

WHAT ARE CLINICAL TRIALS & WHY THEY MATTER

What Are Clinical Trials?

Research studies that test if a **new treatment**—a drug, device, or diagnostic tool—is **safe and effective**. As a patient, it is important to know that clinical trials can be a potential treatment option.

Why They're Important

Not only are they necessary to develop new treatments, but participation from people of all backgrounds helps researchers, patients, and advocates learn more about diseases and ensure that new treatments work safely and effectively in all people.

- **Offer new treatment options** that can extend or save lives
- Help doctors learn **what works best and for whom**
- Lead to **better, safer therapies** for future patients

How Clinical Trials Work

The pharmaceutical company develops a detailed document that describes how the study will be performed, called a study protocol. Study doctors, called Investigators, are responsible for the care of the patients during the trial. Trials are often designed to have a control group and a test group. The test group typically receives the new treatment being studied.

The control group includes the group of patients who do not receive the new treatment but rather continue with their current or standard treatment, potentially with the addition of an inactive treatment or a 'placebo.' This allows medical experts to compare the effects of the new treatment versus the effects of the previous standard treatment

- Follow a detailed **study protocol**
- Led by trained doctors called **Investigators**
- Usually include:
 - **Test Group** → receives the new treatment
 - **Control Group** → receives standard care or placebo
- Results are compared to understand the treatment's true impact



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Who Conducts Trials?

Clinical trials are conducted by government agencies, universities, hospitals, and drug companies. They are necessary for a treatment or product to be approved as safe and effective for people to use.



Government agencies



Universities



Hospitals



Pharmaceutical companies

How Clinical Trials Work

Without the participation of the BIPOC population in clinical trials, we are limited in our understanding of whether or not a product is safe and effective for all people. Different races and ethnicities may have different responses to the same drug. With proper representation of all groups of people in a trial, researchers can be more confident about the effectiveness of their drug across populations, increasing the likelihood that it may truly be lifesaving for all.

- Different people may respond differently to the same drug
- **BIPOC participation is essential** to ensure treatments are safe and effective for everyone
- Without diversity, researchers can't fully understand how well a therapy works across all communities



Clinical Trials Save Lives

Participation helps improve care today—and builds better, more equitable treatments for tomorrow.



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