

We need participants for the following **AIRWAYS, ALLERGY and SLEEP RESEARCH** studies  
– if you're interested in taking part please contact the researcher listed below  
– OR call **1800 828 717** or email [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au) to register.

All participants are reimbursed for any out-of-pocket expenses. Results of screening and study tests and procedures are made available to all participants. All visits to the Woolcock Institute of Medical Research take place in Glebe, Sydney. Parking is available, and bus routes 431, 433 and 370 stop near to the Institute.

### **AIRWAYS RESEARCH**

#### **Airway Wall Thickness in Asthma study**

If you have asthma and are aged 17 years or over and a non-smoker we invite you to participate in a research study to understand the causes of asthma.

**Contact:** Jess Kermod (02) 9114 0146, [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au)

#### **Asthma control in older people study**

If you have been diagnosed with asthma by your doctor, are aged 55 years or over, and are a non-smoker we invite you to participate in a research study to help healthcare professionals to better understand your asthma needs and concerns. We will test your lung function and provide you with information to help answer your asthma related questions.

**Contact:** Mel Crane (02) 9114 0428, [melcrane@woolcock.org.au](mailto:melcrane@woolcock.org.au)

#### **Bronchoscopy Study**

We are seeking asthmatics as well as healthy people for a research study into the mechanisms of asthma. The project involves a procedure called a bronchoscopy to obtain cells from the airways. You will have lung function testing (you will receive your results) and the bronchoscopy. There will be three two hour visits and you will be reimbursed for your time.

**Contact:** Brian Oliver (02) 9351 2315, [asthma@med.usyd.edu.au](mailto:asthma@med.usyd.edu.au)

#### **COPD Study (LABA study)**

We are looking for past or current smokers aged 40 or older with COPD, Chronic Bronchitis or Emphysema. This study is assessing the long-term effectiveness and safety of new inhaled medication and inhaler technology to relax the muscles in your airway helping you to breathe easier. This is a 52-week study.

**Contact:** Faye Farhat (02) 9114 0452, [fayefarhat@woolcock.org.au](mailto:fayefarhat@woolcock.org.au)

#### **COPD Study (ICS Withdrawal Study)**

We are looking for past or current smokers aged 40 or older with COPD, Chronic Bronchitis or Emphysema who have had at least one respiratory exacerbation in the last 12 months. The purpose of this study is to investigate the effect of withdrawing inhaled corticosteroid medication to clarify the need for chronic use of inhaled steroids in COPD. This is a 52-week study.

**Contact:** Faye Farhat (02) 9114 0452, [fayefarhat@woolcock.org.au](mailto:fayefarhat@woolcock.org.au)

#### **Deep Breaths and Airway Closure in Asthma**

Calling all healthy breathers – non-asthmatics – aged 18 or older. You need to be a non-smoker and able to attend three visits to the clinic at 431 Glebe Point Road.

**Contact:** David Chapman (02) 9114 0400, [dcha7069@woolcock.org.au](mailto:dcha7069@woolcock.org.au)

## **AIRWAYS RESEARCH** (continued)

### **Statins and dietary antioxidants in COPD**

Are you an ex-smoker? Do you suffer from COPD or similar respiratory problems? Are you aged 35 – 60? We are conducting a 6 month study to evaluate new medical treatments for chronic airflow obstruction.

**Contact:** Amanda Greenwood (02) 9114 0411, [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au)

## **ALLERGY RESEARCH**

### **Healthy Volunteers – Mannitol and Nasal Mucociliary Clearance**

If you have a normal, willing and healthy nose, and you do not suffer from rhinitis or asthma – we invite you to participate in a study investigating the effect of mannitol on nasal clearance. A nasal spray will be used, and a food colouring dye will be deposited into the nostril.

**Contact:** Amanda Greenwood (02) 9114 0411, [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au)

### **Healthy Volunteers – Changes in Nasal Resistance**

If you have a normal, healthy nose, we invite you to participate in a study investigating the effect of a nasal spray on changes in nasal resistance. You may be suitable to take part if you are between 18-65 years of age, do not suffer from allergies, rhinitis, or asthma and do not have nasal polyps or a nasal septal deviation. You would be required to attend only a single visit that will last approximately 1 hour.

**Contact:** Amanda Greenwood (02) 9114 0411, [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au)

### **Asthma, Rhinitis & Sleep**

You are invited to participate in a study looking at the effects of asthma and rhinitis on sleep. We are looking for men and women aged 18-65 who have diagnosed asthma and suffer from rhinitis (symptoms of blocked nose, sneezing, itchy nose and runny nose related to allergies). During the study you will use either a nasal steroid spray or placebo for 6 weeks in addition to your usual asthma treatment. This is followed by 4 weeks without nasal spray and then another 6 weeks with the other spray. During the study we will examine your nose and lung function and measure sleep quality in the home environment after each treatment using a small device (Actiwatch) worn on your wrist.

**Contact:** Amanda Greenwood (02) 9114 0411, [volunteers@woolcock.org.au](mailto:volunteers@woolcock.org.au)

## **SLEEP RESEARCH**

### **MASPAP Study**

This study aims to compare CPAP (Continuous Positive Airway Pressure) and oral appliance therapy in the treatment of OSA in order to determine their respective roles in clinical practice. We are looking for men and women with OSA who have not used either appliance previously.

**Contact:** Nancy Nguyen (02) 9114 0442, [nancynguyen@woolcock.org.au](mailto:nancynguyen@woolcock.org.au)

### **CPAP Education Study**

If you have never used a CPAP machine and have either been diagnosed with sleep apnea – or think you may have it – this study might be interesting for you. We are looking at two different education programmes to help individuals use CPAP therapy more successfully.

**Contact:** Delwynn Bartlett (02) 9114 0460, [delwynb@woolcock.org.au](mailto:delwynb@woolcock.org.au)

### **COPD/Sleep apnea**

We are looking for people who have both COPD and sleep apnea. If you have COPD and snore, then you may be eligible for the trial. This study is looking at the effects of CPAP treatment on lung function and quality of life. It is a 6 month study.

**Contact:** Roo Killick (02) 9114 0499, [rookillick@woolcock.org.au](mailto:rookillick@woolcock.org.au)

### **SLEEP RESEARCH** (continued)

#### **Do you catch up on sleep at the weekends?**

We are looking for men aged between 18 and 50 who sleep more at the weekends than during the week, to look into whether this affects health. This study involves 2 weekends spent at the research institute, for which you will be reimbursed for your time.

**Contact:** Roo Killick (02) 91 14 0499, [rookillick@woolcock.org.au](mailto:rookillick@woolcock.org.au)

#### **PAPMAN Study**

We are studying the effects of CPAP treatment on metabolic and heart health in men diagnosed with moderate to severe OSA who have not used CPAP treatment previously. Our main focus is whether CPAP improves insulin resistance, abdominal visceral fat and physical activity. The PAPMAN study is 6 months. You will be provided with the machines and mask for the 6 months.

**Contact:** Camilla Hoyos (02) 91 14 0409, [camillah@woolcock.org.au](mailto:camillah@woolcock.org.au)

#### **Sensawake study**

We are testing the comfort of a new device attached to a CPAP machine and seek people with no CPAP experience for a two-night study. You may have a diagnostic overnight study performed if you have not already been diagnosed with sleep apnea, and receive education and advice on CPAP therapy.

**Contact:** Camilla Hoyos (02) 91 14 0409, [camillah@woolcock.org.au](mailto:camillah@woolcock.org.au)

#### **Neurocognitive study**

Do you have regular sleep patterns? Then we invite you to participate in the trial of a new tool to assess sleepiness and performance, for the diagnosis of sleep disorders. It is entirely computer-based and involves tests of problem solving, reaction time, attention and memory. You may be suitable to take part if you are between 18-70 years of age, have no history of sleep or neurological disorders, are not colour blind or taking any psychotropic drugs and sleep regular hours. You would be required to attend on one or two occasions that will last approximately two hours each.

**Contact:** Emma Moy (02) 91 14 0407, [emmamoy@woolcock.org.au](mailto:emmamoy@woolcock.org.au)