

Clinical Trials and You



Hello,

As cancer patients ourselves, we understand how confusing it is to be diagnosed with cancer and the treatment you need. Your doctor may have told you about different treatment approaches and the possibility of you receiving your care through a clinical trial, also called a research study.

We know that not all cancer patients learn about the possibility of taking part in a clinical trial. Because we've been in your shoes, we want to share with you why taking part in a trial is so important for you to think about.

The reason cancer care has improved so much over the years is because of clinical trials. Although they may sound scary, they carefully test new ways to treat cancer. These trials are important because there is still so much that isn't known about how best to treat people with cancer.

Doctors are now studying many different ways to improve cancer care. For example, ...

Doctors are studying	Examples
How to treat cancer more effectively	Surgical options, new ways to give radiation and chemotherapy, gene therapy, vaccines etc.
How to treat side effects	Anti-nausea drugs, acupuncture
How to prevent recurrences	Drugs, diet, life-style choices
How to help patients live with cancer	Support groups, imagery, alternative medicine

There are benefits and risks to taking part in a trial.

Benefits may include:

- Having access to promising new treatments or approaches that may not be available outside the clinical trial setting;
- Receiving treatments being studied that may be more effective than the standard treatments;
- Receiving more frequent medical attention from a research team.

Possible risks may include:

- New treatments or approaches in the trial are not always better than the standard care;
- New treatments or approaches in the trial may have side effects or risks that doctors do not expect;
- You may be required to make more visits to the doctor or increased costs (although such costs are often covered by the trial or through your insurance).

It is important for you to make the best decision for you and your particular cancer.

Please ask your doctor about clinical trials, to see if there is one that might be right for you.

Wishing you the best,
Cancer Survivors