



# WHAT IS A CLINICAL TRIAL AND IS IT SOMETHING I SHOULD CONSIDER?

## THE EXPERT

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CHW currently supports 18 internal Institutional Review Boards providing oversight for nearly 1,000 clinical trials across the system. CHW's Human Research Protection Office provides for the regulatory and compliance oversight of all research conducted at CHW.

**R**esearch plays an essential role in the advancement, effectiveness and quality of medical treatment for everyone. It allows researchers to learn more about how well an experimental medication or procedure may or may not work.

According to [clinicaltrials.gov](http://clinicaltrials.gov), several types of clinical trials are available.

- **Treatment trials:** These focus on testing new drugs or surgical procedures;
- **Prevention trials:** These test a variety of ways people can prevent disease;
- **Diagnostic trials:** Look for better procedures to diagnose a disease or condition;
- **Screening trials:** Test the best way to detect a health condition or a disease; and

- **Quality of life trials:** Investigate ways to improve the quality of life for people living with a chronic illness.

Deciding to participate in a clinical trial is a personal decision, and one that should not be taken lightly. If your doctor asks you to consider participation in a clinical trial, you should have received an informed consent document providing the details of the study. After reading the document, be sure to ask the study's investigator any specific questions you may have.

If you decide to participate, you are providing a good service to the community by contributing to medical research that could make a difference in the future health and well-being of generations to come.

**TIP** You can reduce your risk for developing heart disease by making healthier lifestyle choices and getting appropriate treatment for conditions that may increase your risk. There are also several preventive measures everyone can take to help ensure your heart health:

- **Don't smoke or use tobacco products.**
- **Keep your blood pressure and cholesterol under control.**
- **Maintain a healthy weight.**
- **Know your family history.**