

Clinical trials lead to more effective treatments and cures for a variety of medical conditions. Review the information inside to learn more about clinical trials at Capital Health. Then see if participating is right for you.

Participation in clinical trials is essential for finding new treatments and cures for many medical conditions. Have you been asked to take part?



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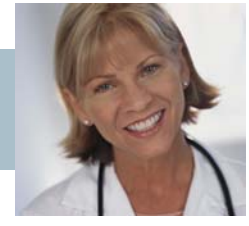
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# finding answers

The Importance of  
Participating in Clinical Trials



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### What are clinical trials?

Clinical trials are scientific research studies which require volunteers to test new treatments. These treatments may include medications, natural health products, devices, surgical techniques and/or education interventions.

Before any new treatment is placed on the market, it must be tested through clinical trials to determine:

- if it is effective
- if it is safe
- how it compares to existing treatments

### Who funds clinical trials?

Clinical trials are funded by many groups working in conjunction with physicians and other health care professionals, including:

- government-funded organizations, such as the Canadian Institutes of Health Research
- health charities, such as the Heart and Stroke Foundation of Canada and the Canadian Lung Association
- pharmaceutical companies
- medical device manufacturers

### Why are clinical trials important?

Clinical trials help medical researchers develop more effective treatments and cures and test the value of such treatments. Specifically, clinical trials help find:

- more effective treatments with fewer side-effects
- medications that allow shorter periods of treatment
- treatments that improve quality of life

### Are clinical trials safe for the participants?

While no experimental treatment can be guaranteed “risk-free,” clinical trials are conducted under very strict regulations and guidelines. Health Canada must approve the testing of any new treatment before it goes to clinical trial and each trial being conducted here must be approved by the Capital Health Research Ethics Board to ensure that participants are not put at undue risk. A physician or medical team supervises the trial from start to finish and there is always someone available to answer your questions.

### Will I be asked to take part in a clinical trial?

If your medical condition makes you a suitable candidate for a specific clinical trial, you may be asked if you’d like to take part. The decision is entirely up to you. To protect your privacy, your name and personal information are kept confidential. In addition, you can withdraw from the study at any time.

### What do I need to know?

If you agree to consider participating in a clinical trial, the research team will provide information and specific details about the study. You should read this material carefully in order to understand the potential risks and benefits before you sign the consent form. You may also want to discuss the study with your family and/or doctor before making a decision.

Here are some examples of questions you may want to ask:

- What is the purpose of the study?
- What do I have to do?
- How long will the study take?
- What tests or treatments are involved?
- How much time will be required on my part?
- What side effects might there be?
- What other choices do I have for a treatment if I don’t enter the study?

### What are the benefits of participating in a clinical trial?

While it is possible you will receive no benefit, you may receive a new and promising therapy for your condition that is not yet available. You will be helping medical science find new treatments.

**Please talk to your health care team for more information.**