Welcome, Julie Eckstrand

continued from page 1

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What’s inside:
• Welcome, new MURDOCK Study director
• COPD Study news-emerging
• MS Study samples used in new research

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form. Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

Mark your calendars!

Come run with us at the Fourth Annual Duke Dash 5K & Healthfest, the MURDOCK Study community appreciation event! Saturday, Sept. 23 8:00 a.m.
North Carolina Research Campus
Not a runner? Not to worry! Come cheer on the runners as they cross the finish line in front of the Core Laboratory Building, and then enjoy a morning of entertainment, wellness, and fun. This year’s event includes line dancing, Zumba, yoga, Wake-Up A Doc, and health screenings, as well as vendors selling food, jewelry, and more. Know someone who would like to be a vendor at the event? Call 704-250-5861.

COPD Study Enrollment Tops 100

More than 100 people with chronic obstructive pulmonary disease, or COPD, have joined the new MURDOCK COPD Study, which will enroll 850 participants and follow the progression of the disease over five years.

The COPD study is a collaborative research effort between the MURDOCK Study and the Duke Clinical Research Institute (DCRI) to better understand how COPD progresses within a community. This observational study could help researchers develop a better way for healthcare providers to assess COPD progression in their patients. It could also provide new insights into the correlation between lung function, exercise capacity, and COPD symptoms and disease progression. The principal investigator is Scott W. Markson, M.D., former director of DCRI Respiratory Research.

“This disease can have a profound impact on someone’s quality of life. As healthcare providers caring for patients with COPD, we want to help our partners understand their risk for flare-ups of breathing problems, hospitalizations, and other outcomes that can negatively affect their lives,” said Traci Tate, M.D., co-principal investigator of the MURDOCK COPD Study. “Much of what we have learned about COPD’s course over time.”

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form.

Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form.

Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form.

Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form.

Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

Welcome, Julie Eckstrand
Duke University Names New Director for MURDOCK Study

Julie Eckstrand, R.Ph., has been named director of operations for the MURDOCK Study and Duke University’s other clinical research studies based at the North Carolina Research Campus (NCRC). A clinical pharmacist by training, Eckstrand will manage operations for the Translational Population Health Research Group, part of the new Duke Clinical & Translational Science Institute (CTSI). The TransPop group’s research portfolio includes the MURDOCK Study and related projects involving biomarkers, longitudinal registries, and community-engaged research based at the Kannapolis office.

Eckstrand has offices in both Kannapolis and Durham and oversees a team of nearly 30 Duke employees.

“I am thrilled to return to my Duke family and begin new research endeavors with the NCRC community. We have important work to do that has the potential to be enormously impactful,” she said. “I am looking forward to meeting new collaborators and to a bright and productive future.”

continued on page 5

What to Do When You See Blue

When your Project Blue envelope arrives in the mail, you know it means two things: Not all, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen and tick the box in your email, because it’s time to fill out your Annual Follow-Up Form.

Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.
New Gene Interaction Appears to be Associated with Increased MS Risk

A person carrying variants of two particular genes could almost three times more likely to develop multiple sclerosis, according to the latest findings from scientists at Duke Health and the University of Texas Medical Branch at Galveston. The research used biological samples from the MURDOCK MS Study. The finding, published in the March 23 issue of the journal Cell, could open the way for new tests to identify people who are at greatest risk of MS and autoimmune disorders, as well as the development of more targeted treatments.

The researchers said this information could potentially be used to reach new tests to differentiate MS. They might be a winner in the same way. People should cut their form quickly, as soon as they get it. They might be a winner in the same way. People should cut their form quickly, as soon as they get it.