

# Clinical Trial Basics

*Empowering you to help make more informed decisions as you advocate for your health.*

## What is a Clinical Trial?

Clinical trials test new treatments to ensure that it is safe and effective for all patients.

### Why do clinical trials matter?

-  Help develop life-saving treatments.
-  Provide patients access to innovative care.
-  Improve healthcare for all.



## Why you Should be Represented in Clinical Trials



When you participate in a clinical trial, you're not just helping yourself - you're helping the next person who looks like you, lives like you, and loves like you.

Representation means researchers learn how treatments work for **your body, your community, and your future generations.**

Because everyone deserves care that's made **with them in mind.**

## Why you Should be Represented in Clinical Trials

### Phase 1

A small group of healthy volunteers receives the treatment for the first time to test safety and dosage.



### Phase 2

People with the condition being studied receive the treatment to see how well it works and identify side effects.

### Phase 3

Larger groups get the treatment to confirm its effectiveness and monitor reactions.



### Phase 4

These happen after the treatment is approved, to learn more about long-term effects and best use in the real world.



**"Shontè, what's the one word you think about when you hear the word clinical trials?"**



**Tigerlily  
Foundation**  
Beauty. Strength. Transformation.

**Shontè Drakeford**  
Nurse Practitioner, ANGEL Advocate, MBC Thriver

**"So, when I was first diagnosed, I thought EXPERIMENTAL now I think of REVOLUTIONARY."**



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## Different Types of Clinical Trials

### Observational Trials

#### Cause and Effect Relationships

Does life experience A or B lead to the development of a health condition?

#### Diagnostic Studies

How effective is a new diagnostic method compared to current approaches?

### Interventional Trials

#### Intervening in the Development or Existence of a Health Condition

Does new treatment A work better than the commonly used treatment B to prevent or treat a health condition?

## Clinical Trial Diversity: Why it's Important

- Helps doctors understand how different bodies work and tailor treatments to individual.
- Leads to better health equity.
- Empowers communities to take charge of their health care options.
- Builds trust between communities and those in the medical field.

## How to Learn More About Clinical Trials

### If you are interested in a clinical trial try the steps below:

- Know and understand your current health conditions and diagnoses.
- Ask your doctor about any clinical trials that may be recruiting or starting soon that you might qualify for.
- Search reputable and credible websites to find potential trials near you.

### Online Trial Search Tools

Breastcancertrials.org

Clinicaltrials.tigerlilyfoundation.org/clinical-trials-search/

Centerwatch.com/clinical-trials/listings

Clinicaltrials.gov

trialfinder.panfoundation.org



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Scan for Community Resources

