

# Cancer Clinical Trials in Alberta



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Information for patients  
thinking about taking part  
in a cancer clinical trial

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Treatment



## What is a clinical trial?

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A clinical trial is research that involves people. Trials are designed to test ways to prevent, detect or treat cancer or improve the quality of life of people with cancer and their loved ones.



*Most treatments we use today are the result of clinical trials.*

## Why do we do clinical trials?

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Clinical trials help us learn how well a treatment works, how safe it is and what its side effects are.



*Clinical trials are needed to improve cancer care.*



## Why should I join a clinical trial?

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- It may increase your treatment options.
- You may receive a treatment that is not yet available.
- You will be closely followed by a clinical trial team.
- You will add to the knowledge of cancer and cancer care, which may help others with the same condition in the future.

## What do I need to know?

- Even though clinical trials are designed to have as few risks and as many benefits as possible, there may be side effects ranging from minor to serious.
- The clinical trial treatment may or may not be better than the standard treatment.
- If the clinical trial has more than one treatment, you cannot choose the treatment you get.
- Extra tests and clinic visits may be more time consuming, but are required.
- Your treatment will start only after you “pass” the clinical trial screening.
- All procedures, tests and treatments may need to be done at your cancer doctor’s clinic.
- Clinical trials are carefully conducted and regulated by Health Canada, a research ethics board and the clinical trial sponsor.

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### *Linda’s story:*

*Without clinical trials, there would be no advancement.*

*Nothing but good things have come out of my participating.*

*I feel very lucky!*



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## What are my rights?

You have the right to refuse to take part in a clinical trial. You also have the right to leave a trial at any time, and you will still get the best medical care possible.

You have the right to privacy – any information about you given as part of the trial will remain confidential and protected.



## Informed Consent

Signing an informed consent means you understand the **benefits and risks** of the trial and you agree to take part.

The consent form explains:

- the trial
- the treatment you will receive
- any side effects that may occur
- anything else to do with the trial

**Even after you sign the consent form, you may leave the trial at any time and for any reason.**

## Questions to ask

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- Why is this clinical trial being done?
- What are the pros and cons of this treatment or other treatment options?
- What will I be asked to do?
- Will this require extra time or travel?
- Will any of my expenses be paid (for example parking, or travel)?
- What are the side effects and risks?
- How long will I be in the trial?
- How will I know if it's working?
- What will happen if I decide to leave the trial?
- How can I find out the results of the trial?



## What kinds of trials are there?

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The type of trial depends on its purpose. Interventions may focus on:

- Lifestyle trials (such as exercise or nutrition)
- Prevention
- Early detection or screening
- Diagnosis
- Treatment

## Remember


Your participation in a clinical trial is voluntary.


Your decision to participate depends on your situation. There is no right or wrong choice. Only you can decide if taking part is right for you.

You can ask your friends, family or other health care providers like your family doctor for help with this decision.

If you have questions, don't be afraid to ask your cancer doctor or clinical trial nurse.

**For more information about clinical trials please visit:**

 [www.albertacancerclinicaltrials.ca](http://www.albertacancerclinicaltrials.ca)

 [acct@ahs.ca](mailto:acct@ahs.ca)

### CancerControl Alberta

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General Information |  
Clinical Trials | PROV | 2020 |  
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