

GUIDE TO CLINICAL TRIALS

A KID'S GUIDE TO CLINICAL TRIALS

WHAT IS A CANCER CLINICAL TRIAL?

It is a special kind of study where doctors and scientists test new ways to treat cancer. They do this by trying out new medicines to see if they are safe and if they can help people with cancer feel better.

The doctors and scientists want to find new ways to treat cancer so that people can get better faster and have less side effects (like feeling sick or losing hair). Clinical trials are a really important way to learn about new treatments and make sure they are safe and work properly before they are used by lots of people.

MY MUM WAS HAVING MEDICINE FOR HER CANCER BUT NOW ON A CLINICAL TRIAL. IS THIS THE SAME?

When someone has cancer, the doctors and nurses will try to give them the best treatment possible to make them feel better. Sometimes, new ways of treating cancer are discovered, so in a clinical trial, some people get the new treatment, while others get the usual treatment that doctors already know works.

The new treatment might be different because it's not the same as the treatment everyone usually gets. It might be a new medicine or a different way of using the medicine, or even a completely different type of treatment.

The doctors and nurses will watch the people in the clinical trial very closely to see if the new treatment works better than the old treatment. They will also make sure that everyone in the trial is safe while they are trying the new treatment.

MY DAD IS STARTING A CLINICAL TRIAL, WHO WILL LOOK AFTER HIM?

Doctors, nurses, and other healthcare workers who know a lot about the clinical trial. They make sure that the people in the trial are feeling well and safe.

WILL IT HURT THEM?

When someone joins a cancer clinical trial, the treatments they get may cause some uncomfortable feelings or side effects. But the doctors and nurses who run the study watch closely and try their best to make sure they are as comfortable as possible.

WHAT DO YOU HAVE TO DO WHEN YOU TAKE PART IN A CLINICAL TRIAL?

When you take part in a clinical trial, you might be asked to do different things to help the doctors and scientists understand more about the new treatment they are testing. You may need to visit the hospital more so they will check how you are feeling and how the treatment is working. You may also need to follow some special rules, like taking the medicine at a certain time or not eating certain foods. You might keep a special notebook to write down how you feel.

HOW DO THEY KNOW IF A NEW MEDICINE IS WORKING?

Scientists look at two things.

- 1) They measure things, like the size of a lump that may have got smaller, or they look to see if something has changed in your blood.
- 2) They ask people how they feel, like if they are feeling happier or have less pain than before.

After looking at all the information, the scientists will decide if the new medicine is good enough to be used by other people too.

MYTHS

Is a clinical trial an experiment that happens in a lab?

No, it happens in a hospital, not a laboratory.

Will my mum or dad be like a lab rat?

No, your mum or dad will not be like a lab rat. Clinical trials are studies that involve people, not animals.

Are mad scientists in control of the trial?

Clinical trials are done by doctors and scientists who want to help people who are sick. They are very smart and work hard to learn more about cancer and how to treat it.

Will my mum or dad be poisoned, and their minds taken over?

No, they won't be poisoned or controlled. The treatments are tested a lot before they are tried on people. Doctors are very careful and always make sure that everyone is safe and taken care of.

Is my mum or dad going to be cloned?

There is no cloning involved in a clinical trial.

