

I have cancer... is a clinical trial an option for me?



What are clinical trials?

Clinical trials are research studies that look for new or better ways to treat a medical condition or improve people's health. Without clinical trials, we would not be able to find better ways to care for people with cancer or other health conditions.

As a cancer patient, you may be able to volunteer to participate in a clinical trial.

What is the purpose of clinical trials for people with cancer?

- Find and diagnose cancer
- Treat cancer
- Manage side effects of cancer treatment
- Improve wellbeing (quality of life)
- Monitor cancer over a long period of time
- Manage symptoms of cancer
- Prevent cancer

How do I decide if a clinical trial is right for me?

 **Learn** – Talk to your healthcare team about clinical trials and research.

 **Discuss** – Ask your doctor if they recommend a clinical trial for you.

 **Decide** – Look at the information provided and talk to your family and friends about whether to take part. You can request written information about the trial in your language.

 **Consent** – When you understand all the information, you can agree to join the trial.



For all discussions about clinical trials, you have the right to an interpreter at no cost to you. Call TIS (Translating and Interpreting Service) on 131 450.

What are the benefits and risks of clinical trials?

Participating in a clinical trial is a personal decision. It is important to think about the potential benefits and risks, and take time to decide if you want to participate.

Potential benefits

- ✓ The clinical trial may treat or control your cancer and improve your health.
- ✓ You may access new treatments and care that are not yet available to all patients.
- ✓ Your participation may help to discover new or better ways to treat cancer in the future.

Potential risks

- ✗ The treatment or care being tested may not work for you.
- ✗ You may experience side effects.
- ✗ The clinical trial may take up extra effort and time.

What should I know about participating?

- Participation in a clinical trial is voluntary.
- If you decide to withdraw from a clinical trial you will still receive the best available treatment and care.
- There are clinical trials for all stages of cancer, from early to advanced cancer.
- Most clinical trials have a limit on the number of participants and criteria about who can be involved.
- Some clinical trials may involve more tests, visits to the clinic and medical attention compared to standard treatment. This is to keep you safe.
- Some clinical trials may require appointments at different locations. This may increase travel or parking costs. Talk to your healthcare team about how this may affect you.
- Clinical trials are regulated. Apart from the trial team, there is a group of people called the Human Research Ethics Committee that monitors your safety during the trial.

Who is involved in a clinical trial?



What questions should I ask?

- What is the trial studying?
- What is the difference between the clinical trial and the usual treatment or care for my cancer?
- Can I still have other treatments or herbal medicines?
- Where is the clinical trial taking place?
- Will the clinical trial affect the cost of my treatment?
- Who is the main doctor looking after me while I am on the trial?
- How will my family doctor be involved?



More information

See the Cancer Institute NSW website cancer.nsw.gov.au/participating-in-clinical-trials