

# Taking part in a clinical trial.



Every year millions of people make the courageous decision to participate in clinical research. Study participants form a partnership with researchers and health professionals, and play an important role in advancing knowledge about the nature of diseases and how to treat them.

What follows are questions that you should consider before choosing to participate in a clinical research study:

## Why do some study volunteers take part in clinical trials?

- Study volunteers get access to new research treatments that are not available to the wider public
- Study volunteers' treatment and progress can be monitored more closely than the usual treatment process
- Study volunteers can play a more active role in their own healthcare because they can get more information about treatments and disease by being part of a clinical trial
- Study volunteers can receive care not covered by their insurance when enrolled in a clinical trial
- Study volunteers feel empowered knowing that their contribution to clinical research will help advance medical treatments for future generations

## What else should you consider before taking part in clinical trials?

- Study volunteers who receive the new research treatment may turn out to be no better, or worse, than the standard treatment
- Study volunteers may experience unexpected side effects
- Study volunteers may have to visit the place of treatment more often, or have more tests and treatments than the standard treatment of care

# Medical Knowledge and Public Health

- Clinical trials have led to important medical discoveries like vaccines and treatments for cancer, heart disease, diabetes, and rare diseases. This is especially important when there are no available treatments for a disease, such as with Alzheimer's disease, certain cancers, and Lupus.
- Clinical trials help make sure that new drugs and treatments are the best and safest way to treat patients with health issues.
- Clinical trials contribute valuable information about the benefits and safety of existing treatments, giving doctors and patients reliable information for choosing between alternative treatments.
- Clinical trials also help in the discovery of new or improved technology and programs, such as MRIs, CT scans, diagnostic procedures, and even better ways to exercise.
- Clinical trials help identify ways to improve the comfort and quality of life for people with chronic or recurring illnesses.

**Study volunteers play an important role in the clinical research process, leading to better and longer lives for all of us.**

## **UCDAVIS** **CLINICAL AND TRANSLATIONAL SCIENCE CENTER**

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CISCRP is an independent non-profit organization dedicated to engaging the public and patients as partners in the clinical research process through education and outreach programs. CISCRP services also assist clinical research stakeholders in understanding public and patient attitudes & experiences in research to improve patient satisfaction.

**CISCRP is not involved in recruiting patients for clinical trials, nor is it involved in conducting clinical trials.**

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