

Learn About Clinical Trials: An Important Treatment Option for Everyone

WHAT ARE CLINICAL TRIALS?

Clinical trials are an important option for all people diagnosed with cancer, regardless of age or stage. A clinical trial is a research study conducted by doctors. A treatment or drug must be tested in clinical trials before it can be considered for approval by the US Food and Drug Administration (FDA). It is important to study new treatments in people of different ages, races, ethnicities and social backgrounds. By taking part in a clinical trial, you'll join a team of doctors and patients who share a desire to improve cancer treatment now and in the future.

WHAT IS INFORMED CONSENT?

Informed consent is the process in which a doctor educates a patient about the risks, benefits and process of a clinical trial. If the information you are given is not in a language you understand, you have the right to ask for the information in your own language and for a professional healthcare interpreter.

You will receive an informed consent document that explains:

- Details about the study, such as its purpose and how long it will take
- The physical exams and lab and imaging tests that you will need
- The possible benefits and risks
- Your rights, including the right to leave the study at any time

If you want to take part in the clinical trial, you can sign the document and return it to your doctor.

MYTH VS. FACT

MYTH: *Clinical trials are not safe; I'll be treated like a guinea pig.*

FACT: Clinical trials are carefully designed research studies that put the health and safety of patients first. Before you agree to participate, you'll be taken through the informed consent process. You'll be able to gather information and ask questions. Participation in a clinical trial is always up to you, and you can leave the study at any time.

MYTH: *Clinical trials are a last resort.*

FACT: Clinical trials are for patients at all stages of their disease and treatment. Clinical trials are sometimes the best treatment option for newly diagnosed patients, patients who need additional treatment, and even patients in remission.

MYTH: *I'll get a placebo (sugar pill) without knowing.*

FACT: Most cancer clinical trials do not use a placebo unless given along with an active drug. If a trial uses a placebo, you will be told before enrolling. In many cancer trials, patients are selected at random (by chance) to receive either the best standard treatment available or the treatment under study. Patients may not know which group they are

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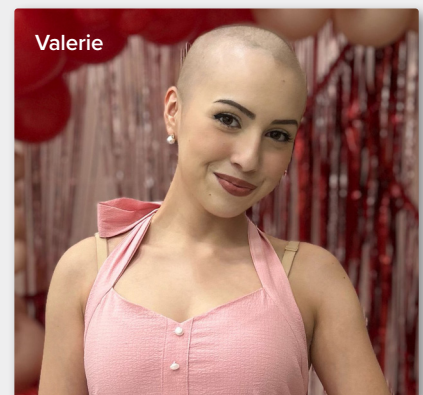


LLS IMPACT RESEARCH GRANTS

The Leukemia & Lymphoma Society (LLS) is setting out to remove barriers to clinical trial participation. Our Influential Medicine Providing Access to Clinical Trials (IMPACT) program offers funding to major cancer centers to partner with community-based hospitals to help provide patients access to the best possible care. Visit www.LLS.org/ImpactGrants to learn more.

"I know medicine could not have come this far without clinical trials. [T]hanks to that, we have the treatments we have today. I thought, if I can be even part of that, I'm happy to do it."

— Valerie, non-Hodgkin lymphoma trial participant



in or which treatment they are receiving at the time. Patients in both groups receive close monitoring and management of side effects.

MYTH: *Clinical trials are free.*

FACT: The drug being studied is free. You will still be responsible for other treatments, hospital stays, doctors and other costs. However, there may be financial help available.

WHAT QUESTIONS SHOULD I ASK ABOUT CLINICAL TRIALS?

- What are my treatment options?
- Is there one treatment option that you would recommend over the others?
- What are the benefits and risks of the treatment?
- How often will I need to go back to the hospital or clinic?
- How long will the trial last?
- What treatment-related costs will I be responsible for paying?
- Will insurance cover some costs?
- Is there financial help available? (Visit www.LLS.org/finances for financial support information.)

For more information, visit www.LLS.org/booklets to view the free LLS booklets *Knowing All Your Treatment Options* and *Understanding Clinical Trials for Blood Cancers*.

“The advice I would give is first, make sure you know all the information. Ask every question, even if they seem ridiculous or naïve.”

— Valerie, non-Hodgkin lymphoma trial participant

To learn more about Valerie’s clinical trial experience, visit www.LLS.org/blog/3-insights-clinical-trial-patient to read “3 Insights from a Clinical Trial Patient.”

CLINICAL TRIAL SUPPORT CENTER

LLS offers a free service to help patients and families understand, identify and access clinical trials. Adult and pediatric patients, as well as caregivers, can work with our Clinical Trial Nurse Navigators. They will help find clinical trials and provide personalized support throughout the entire clinical trial process. Spanish-speaking nurse navigators are available.

To learn more, visit www.LLS.org/CTSC or scan the QR code to complete the referral form.



GET ONE-ON-ONE SUPPORT

The Leukemia & Lymphoma Society’s **Information Specialists**, highly trained oncology social workers and nurses, can provide information and support and connect you to our **Clinical Trial Support Center** and **Registered Dietitians**.

- Call **800.955.4572** Mon.-Fri. 9 a.m. to 9 p.m. (ET)
- Visit www.LLS.org/PatientSupport

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