

The Summer Edition



ALBUQUERQUE CLINICAL TRIALS

A Center for Clinical Research

Upcoming Events



UNM Welcome Back Days

August 19-23, 2019



ambercare Health Fair

August 10, 2019



Refer a friend and get
a coffee on us!

*For more information call 505-224-2735



We are currently looking for volunteers for our Hot Flash, Celiac Disease and Irritable Bowel Syndrome studies. Please contact us at 505-224-2735 if you are interested.

Hot Flash

is a common symptom many women experience while going through menopause. Hot flashes are the sudden onset of heat affecting mostly the face, neck and chest. Though the exact cause is unknown, many believe it is linked to the loss of hormones women experience during menopause. Some risk factors include smoking, obesity and even ethnic background.



Celiac Disease

is an autoimmune disease in which ingested gluten damages the small intestine. Gluten is a substance found in wheat, barley and rye. Some symptoms may include unexplained anemia, fatigue and joint pain, but it is often times difficult to diagnose because those affected show very different symptoms. The only treatment for Celiac Disease currently is a gluten free diet.



Irritable Bowel Syndrome

is a common disorder affecting the large intestine. Those affected may experience abdominal pain, bloating, gas, diarrhea, and constipation. There are many possible causes to IBS from muscle contractions to infection, but the triggers can be food, stress or hormones. The best way to prevent IBS is to manage the stress that may worsen the symptoms.



Upcoming Events in Albuquerque

Route 66 Summerfest

July 20, 2019

"This free event features fun for the whole family including the Old Route 66 Car Show, Mother Road Art Market, Kids Zone & Youth Central, food trucks and live entertainment in Nob Hill on Central Ave. from Girard Blvd. to Washington St. Join us!"

<https://www.cabq.gov/culturalservices/things-to-do/annual-events/summerfest/route-66-summerfest>



Downtown Summerfest

August 3, 2019

"This free family-friendly event features fun for the whole family including an artisan market, microbrew garden, food trucks and live entertainment from local and national acts in the heart of Downtown Albuquerque."

<https://www.cabq.gov/culturalservices/things-to-do/annual-events/summerfest/downtown-summerfest>



Mountainair Sunflower Festival

August 24, 2019

"Arts and crafts sale, live entertainment, food booths, activities for children, raffle, and sunflower hat contest."

<https://festivalnet.com/20620/Mountainair-New-Mexico/Festivals/Mountainair-Sunflower-Festival>



New Mexico Prickly Pear Festival

August 31, 2019

"The New Mexico Prickly Pear festival is the first in an annual series that seeks to celebrate everything prickly pear; food, art, music."

<https://www.eventbrite.com/e/new-mexico-prickly-pear-festival-tickets-61997584444>



New Mexico State Fair

September 5-15, 2019

"Ranked by SmartAsset.com as one of the top 10 state fairs in the nation, the New Mexico State Fair (...), visitors can explore art, agriculture, animals, entertainment, food, carnival rides, exhibits and shopping at one of the largest state fairs in the country"

<https://www.visitalbuquerque.org/event/2019-new-mexico-state-fair/41684/>



