



CLINICAL TRIAL

TALK



INFORMATION & UPDATES FOR PATIENTS ABOUT CANCER RESEARCH AT UNC LINEBERGER WINTER 2024: VOL 1, ISSUE 1

Why be a part of research?

Deciding to take part in a research study is a personal decision. There are many reasons why someone could be curious about participating in cancer clinical trials, such as:

- Earlier access to new treatments
- Closer monitoring from your doctors
- Less out-of-pocket expenses

However, in a recent study* over half (67%) of people who took the survey say that helping others was their biggest motivation in choosing to take part in a clinical trial.

*EQUITY in Cancer Clinical Trials Project": Gomez, O. Akeke, O. Morris, H. Carpenter, A. Opoku, A. Barreiro-Rosado, J. Matthews, L. & Charlot, M. (2023). Cancer Research Equity & Advocacy Through Engagement. Chapel Hill, North Carolina: Lineberger Comprehensive Cancer Center, University of North Carolina.



Discovering Hope: Play an active role in the future of medicine when you take part in clinical trials.

UNC Lineberger Comprehensive Cancer Center offers many opportunities to receive care with clinical trials.

Clinical trials are research studies that involve people. They explore different treatment methods for medical conditions, or look closer at how our behavior or lifestyle impacts our health. Clinical trials rely on human volunteers to help researchers and doctors find out what works (and what doesn't) in medicine and healthcare.

There are many ways to take part in research beyond cancer clinical trials:

- Donate a sample of tissue from a biopsy
- Respond to a survey about your experience as a patient or a caregiver
- Join as a healthy volunteer
- Build awareness in your community about research

These important studies help us to someday cure diseases, like cancer, and create a better future for others like you, or your loved ones.

Find A Trial:



Scan below to learn more about research studies at Lineberger and across North Carolina. Opportunities range from taking a short survey, being part of a lifestyle study, joining a treatment trial, and more.



Meet Our Researchers: Jordan Hairston, Study Coordinator, Lung Cancer



What led to you to a career in clinical research? My path towards a career in clinical research was shaped during my time as an EMT administering vaccines in the pandemic. This experience ignited my passion for patient care and opened my eyes to the possibilities in preventative medicine and interventional breakthroughs offered by clinical research.

What do you enjoy most about your role? The aspect I find most fulfilling in my role is the direct contact with patients. Being able to facilitate their care during vulnerable times is truly a privilege. Witnessing how we can improve their quality of life and enhance disease prognosis brings immense gratification.

Why is diversity in clinical research important? Diversity in clinical research is of utmost importance to me as it has been proven to positively impact healthcare outcomes for minoritized communities. By ensuring representation in both research participants *and* providers, we can better address the nuanced needs of different populations, leading to more equitable and personalized care. Relatability fosters comfort and fosters a smoother course of action for everyone involved.

What's something patients who are considering enrolling in a trial should know? Our research staff at Lineberger is not only competent & hardworking but also deeply compassionate. Our dedicated team goes the extra mile to ensure research participants feel comfortable, heard, and seen, reflecting in the high-quality care we provide.

Anything else you would like to share? I strongly believe that having diverse participants in clinical research drives medical advancement for all communities involved. Representation from various backgrounds contributes to establishing vital precedents that will improve the lives of thousands more who will require care in the future. *Every individual's participation in research makes a significant impact, and we genuinely need each and every one of you!*



WHO'S WHO IN CLINICAL TRIALS



It takes many people to make cancer research possible. These are a few of the roles you may meet or hear about in a clinical trial.

Patient or Healthy Volunteer:

People who agree to take part in a trial.

Principal Investigator:

The person in charge of a clinical trial who prepares and carries out the study.

Study Coordinator(s):

The people who manage the tasks of a trial day-to-day.

Research Team:

Other healthcare professionals involved in a clinical trial.

Study Sponsor:

The organization responsible for starting, managing, and financing a trial.

Institutional Review Board (IRB):

The people who review and monitor the safety of trials.



Protecting People in Research is a Top Priority

Research that involves people follows guiding principles - **respect**, **beneficence** (or keeping a patient's welfare as the top goal for doctors and scientists), **autonomy** (your right to make your own healthcare decisions), and **justice**.

These ethical guidelines create a central part of the National Research Act, a federal law which helps keep research volunteers safe. Clinical trial volunteers are also supported and protected by additional layers of safety, including:

- **Study Protocols:** A written plan for a study that describes all the details and timelines for expected appointments tests and procedures, medications, and what information will be collected. This plan is followed by all locations that join a clinical trial.
- **Institutional Review Boards (IRBs):** A panel of experts who oversee and monitor a clinical trial's progress, from beginning to end. The IRB also protects the rights, welfare, and privacy of volunteers.
- **U.S. Food and Drug Administration:** The FDA evaluates all new treatments and medications to ensure their safety.

Clinical trials are also directly overseen by a study team at each site, made of coordinators, physicians, and other research staff who make sure all guidelines and safety standards are always followed.

Most importantly, taking part in a clinical trial is always your choice. You can decide to leave a study at any point, *even if it's already underway*.

QUICK

FACTS

150+

CLINICAL TRIALS
AVAILABLE AT UNC
LINEBERGER TO TREAT
MANY TYPES OF CANCER

OVER 200+ PEOPLE HAVE
TAKEN PART IN CANCER
CLINICAL TRIALS IN
2023

200+

60

NEW STUDIES OPENING
SOON, WITH ADDITIONAL
TRIALS STEADILY ADDED



Diversity & Equity in Research:

Volunteers of all ages, races, genders, locations, and ethnicities are needed in research. Each person is biologically unique. Different populations of people will experience the same health condition, differently.

When a clinical trial includes a wide variety of participants, and in particular, when a study reflects the community most affected by the condition, the results can have the most benefit for everyone.

Diversity in research studies makes better medicine for us all.



Resource Spotlight: Lazarex Cancer Care Fund

There are resources and programs within our hospital and community to support patients who are receiving clinical trial-based care.

Lazarex Cancer Foundation is an organization which provides outreach, community engagement, financial assistance and advocacy for clinical trial patients.

Their Lazarex Care Fund can help with the lodging and travel costs associated with taking part in a clinical trial. They work to help make trial participation accessible and more possible for patients by offering reimbursement for mileage and hotel expenses.

Learn more or apply for assistance online at: www.lazarex.org



CREATE

CANCER RESEARCH EQUITY & ADVOCACY THROUGH ENGAGEMENT

The Cancer Research Equity & Advocacy Through Engagement (C.R.E.A.T.E) Initiative is a part of UNC Lineberger Comprehensive Cancer Center. We work to increase awareness about clinical trials. We focus our efforts on patients who are not fairly represented in cancer research.

Clinical Trial Patient Navigation & You

UNC Lineberger's Clinical Trial Patient Navigator (CTPN) Program supports patients and their caregivers who are interested or considering clinical trial-based care.

A CTPN helps patients better understand how clinical research works, how to speak to your doctor about clinical trials or how to ask questions about them, and how to find and enroll in a trial that may benefit you.

They partner with patients to address your questions and concerns about taking part in research, and facilitate discussions with your provider to help you learn more about your options.

The CTPN also connects patients to resources and support that help make taking part in a clinical trial easier and more possible for you.

Our Clinical Trial Patient Navigator is here to help. Reach out via email, scan the QR code to learn more, or speak to your doctor for a referral.



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