

# The Research Spectator

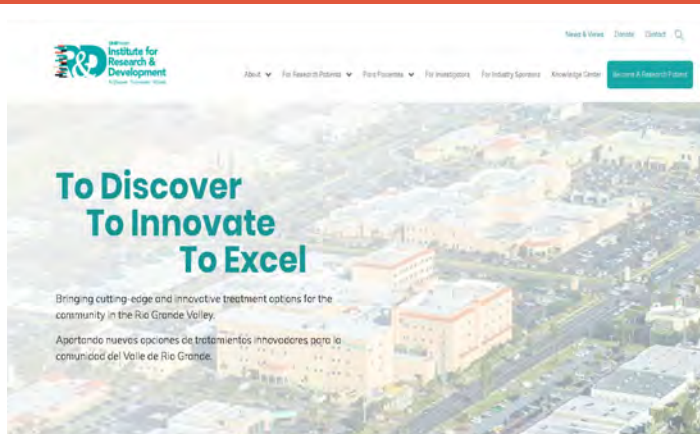
## Establishment of DHR Health Institute for Research and Development

The burden of chronic diseases such as diabetes, obesity, cardiovascular disorders, stroke, non-alcoholic fatty liver and various types of cancers is extremely high among the residents in the Rio Grande Valley. When the standard of care fails, inevitably the patients are forced to leave the Valley to seek advanced clinical care in the form of clinical research trials elsewhere. Such a decision results in the disruption of patients and their family's professional and social lives with undesirable long-term consequences.

DHR Health Institute for Research and Development was established as a nonprofit 501(c)3 entity organized under the Texas Nonprofit Corporation Act. Our vision ***"To be a Pioneer in Cutting Edge Research and Generation of New Knowledge"*** is the

driving force that guides our actions and long-term outcomes. Our mission ***"To be Strategically Engaged in Clinical & Translational Research that Benefits the Community"*** underscores our strategy to provide timely and meaningful benefit to our patients.

The ultimate objective of DHR Health Institute for Research and Development is to bring innovative and cutting-edge clinical research trials to the Rio Grande Valley allowing our physicians to have at their disposal an alternative intervention strategy should the standard of care fails. This would preclude the necessity for the patients and their caregivers to travel to another city to obtain similar treatment. Keeping patients local and providing them with the state-of-the art clinical care in the vital goal of the DHR Health Institute for Research and Development.



### DHRResearch.org is Live!

The DHR Health Institute for Research and Development website is live! Our site provides research patients, investigators and industry partners with pertinent information about our organization and opportunities for future collaboration. A list of all clinical trials is available, as well as study forms, a knowledge center, and frequently asked questions for our different stakeholders. Patient and investigator testimonials are also featured to educate our community about the importance of clinical research and how they can get involved.

### Connect with us on social media!

Stay up to date on all things research at DHR Health by following our social media accounts. Learn about upcoming events, clinical trials that are enrolling, new collaborations and more! Find us on Facebook, Twitter, LinkedIn, and Instagram at @DHRResearch!

@DHRResearch





## Multiple Liver Disease Clinical Trials Underway to Combat This Leading Cause of Death

Throughout the United States, the Hispanic population continues to show high rates of liver disease, including liver cancer, cirrhosis, non-alcoholic fatty liver disease, and non-alcoholic steatohepatitis (NASH). To help battle these high rates of liver disease, the DHR Health Institute for Research and Development has made it a priority to bring advanced clinical care opportunities in the form of innovative and state-of-the-art clinical trials for the benefit of the patients in the Rio Grande Valley.

“In South Texas, where the population is about 90% Hispanic, every 1 in 3 middle-aged Latinos have a progressive form of fatty liver called non-alcoholic steatohepatitis, or NASH,” states Dr. Sohail Rao, President and CEO of the DHR Health Institute for Research and Development. “The mortality rates for cirrhosis continue to rise across the United States, as the rates of metabolic disorders, such as obesity and type 2 diabetes. Because individuals with NAFLD and NASH tend to show no symptoms, their disease state may have progressed to end-stage liver disease before they become aware.”

Currently the DHR Health Institute for Research and Development and the DHR Health Liver Specialty Center have six active clinical trials that are providing advanced clinical care for participants with NASH. These clinical research trials provide the community with the latest and most innovative treatment options available when their regular standard of care has failed. The participation of the Hispanic community facilitates the development of specific clinical care models that optimize the benefits of our own population in the Rio Grande Valley.



## What is an Institutional Review Board?

The Institutional Review Board (IRB) is an established committee that reviews research studies to ensure they follow ethical standards and regulations when conducting research on human subjects.



The IRB is made up of professionals with knowledge in different fields to provide their unique perspective to each study.

- ✓ **The IRB must consist of at least 5 members of various areas of expertise**
- ✓ **At least one member is required to be a scientist**
- ✓ **One member is required to be a non-scientist**
- ✓ **One member is required to be non-affiliated with the organization**

The Office of Human Research Protection Program (OHRPP) manages all clinical research conducted under the guidance of DHR Health Institute for Research & Development. OHRPP in partnership with the research community is responsible for ensuring the safety and welfare of participants in clinical trials conducted under the aegis of the DHR Health Institute for Research & Development.

If you have any questions about the IRB or to learn how the Office of Human Research Protection Program aims to protect all research patients, please call (956) 362-2379 or email [irb@dhr-rgv.com](mailto:irb@dhr-rgv.com).

“By identifying patients with NASH and high-risk fibrosis, we are able to then offer novel therapeutic drugs aimed at treating a disease that currently has no effective therapies outside of weight loss and exercise,” stresses Dr. Rashmee Patil, Hepatologist at the DHR Health Liver Specialty Center and Clinical Research Scientist at the DHR Health Institute for Research and Development. “We aim to provide the highest level of care for patients, and for many this is achieved through enrolling in a clinical trial.”

## DID YOU KNOW?

Clinical Research is as yet another name for Advanced Clinical Care.

When everything else fails, we rely on clinical research to find new cures and to develop innovative strategies to treat a refractory disease.

That is precisely the goal of the DHR Health Institute for Research & Development, to increase participation of patients with Hispanic heritage whose involvement nationally in clinical trials is less than 1%.

# November 2019

For more information regarding our events, please call (956) 362-2390

## NAFLD/NASH: The Epidemic is Here

November 21 | 6:30 PM

Edinburg Conference Center at Renaissance | 118 Paseo Del Prado

Edinburg, TX 78539

Non-alcoholic fatty liver disease (NAFLD) is a growing clinical problem in the Rio Grande Valley. Dr. Stephen Harrison, Medical Director of Pinnacle Research, will discuss the clinical studies conducted at DHR Health, under Dr. Rashmee Patil, and how they are combating this deadly disease with clinical research.

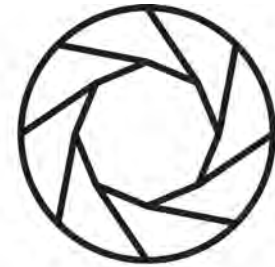


## DHR Health Institute for Research and Development Partners with TriNetX to Join Global Research Network

DHR Health Institute for Research and Development has joined the TriNetX global health network, the largest global health network that optimizes clinical research and enables discoveries through the generation of real-world evidence. TriNetX combines real-time access to longitudinal clinical data with state-of-the-art analytics to answer complex research questions.

“Our main goal in joining the TriNetx network is to better provide innovative and advanced care options to the Rio Grande Valley patient community,” states Lisa R. Treviño, Ph.D., Vice President, DHR Health Institute for Research and Development. “Becoming a partner with this global network creates new collaboration opportunities and exhibits our capabilities as a top-tier research organization.”

TriNetX has partnered with healthcare organizations (HCOs) spanning 23 countries and thousands of sites, and with data providers covering 99% of US health plans to deploy a linked and continually updated global health research network representing over 300 million patients. TriNetX has been used to analyze over 18,000 protocols and has presented over 5,000 clinical trial opportunities to its HCO members.



# TriNetX

### Team Spotlight: Annelyn Torres-Reveron, Ph.D.



Dr. Torres-Reveron is a neuroscientist with a passion for improving health through research. She holds a Ph.D. in Neural Sciences and Behavior from the State University of New York and postdoctoral training in neuroendocrinology and neuroanatomy from Weill Cornell Medical College. Dr. Torres-Reveron is also certified in Integrative Medicine practices by the University of Arizona. One of the main research contributions of Dr. Torres-Reveron have been to understand how endometriosis progression affects the central nervous system. She has published 30 peer-review manuscripts, and two book chapters. Her new duties at the DHR Health Institute for Research and Development will include editorial activities of the newly established research journal, revision of grant and contracts as well as helping develop new lines of externally funded research.



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