



# Last year, I made one of the best decisions I've ever made for my health.

I was part of a health research study. I received excellent medical attention from doctors and nurses, who are working to find better ways to treat and prevent disease. There are hundreds of clinical trials and studies taking place that look at everything from diabetes to quitting smoking. Studies like these may improve your health. And may help lots of other people, too. For more information on health research at the University of Rochester Medical Center, visit [www.healthresearch.urmc.edu](http://www.healthresearch.urmc.edu) or call (585) 275-8762.