

Research Can Improve People's Health

Research helps doctors and scientists better understand, prevent, and treat diseases.

Research also helps scientists find out if medicines work and are safe for people to use.



Some other words that describe research are:

- study
- clinical trial
- protocol



How YOU can become a research volunteer:

Ask your doctor or nurse. They might know if there is a research study that is right for you.



Become a Research Volunteer

Research *needs* you
It's **YOUR** decision



Research has led to important discoveries that make our lives better.

Some examples are:

- new medicines to treat cancer, diabetes, heart disease, HIV/AIDS, and other diseases & conditions
- vaccines
- ways to stop smoking
- faster medical imaging machines

For more information about participating in research studies please visit or call:

www.clinicaltrials.gov

www.stjhs.org/center-for-clinical-research/clinical-trial-opportunities/

www.stjhs.org/research



U.S. Department of Health & Human Services
Food & Drug Administration
Office of Minority Health

Why should YOU volunteer?



It is important for research studies to include volunteers from diverse populations.

As a volunteer, you can:

- benefit society by helping researchers find better treatments for you and others in the future
- help researchers discover better ways to fight diseases
- help researchers find out if people process medicines in different ways

What are the risks?

The medicine being tested may be new, so you may have side effects the doctor does not expect.

Many side effects don't last long and go away when treatment is stopped.

In rare cases, side effects can be serious or even life-threatening.

Before you choose to volunteer, risks should be fully explained to you.

You will be given detailed contact information in case of severe side effects or emergency.

If the medicine you receive in the study turns out to be harmful, the study is stopped.

How are YOU protected?

Before you agree to volunteer, you need to get the facts. The research team is required by law to explain all the study details, including potential benefits and risks.

To show you understand what will happen during the study, and you agree to volunteer, you sign a special document called "informed consent." You can obtain help from a representative legally authorized by you if you don't understand the document.

This is not a contract. You can leave the study at any time for *any* reason.

Every study is monitored to make sure it is as safe as possible.

Your study records are private and confidential. The research team, your doctor or nurse will have access to your records.

Questions YOU should ask:

- What is the study trying to find out?
- What exactly will happen to me in the study?
- How long will the study last?
- Will the study help me personally?
- What are the risks? Will there be any side effects?
- What are the side effects? Will I get help/treatment for the side effect if I get any?
- Who will pay for my enrollment in the study? Will it cost me anything personally?
- Will I receive money for being in this study?
- What other options do I have?
- What are the potential risks if I'm pregnant or become pregnant?

