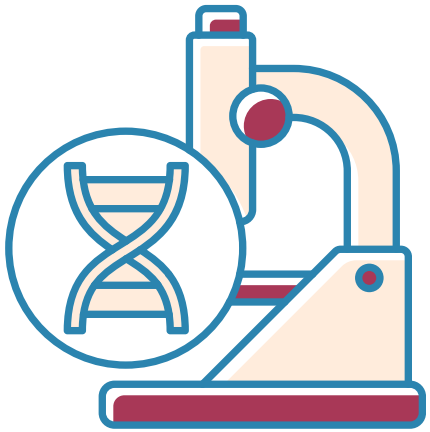
CLINICAL TRIALS HELP US FIND CURES



WHAT IS A CLINICAL TRIAL

A clinical trial is a way to test an intervention - a new drug, device (like a pacemaker), a new procedure, or even changes in behavior - to see what its impact is by following a research plan.

Clinical trials are vital to finding new treatments and cures for diseases, including heart disease and diabetes. They are also the most important way we can make sure drugs or devices are safe and effective.

CLINICAL TRIALS MATTER BECAUSE THEY:

- Help us find new treatments for diseases. They can also help us find new ways to detect or prevent a disease.
- Can help us learn more about many types of heart disease and issues patients living with heart disease may face.
- Help us find out if a new medicine or treatment is safe and effective or compare a new treatment to an existing treatment
- Can improve patients' health, quality of life, and outcomes.

The Mended Hearts, Inc.

WOMENHEART

Created through an educational grant from: Cytokinetics

© 2024-2025 The Mended Hearts, Inc. and WomenHeart, all rights reserved.

CLINICAL TRIALS

What do I need to know about participating in a clinical trial?

enact

EMPOWER • NAVIGATE • ACTIVATE FOR CLINICAL TRIALS

A collaboration of WomenHeart and The Mended Hearts, Inc.

IMPORTANT QUESTIONS

For Your Doctor:

Can you tell me about any clinical trials that would be right for me?

Where do I find out more about clinical trials?

Why should I consider a clinical trial, what are the benefits?

How do I know if I am a candidate for a clinical trial?

What does it mean for my care outside of the clinical trial if I am in a clinical trial?

For Your Trial Coordinator:

Who can I talk to about this clinical trial if I have questions or concerns?

How often and how long will I need to be available for participation in the trial?

What tests are involved in the clinical trial?

Is there reimbursement for travel, meals? and other costs?

What can I expect when my clinical trial ends? What if the therapy is not approved?

What happens if I need to leave the clinical trial before is finishes?

What are some lifestyle changes that might be required?

If you have a medical emergency while participating in the trial, please call 911.

COMMON TERMS DEFINED

Informed consent - The risks and potential benefits of the trial have been explained to you before you participate.

Placebo - A pill or liquid that looks like the treatment but does not have active ingredients.

Protocol - A detailed plan to keep participants safe and answer research questions.

Randomization - One group gets the drug or therapy and is compared to the group that gets the placebo. This is the foundation of clinical trials.

Tips for Discussing Clinical Trials:

- Consider taking a friend or family member along to help listen, take notes and/or for support.
- Take notes or record the conversation to review and refer back to later.
- Write down questions or concerns you have so you can ask the trial coordinator.
- Keep trial information and contact information handy.

PARTICIPATION

In a survey by the National Institutes of Health about clinical trial awareness:

85%

didn't know a clinical trial was an option at diagnosis

75%

would have been willing to enroll, if available

HELPFUL WEB SITES

You can search these sites for specific clinical trials.

Mayo Clinic
www.mayo.edu/research/clinical-trials

U.S. Food and Drug Adminsitration
www.fda.gov/patients/clinical-trials-what-patients-need-to-know

National Institutes of Health
www.clinicalstudies.info.nih.gov

Clinical Trials
www.clinicaltrials.gov