

Key Considerations for Joining a Clinical Trial

As part of your treatment journey, your health care team may suggest joining a clinical trial, a research study that helps the medical community find new ways to prevent, detect, or treat diseases safely and effectively.ⁱ



What Are the Potential Benefits of Participating in a Multiple Myeloma Clinical Trial?

If eligible, participating in a clinical trial may grant you access to an investigational therapy that may not otherwise be available to you. Some other benefits may include:ⁱⁱ

- Giving you access to a new treatment with the potential to work better for you or have different side effects than those currently approved
- Visiting more frequently with your health care team, with specialized care and supervision to monitor the treatment
- Helping others with multiple myeloma by advancing research of the disease
- You may be eligible for a free study drug and care

What Are Some Other Considerations for Participating in a Clinical Trial?

There are other considerations involved in participating in a clinical trial which you should discuss with your health care team, such as:ⁱⁱ

- The new treatment may have some associated side effects
- If it is a randomized trial, you may or may not receive the drug being studied
- You can't be certain that the drug being studied will work for you
- Your health insurance may not cover all costs of the clinical trial, so you should be sure to talk to your insurance provider before deciding to participate



To learn more about clinical trials you can visit the National Cancer Institute's site, which contains many informative resources:

cancer.gov/about-cancer/treatment/clinical-trials/what-are-trials

What Should I Ask My Health Care Team?

The decision to participate in a clinical trial should be made between you, your care partner and health care team. Here are some helpful questions to ask your team: ⁱⁱⁱ

- Are there any trials currently available for me?
- Why are you recommending this trial?
- What are the commitments and expectations if I participate in a trial?
- Is this a randomized trial where I may or may not receive the drug being studied?
- Who will be in charge of my care?
- What are the potential side effects?
- How will you monitor the safety of participants in the study?
- How long will the clinical trial last?
- If the treatment is working, can I keep getting it after the clinical trial ends?
- Who is sponsoring the trial?
- How will my medical information be protected?
- Are there costs to participate?
- Will insurance cover the treatment?
- What are other cost considerations (including travel to treatment centers)?
- Are there programs available to me that may be able to help offset the cost of my participation?

How Do I Find a Clinical Trial?

If you are interested in learning more about participating in a clinical trial, you should ask your health care team if there are any trials you may be eligible for that are currently enrolling patients. You can also look at the National Cancer Institute's list of clinical trials specific to multiple myeloma^{iv}

Additional resources can be found at:

- **All4Cure:**
Website: all4cure.com
- **Lazarex Cancer Foundation:**
Tel: 877-866-9523 | Website: lazarex.org
- **SparkCures:**
Tel: 888-828-2206 | Website: sparkcures.com

ⁱ Clinical Trials. National Heart, Lung, and Blood Institute (NHLBI). Accessed Oct. 29, 2020. Available at: nhlbi.nih.gov/health-topics/clinical-trials

ⁱⁱ American Cancer Society. Clinical Trials: What You Need to Know. Accessed Oct. 29, 2020. Available at: cancer.org/content/dam/CRC/PDF/Public/6800.00.pdf

ⁱⁱⁱ Cancer Support Community. Frankly Speaking About Cancer: Clinical Trials. Updated November 2016. Accessed Oct. 29, 2020. Available at: cancersupportcommunity.org/sites/default/files/migrated/pdf/clinical_trials_booklet.pdf

^{iv} National Cancer Institute. Treatment Clinical Trials for Multiple Myeloma. Accessed Oct. 29, 2020. Available at: cancer.gov/about-cancer/treatment/clinical-trials/disease/multiple-myeloma/treatment