Congratulations, Follow-Up Raffle winners!

Jason Roberts

Jean Roberts of Concord advises he didn’t always complete his Annual Follow-Up Form after joining the MURDOCK Study with his wife several years ago. But this year, with the knowledge of their enrollment rolled around, Christine Roberts made sure that her husband completed his form. Jason Roberts’ 20-minute investment paid off. His name was automatically entered into the Follow-Up Raffle, and he was chosen as the winner of the $150 prize. A shop foreman at Ring Power Corporation, a division of Caterpillar, Roberts was born and raised in West Virginia and moved to Cabarrus County in 1998. He joined the MURDOCK Study because his father suffered a heart attack at a young age.

“It is a good idea, just the fact that they do your samples and find something, it could help people with similar issues,” he said.

Roberts enjoys spending time with his family, including four children, and building elaborate remote control cars. His most recent creation reaches top speeds of 70 mph and took three years to build. For his raffle prize, he chose a $150 gift card to Lowe’s to help cover the cost of a do-it-yourself bathroom renovation. He plans to fill out his Annual Follow-Up Form every year, without fail. “I sure am,” he said.

Darlene Easley

Darlene Easley of Eldorado retired from the school system in 2012 after serving as an English, math, and social studies teacher for 12 years and then a school librarian at Dale Elementary for 17 years.

With two children and six grandchildren, plus the thousands of children she taught over the years, Easley knows the importance of updating her health information annually so MURDOCK Study researchers can follow her health over time. “They are studying groups and need to know whose health has changed,” she said. Easley, the winner of the Follow-Up Raffle and a $150 prize.

Easley and her sister, Linda Staton of Kannapolis, joined the MURDOCK Study together and encourage each other to complete their Annual Follow-Up Forms. Since her retirement, Easley enjoys singing in the choir at Parkwood Baptist Church in Concord. The plans to spend her raffle prize on a shopping spree with her daughter.

A newsletter for MURDOCK Study participants

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We are excited to announce that the MURDOCK Multiple Sclerosis Study has officially closed enrollment! Thank you to all of our dedicated MS participants for your continued landmark research initiative. Follow-up visits for the Primary Prostate Cancer Study will continue with currently enrolled participants.

Plans are underway to collaborate with the David H. Murdock Research Institute (DHMRI) Analytical Sciences team — also located at the North Carolina Research Campus — to better understand the MURDOCK sample participants’ biomarker repertoire. To this end, we are pleased to announce the recipients, associated institutions, and cannot get out of a chair.”

Announcing the MURDOCK-NCRC voucher recipients

Last summer, the MURDOCK Study launched the MURDOCK-NCRC Voucher Program to help foster collaboration with the David H. Murdock Research Institute (DHMRI) and make the MURDOCK samples to so generously donated more accessible to campus researchers. The MURDOCK Study awarded six $10,000 vouchers to eight researchers, and plans to announce the recognizer recipients, institutions, and study goals.

UNC Nutrition Research Institute
Sanja Vinketić, PhD, “A pilot study to identify polymorphisms associated with environmental health markers”
Valente Wang, PhD, “Association of butane and plasma metabolites in obesity and diabetes”

Mary Ann Lila, PhD and Renee Strauch, PhD “Identification of fruit-derived polyphenolic metabolites in human plasma”

Kevin Knagge, PhD “Exhaled breath analysis for identification of biomarkers for prostate cancer”

Cory Grimshaw, PhD, “Oxidative stress and inflammation in the brain that predict onset and development of the disease”

Mary Annette Moore, PhD “Association of betaine and plasma metabolites in obesity and diabetes”

Manya Warrier, PhD “Association of betaine and plasma metabolites in obesity and diabetes”

Irene Hatfield

Jeremy Lamb

Mauren Sullivan

Jeremy Lamb

Pamela Miller

Jeremy Lamb

James Goss

Lesley Shannon

Robert Swan

Follow-Up Form.

It’s time to fill out your Annual Follow-Up Form.

Samples relocated

As Dr. Seski communicated to participants in her September editorial, the MURDOCK Study biological samples have been safely and securely relocated to a state-of-the-art facility in Indianapolis. More than 12,200 participants who have contributed to this research project possible has been preserved. While the samples have been physically moved, they remain readily accessible to Duke University investigators and collaborating researchers. MURDOCK Study leadership will continue to explore options to return the samples to North Carolina. Regardless of where the samples are stored, the MURDOCK Study will make sure that the samples are maintained, and collaborating researchers will have access to the full datasets.

Thanks to the support and participation of a dedicated community, the MURDOCK Healthy Aging Study officially closed enrollment on July 21, 2016, when staff reached that we have more than 1,000 study participants ranging in age from 80 to 102 years. All participants were able to complete the same tests, including tasks such as standing on one leg, timed walking, sitting and standing from a chair, and a basic cognitive and memory assessment. Data analysis has already begun, and researchers are discovering that physical decline actually begins earlier than originally thought, especially for women, who start to show signs of slowing down in their 70s. The healthy aging study is underway, with DHMRI staff and collaborating researchers. MURDOCK Study participants were randomly chosen from among the hundreds who marked five years of completing Annual Follow-Up forms as of the previous quarter. Be sure to fill out your Annual Follow-Up from each year for a chance to have your name listed in the Hall of Fame!

Follow-up visit for the Primary Prostate Cancer Study

Participants from Kannapolis were recruited from primary care practice lobbies and, after initial screening, asked to complete a questionnaire and detailed patient interview. The questionnaire covered topics about the use of substances such as alcohol and tobacco, and answers were compared and contrasted with the number of smokers and the number of people who had quit and remained smoke-free. The purpose of the questionnaire was to assess the percentage of people who had quit and remained smoke-free. The questionnaire included information about the importance of starting early to fight physical decline demonstrated by the data captured during this study.

“Our research informs a new paradigm approach to maintaining physical activity,” Hall said. “Don’t wait until you are 80 years old and cannot get out of a chair.”

To learn more about the study and findings, please visit, view samples online.

Project Blue packets arrive

FNP - MURDOCK Study.

Keep Fighting!

FNP - MURDOCK Study.