

Understanding Clinical Trials



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The Cancer Institute of New Jersey

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Knowledge about their cancer and health care needs.

Adult participation is low at 3-5% and many individuals who are eligible for clinical trials do not actually participate in them.

What to We Know

- Cancer is the second leading cause of death for all Americans.
- Almost 14 million new cancer cases are expected to be diagnosed in 2011.
- More than 570,000 Americans are expected to die from cancer.
- African Americans have the highest mortality and shortest survival of any US racial and ethnic group for most cancers.
- The National Cancer Institute estimates there were approximately 113 million cancer survivors alive in January 2009, an increase over the previous year.

In the next few minutes, we will discuss....

- what are clinical trials
- types of clinical trials
- phases of clinical trials

Trials

Diagnostic Trials
Do new tests/procedures identify cancer accurately and at an earlier stage?

Quality of Life/Supportive Care Trials
What kinds of new approaches can improve the quality of life of people with cancer?

Phases



What Do We Know?

- Cancer is the second leading cause of death for all Americans.
- Almost 1.6 million new cancer cases are expected to be diagnosed in 2011.
- More than 571,000 Americans are expected to die from cancer.
- African Americans have the highest mortality and shortest survival of any US racial and ethnic group for most cancers.
- The National Cancer Institute estimates there were approximately 11.7 million cancer survivors alive in January 2007, an increase over the previous year.

What are Clinical Trials?

Clinical trials are research studies involving people.

Clinical trials try to answer scientific questions to find better ways to prevent, detect, and treat cancer.

Participants in clinical trials: (1) often receive more comprehensive care and access to new drugs and therapies before they reach the greater market; (2) provide a valuable contribution to clinical research and (3) are often more knowledgeable about their cancer and health care needs.

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Types of Trials

Treatment Trials

What new ways can help people who have cancer?

What is the most effective treatment for people who have cancer?

Prevention Trials

What approaches can prevent a specific type of cancer from developing in people who have not previously had cancer?

Early-Detection/Screening Trials

What are new ways of finding cancer in people before they have any symptoms?

Diagnostic Trials

How can new tests/procedures identify cancer more accurately and at an earlier stage?

Quality of Life/Supportive Care Trials

What kinds of new approaches can improve the quality of life of people with cancer?



Phases of Clinical Trials

	Phase 1	Phase 2	Phase 3	Phase 4
Number of Participants	15-30 people	<100 people	100-1000+	Several hundred to several thousand
Purpose	to find a safe dosage; to decide how the agent should be given; to observe how the agent affects the human body	to determine if the agent/intervention has an effect on a particular cancer; to see how the agent/intervention affects the human body	to compare the new agent/intervention (or new use) with the current standard	to further evaluate the long-term safety and effectiveness of a new treatment

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Clinical trials are research studies involving people. Clinical trials try to answer scientific questions to find better ways to prevent, detect, and treat cancer.

Participants in clinical trials will often receive more comprehensive care and access to new drugs and therapies before they reach the general market. All provide a valuable contribution to clinical research and help us better understand what works and what doesn't work.

Adult participation is low at 3-10% and many individuals who are eligible for clinical trials do not actually participate in them.

How to find out:
 - Check in the local daily news if available in your area.
 - Visit the National Cancer Institute website (NCI) for clinical trials.
 - Visit the Cancer Institute of New Jersey website.
 - Ask your doctor for help. Provide and receive feedback of any all types of study group for more options.
 - For more information contact the Cancer Institute of New Jersey at 1-800-458-3232 or visit our website at www.cancerinstitute.org

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Purpose	To find a safe dosage, to decide how the agent should be given, to observe how the agent affects the human body	To determine if the agent (drug/therapy) has an effect on a particular cancer, to see how the agent (drug/therapy) affects the human body	To compare the new agent/intervention for new uses with the current standard	To further evaluate the long-term safety and effectiveness of a new treatment

