

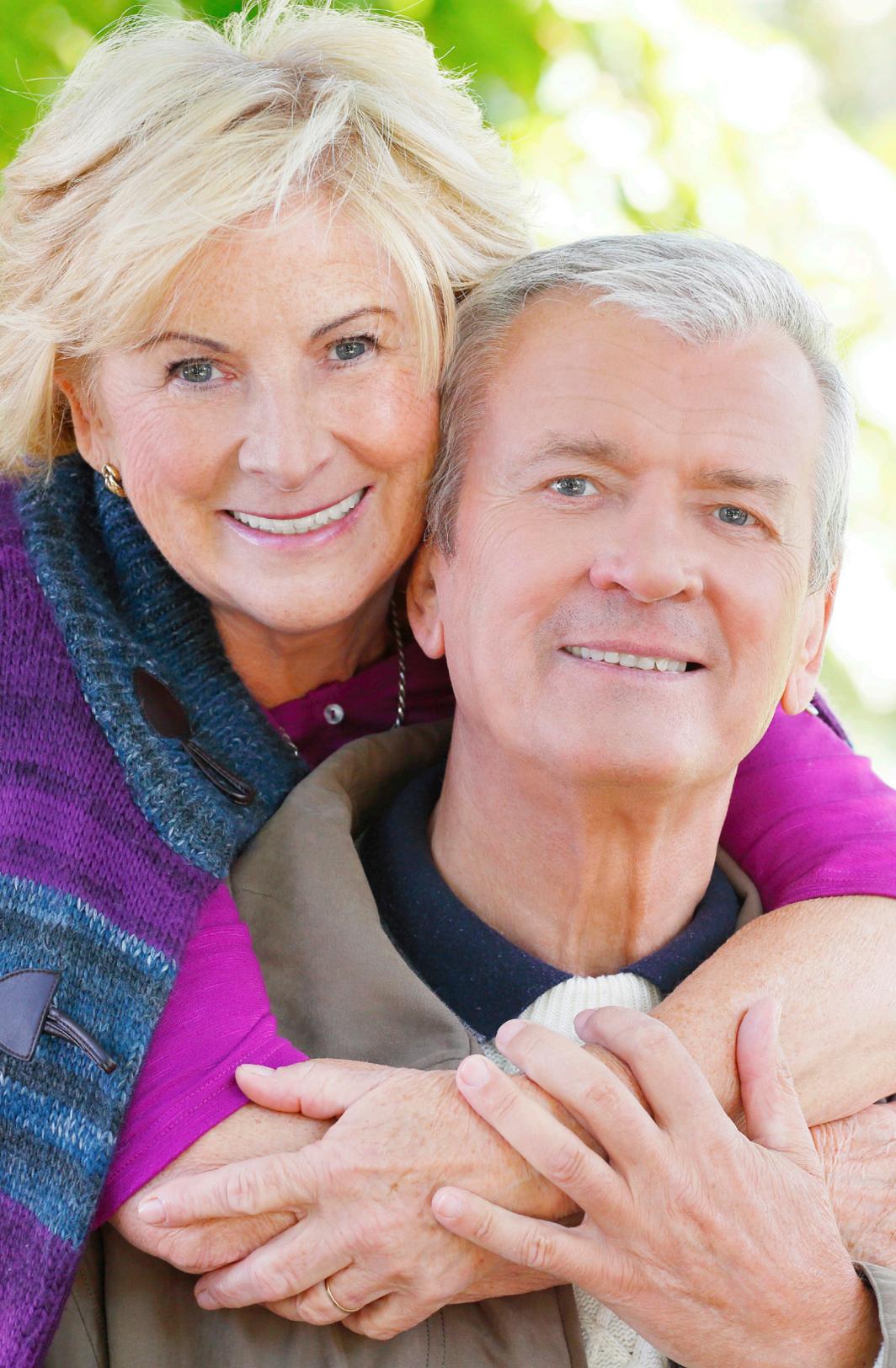
UNDERSTANDING SERIES

LUNG CANCER CLINICAL TRIALS

GO₂ FOUNDATION
FOR LUNG CANCER

1-800-298-2436 | go2foundation.org

A GUIDE FOR THE PATIENT



THE BASICS ABOUT CLINICAL TRIALS

WITH MORE INFORMATION YOU CAN MAKE BETTER CHOICES.

The decision to take part in a clinical trial is an important one and you are likely to have questions. We hope this brochure can guide discussions with your family and treatment team and help you decide whether a clinical trial is right for you.

There are hundreds of lung cancer clinical trials going on today. By participating you may find a treatment that works for you while playing an important role in moving research forward for other patients. Patients who enroll in clinical trials receive high quality cancer care and may be among the first to benefit from a new treatment that later proves to be effective.

By understanding all of your treatment options, including clinical trials, and being active in treatment decisions you may feel more in control. You may also impact future treatment options for other patients. The lung cancer treatments we have today are available because people like you participated in clinical trials.

WHAT IS A CLINICAL TRIAL?

A clinical trial is a research study to determine whether a new drug, combination of drugs, procedure or medical device is safe and effective. Sometimes clinical trials explore different ways of using treatments to make them more effective, easier to use and/or decrease side effects. Clinical trials may also be done to learn how to best use a treatment in a specific group of people.

NOT ALL CLINICAL TRIALS INVOLVE DRUG TREATMENTS.

For example, some trials may compare different methods of surgery or radiation.

Others may involve a new way to measure the size of a tumor. Still others may explore whether one test is better than another test for detecting cancer at an earlier stage. The focus of this brochure is on treatment studies, however the information may be useful to you if you are exploring other types of trials.

TYPES OF CLINICAL TRIALS



TREATMENT STUDIES

Test new or different approaches to treatment.



PREVENTION STUDIES

Focus on preventing disease or stopping diseases from returning.



DIAGNOSTIC STUDIES

Identify new and improved tests or new procedures for diagnosing particular diseases or conditions.



SCREENING STUDIES

Test to find the best ways to detect diseases or conditions.



QUALITY OF LIFE STUDIES

Evaluate the effects of treatments or procedures on comfort and quality of life.



POST-SURVEILLANCE STUDIES

Follow the effects of an approved therapy after widespread use.

PHASES OF CLINICAL TRIALS

Before a new treatment is available to the public, it usually goes through three phases of clinical trials—phase I, phase II and phase III. The new treatment continues from one phase to the next as long as it shows promising results without unacceptable side effects.

It is becoming more typical for the phases to be combined in one trial design, so you may see something like a “Phase I/II” trial. Ask what part of the trial you would be enrolled in and if there are any results from prior phases.

PHASE I

Phase I clinical trials test the new treatment in only a few people (less than 50) and usually only include patients whose cancer has come back or spread and standard treatments are not expected to help. In this phase, the main goal is not to see if the treatment works, but instead to find out:

- Whether the treatment is safe to take.
- What side effects the treatment causes.
- What dose can be given without causing serious side effects.
- If the treatment has a negative effect on the body.
- Whether the treatment keeps the cancer from growing or shrinks it.
- How a drug is metabolized (processed) and eliminated from the body.

PHASE II

Phase II clinical trials involve more patients (usually 100-200) and explore how well the new treatment works. The goals for these studies are the same as phase I but also include learning:

- How the treatment works on particular types and stages of cancer.
- More details about the treatment's side effects.
- More about the best dose and how frequently the treatment should be given.
- If the treatment works well enough to continue to a phase III trial.

PHASE III

Phase III clinical trials involve several hundreds or thousands of patients at many different clinics and hospitals in a single country or around the world. These trials test how well the new treatment works compared to current treatment. Treatments in phase III trials have been found to be as safe as other treatments and seem to be effective during phase I and II trials. Phase III clinical trials explore:

- How long participants stay free of cancer.
- The average time that participants survive with or without signs of cancer.
- How well the cancer responds compared to other treatments.
- Whether the cancer grows more slowly with the treatment.
- How the treatment affects quality of life.
- More details about the treatment's side effects.

Usually if a treatment is found to be safe and effective in phase III, it will be submitted to the Food and Drug Administration (FDA) for approval. The FDA may approve a treatment after phase II if there is strong enough evidence that the treatment is beneficial to patients.



FREQUENTLY ASKED QUESTIONS

Q WHEN SHOULD I CONSIDER SEARCHING FOR CLINICAL TRIALS?

A You may think that clinical trials should only be considered when no other options are available. You should consider clinical trials each time you face a treatment decision, whether it is as soon as you are diagnosed or after you have tried other treatments.

Q WHY SHOULD I CONSIDER JOINING A CLINICAL TRIAL?

A Joining a clinical trial allows you to be active in your treatment, which may make you feel more in control. A trial may allow you to try a new treatment before it is widely available and to play a role in shaping future treatments and improving the lives of other patients.

Q WHAT ARE THE POTENTIAL RISKS AND BENEFITS?

A Below are some potential risks and benefits that should be considered. Remember, only you can decide if joining a clinical trial is right for you.

BENEFITS

- Playing a more active role in your own treatment.
- Being one of the first to benefit if the new treatment is found to be helpful.
- Receiving expert medical care at leading cancer centers.
- Receiving frequent testing, monitoring and support from the study team.
- Making a valuable contribution to lung cancer research.
- Playing an important role in moving research forward for other patients.

RISKS

- Facing unknown side effects or risks.
- Receiving a new treatment that may not work or may be less effective than the traditional approach.
- Changing healthcare teams and the location of your treatment.

Q

HOW DO I JOIN A CLINICAL TRIAL?

A

There are many ways to learn about clinical trials including from your doctor, the media, other patients, friends or family members.

You may also find out about trials for which you may be eligible by calling our HelpLine at 1-800-298-2436 and asking for a Clinical Trial Navigator. Our navigators will ask you a series of questions and can send you information on appropriate trials for you to discuss with your treatment team.

Each trial has a study coordinator. To start the process, you will talk with the coordinator who will ask about your diagnosis, past and current treatments, overall health and other questions to make sure you meet the basic requirements of the trial. You will also be able to ask questions you may have.

You may need to have certain types of testing such as biomarker testing, also known as molecular testing, to see if you are a candidate for a certain trial. There are also some trials that will have you enroll and then test you to determine which part of the study is most likely to benefit you.

Q

HOW MUCH DOES IT COST TO JOIN A CLINICAL TRIAL?

A

Every trial is different. Some do not cover treatment-related costs and not all health plans or insurance companies cover them. If there are costs associated with a particular clinical trial, check with your health insurance company to find out what they cover before making the decision to participate.

In some studies, participants do not have to pay for treatment, medical exams or required lab tests. Travel costs and other out-of-pocket expenses related to participation may also be reimbursed.

Remember, the study team is there to help you understand any costs associated with the trial.



WHAT IS AN INFORMED CONSENT FORM?



Before joining a study you will be asked to sign a document called an informed consent form. By signing you agree that you understand the trial is research, that you are joining of your own free will, know you have the right to ask questions and understand you can leave the trial at any time.

Informed consent also helps to make sure you are aware of the possible risks and benefits that may be associated with the treatment being studied.

Informed consent is not a binding contract. You can change your mind and leave the study at any time.

THE INFORMED CONSENT FORM MUST INCLUDE

- Information about the investigational treatment and why it is expected to work.
- What you can expect as a trial participant, such as number of clinic visits and schedule of treatments and tests.
- Possible benefits, risks and discomfort you may experience.
- Other available treatments you might want to consider.
- Information on any costs associated with the study.

Your study team should give you time to carefully review the consent and will go through it with you to make sure you fully understand it before you sign. You should feel empowered to ask as many questions as you want before signing the informed consent form.



WHAT HAPPENS AFTER I SIGN THE INFORMED CONSENT FORM?



Once you have signed the informed consent form, you will follow the instructions of the doctor leading the study. Even if you have met the basic requirements of the study, you will likely have to go through further tests to make sure that you are able to participate. Each trial has a different schedule that sets out how many study visits are involved and over what period of time. It also details what will happen at each visit and between visits. You will be required to take the assigned treatment as outlined in the study design, to have certain tests and check-ups and to inform your study doctor of any side effects that you notice. You may also be asked to record any side effects and/or your daily activities.

The study team is there to help. If you have questions or concerns, you should feel free to ask them.



HOW IS THE SAFETY OF CLINICAL TRIALS MONITORED?



The FDA has strict rules to protect patients in clinical trials and to make sure they are cared for properly and treated with respect. Before a clinical trial can begin, the study plan (also called a protocol) must be approved by an Institutional Review Board (IRB). An IRB is a committee of doctors, statisticians, patient advocates and others that reviews the study plan to make sure it is set up properly and that participants are not likely to be harmed. Once the study has started, a Data Safety and Review Panel regularly monitors it and will stop the study if it appears to cause more harm than good.

Q

CAN I DROP OUT OF A CLINICAL TRIAL?

A

Yes, taking part in any clinical trial is completely voluntary. Informed consent is not a binding contract and you may leave the study at any time without giving a reason.

There are also other times you could leave a clinical trial before the planned completion date. If the treatment is not working for you, the team may suggest you leave the trial to continue standard treatment and sometimes trials end early. This can happen when the new treatment does not seem to be working well enough to continue the trial. Trials can also end early when the new treatment is working so well that it should be offered to all participants.

If you leave a trial for any reason, you will be offered the best possible treatment option available for your situation.

HELPFUL TIP

To prepare for meeting with the study team, you may want to ask a friend or relative to join you for support and to help you remember what is said. Do not forget to bring along your list of questions and pen and paper to write down the answers.

QUESTIONS TO ASK

- What is the purpose of the study?
- Why do researchers believe the treatment being tested may be effective?
- What kinds of tests and treatments are involved?
- How do the possible risks, side effects and benefits of the study compare with my other treatment options?
- Who will be in charge of my care?
- How long will the study last?
- How often will I have to visit the doctor's clinic/office?
- How long will the visits last?
- What will happen at these visits?
- What happens if my lung cancer gets worse?
- What other medications or drugs can I take while on this study?
- For which costs will I be responsible if I go on the study?
- What type of follow-up care is part of this study?
- What happens if I decide that I no longer want to participate in the trial?

ETHICS IN CLINICAL TRIALS

The type of treatment that would be recommended for you if you were not on a clinical trial is called the “standard of care”. In a clinical trial, sometimes the treatment is “randomized” indicating that not everyone receives the therapy being tested. However, it is important to note those who do not receive the therapy being tested will always receive standard of care.

In some trials, those that do not get the therapy being tested are given a placebo – an inactive substance or treatment that looks the same and is given in place of the treatment being tested. The effects of a test drug are compared to the effects of the placebo. However, the placebo will still be given with the standard of care so you will always receive appropriate therapy.

THE DECISION IS YOURS

As with any important decision, you should take time to think through the benefits and risks of taking part in a clinical trial. You should never feel pressured into entering a study. It is your choice. To make sure you are fully informed you can:

- Make sure all of your questions about the trial are answered.
- Connect with someone who is currently enrolled or has been in a clinical trial who can share their experience.
- Discuss the trial with friends and family.
- Visit lungmatch.org or contact our HelpLine at 1-800-298-2436 to speak with a Clinical Trial Navigator.

By knowing the facts, you can decide whether or not a clinical trial is right for you. Joining a clinical trial may help you and could also find new treatments for others diagnosed with lung cancer.

Lung**MATCH**

WHERE CAN I GO FOR MORE INFORMATION?

For more information about lung cancer and current treatments, to discuss support options or for referral to other resources, please contact us:

HELPLINE | 1-800-298-2436 or support@go2foundation.org

**BIOMARKER TESTING &
CLINICAL TRIAL MATCHING** | lungmatch.org

WEBSITE | go2foundation.org



Empower Everyone. Ignore No One.



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Founded by patients and survivors, GO₂ Foundation for Lung Cancer transforms survivorship as the world's leading organization dedicated to saving, extending, and improving the lives of those vulnerable, at risk, and diagnosed with lung cancer.

GO₂ Foundation works to change the reality of living with lung cancer by ending stigma, increasing public and private research funding, and ensuring access to care.

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