication.

Involvement: Medication, EEG, Blood draw, Interviews, Questionnaires
Age: 55+ years
Eligibility Criteria: Diagnosis of depression
Commitment: 7 visits over 8 weeks
Compensation: Up to $125
Contact: Please call 914-997-4331 or 1-800-697-1902

MILITARY

*Posttraumatic Stress Disorder Treatment via Videoconferencing*

IRB #: 0802009646
Study Description: The goal of this study is to develop more effective treatments for posttraumatic stress disorder (PTSD) using videoconferencing.
Involvement: Receiving 12-14 sessions of prolonged exposure therapy, Interviews, Questionnaires, Taking an active pill (DCS) or a sugar pill (placebo)
Age: 18-70 years
Eligibility Criteria: Diagnosis of posttraumatic stress disorder (PTSD) following an occupationally-related trauma (e.g. military service, police work, EMS work, fire fighting)
Commitment: 12-14 sessions over 4 months with a 6-month follow-up
Contact: Dr. Megan Olden at 212-821-0786 or meo9011@med.cornell.edu
Research on Improving Exposure Therapy Treatment for Posttraumatic Stress Disorder (PTSD)

IRB #: 1005011047

Study Description: The purpose of this study is to compare the effects of prolonged imaginal exposure therapy versus virtual reality exposure therapy in the treatment of PTSD, as well as to see whether combining DCS will improve the effects of these therapies.

Involvement: Receiving 9 sessions of either virtual reality (VR) exposure therapy or prolonged imaginal exposure therapy; Taking an active DCS pill or a sugar pill (placebo) on days of sessions only (a total of 7 times); Clinical interviews

Age: 18-70 years

Eligibility Criteria: Diagnosis of posttraumatic stress disorder (PTSD); service in the recent Iraq or Afghanistan conflicts (OIF/OEF/OND)

Commitment: An initial evaluation, 9 visits over 3 months, a 3-month follow-up visit

Compensation: Up to $350 (Active Duty is compensated through donation to charity in their name)

Contact: Please call 212-821-0783
EYE-Tracking Rapid Attention Computation (EYE-TRAC) 
New Technology Seeks to Rapidly Assess Attention 
Deficits that Result from Concussion

IRB #: 0211005884

Study Description: The purpose of the study it to develop a sensitive metric for assessing the attention deficits and cognitive impairments that result from concussion or mild traumatic brain injury.

Involvement: MRI scan, Eye-tracking, Paper and Computer-based Cognitive tasks, Interview, Questionnaires

Age: 18-55 years

Eligibility Criteria: Individuals with and without head injury

Commitment: 1-2 visits

Compensation: Up to $450

Contact: Zarah Iqbal at 212-772-0608

Research on the Effects of Mild Traumatic Brain Injury (mTBI) on Attention Function

IRB#: 1005011059

Study Description: The purpose of this study is to examine how traumatic brain injury (TBI) affects the attention networks in the brain.

Involvement: MRI scan, Eye-tracking, Paper-and computer-based cognitive tasks, Interview, Questionnaires

Age: 18-74 years

Eligibility Criteria: Individuals with and without head injury

Commitment: 1 to 3 testing sessions which can be anywhere from 1 to 6 visits within one year

Contact: Alison Schonberger or Tim Morley at 212-772-0608 or aschonberger@braintrauma.org; tmorley@braintrauma.org
OLDER ADULTS

Understanding the Efficiency of Antidepressant Medication Among the Elderly

IRB #: 0703009061
Study Description: This research is being done to help researchers understand the processes by which some people respond well to medications for depression, while others do not.
Involvement: Blood test, Medication
Age: 60-90 years
Eligibility Criteria: Diagnosis of depression
Commitment: 11-12 visits over 14 weeks, with a follow-up once a year for three years.
Compensation: Up to $455
Contact: Please call 914-997-4331 or 1-800-697-1902

Healthy Older Adults Needed for Study about Blood Clotting

IRB #: 1007011160
Study Description: The purpose of this study is to determine if a deficiency state of a certain protein called annexin A2, or problems in other parts of the process of breaking down blood clots (called Fibrinolysis), occurs in certain population of patients who have experienced a blood clot, who are at risk for experiencing a blood clot, or in the general population or people.
Involvement: Blood draw, Questionnaire
Age: 65+ years
Eligibility Criteria: Good health
Commitment: 1 visit
New Therapy to Treat Anxiety Due to a Fall
IRB #: 1007011165
Study Description: The purpose of this study is to test Exposure Therapy designed for older adults who are dealing with anxiety after being injured by a fall.
Involvement: Therapy
Age: 65+ years
Eligibility Criteria: Diagnosis of anxiety resulting from a fall
Commitment: 10 visits at your home over 18 weeks
Compensation: Up to $60
Contact: Dr. Nimali Jayasinghe at 212-821-0728 or nij2001@med.cornell.edu

Home-Delivered Therapy for Depressed Elders
IRB #: 1003010941
Study Description: The protocol tests the efficacy of Problem Adaptation Therapy (PATH), a new home-delivered psychosocial intervention for elders with major depression, cognitive impairment, and disability. PATH focuses on the patient’s ecosystem (i.e. the patient, the caregiver, and the home-environment) and targets behavioral problems related to both depression and disability.
Involvement: Therapy Sessions
Age: 65+ years
Eligibility Criteria: Depression and memory problems
Commitment: 12 weekly therapy sessions and follow-up
Research on the Treatment of Geriatric Depression
IRB# : 1005011034
Study Description: The purpose of this study is to examine whether elderly depressed individuals whose depression symptoms do not respond well to therapy with medications that balance emotions (mood stabilizers) or antidepressants alone can benefit from taking a specific type of antibiotic called minocycline in addition to their antidepressant or mood stabilizer medication.
Involvement: Medication, EEG, Blood draw, Interviews, Questionnaires
Age: 55+ years
Eligibility Criteria: Diagnosis of depression
Commitment: 7 visits over 8 weeks
Compensation: Up to $125
Contact: Please call 914-997-4331 or 1-800-697-1902

Effects of diabetes on the brain
IRB #: 1306014068
Study Description: The purpose of this research is to determine whether diabetes may affect levels of a protein called ‘amyloid’ in the brain, which is important in the development of Alzheimer’s disease and dementia.
Involvement: PET scan of the brain, Blood draw, Neuropsychological assessment
Age: 55-75 years
Eligibility Criteria:
1) People with diagnosed Type 2 diabetes (greater than 5 years) OR
2) People without diabetes in good general health

Time Commitment: 2 visits (about 4 hours total)

Compensation: $150 check, mailed after completion of study procedures

Contact: Dr. Gloria Chiang, 212-746-6711
CTSC COMMUNITY HEALTH & WELLNESS PROGRAMS

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