

# American Cancer Society Navigator Notes

## Clinical Trials – Fact or Fiction

### Clinical trials are only used when no other treatment options are available – **FICTION**

Clinical trials look at new ways to prevent, detect, diagnose and treat a disease. Many clinical trials test different forms of treatment, such as a new medical, surgical or radiation therapy technique. Some trials may even study complementary therapies, such as acupuncture or massage. Clinical trials are vital in studying all aspects of medicine, not just cancer.

### Clinical trials are a necessary part of the research that develops new treatments – **FACT**

In the United States, most medications or treatments are studied for about 13 to 15 years before receiving approval from the Food and Drug Administration (FDA). This includes about seven years of laboratory research and eight years of conducting clinical trials to determine if the new study treatment will be better than the standard treatment.

### Clinical trials are conducted in phases – **FACT**

For a treatment to become standard, it usually goes through two or three clinical trial phases. The early phases look at treatment safety. Later phases continue to look at safety and also determine the effectiveness of the treatment.

- Phase I: include a small number of people to determine safe dosages and methods of treatment delivery. This may be the first time the drug or intervention is used with people.
- Phase II: have more participants. The goals are to evaluate effectiveness of the treatment and to monitor side effects. Side effects are monitored in all the phases, but this is a special focus of Phase II.

- Phase III: have the largest number of participants and may take place in multiple health care centers. The goal is to compare the new treatment to the standard treatment. Sometimes the standard treatment may be no treatment at all.
- Phase IV: may be conducted after FDA approval. The goal is to further assess the long-term safety and effectiveness of a therapy. Smaller numbers of participants may be enrolled if the disease is rare. Larger numbers will be enrolled for common diseases such as diabetes or heart disease.

### Placebos are routinely used in cancer clinical trials – **FICTION**

Placebos (inactive medication or “sugar pills”) are *almost never* used in cancer clinical trials. They may be used only when there is no effective, standard treatment available. Patients are told if this is a possibility *before* they decide to participate.

### I won't be allowed to quit the clinical trial – **FICTION**

Participants in clinical research volunteer to take part. When a study is offered, individuals may choose whether or not to participate. If they choose to participate, they may leave the study at any time, for any reason. If you decide to leave the study, talk to your doctor first.

### It is hard to find/enroll in a clinical trial – **FICTION**

Your doctor might recommend a clinical trial, or you might learn about a trial through your own search. A good place to start is the National Institute of Health clinical trials website ([www.clinicaltrials.gov](http://www.clinicaltrials.gov)) or by calling the American Cancer Society. Information can also be found by visiting the websites of medical groups, such as Mayo Clinic at [www.mayoclinic.org](http://www.mayoclinic.org).



Please contact your local patient navigator for additional information.

**Mayo Clinic in Arizona:** Cathy Leavitt, American Cancer Society patient navigator, 480-301-5990.

**Mayo Clinic in Rochester:** Jeri Lensing and Angela Young, American Cancer Society patient navigators, 507.266.9288.

**Mayo Clinic Health System in La Crosse, WI:** Stefanie Haar, American Cancer Society patient navigator, 608.775.1359 or 800.362.9567.

**Mayo Clinic Health System in Eau Claire, WI:** Katie Sarver, American Cancer Society patient navigator, 715.858.6868.



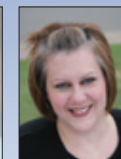
Cathy Leavitt



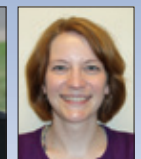
Jeri Lensing



Angela Young



Stefanie Haar



Katie Sarver

# Calendar of Events

## April

### *Relay Rally: Relay For Life Kick Off*

Saturday, April 14, 2012

9:30 to 10:30 am

Chateau Theater, Rochester, MN

American Cancer Society hosts a PepFest to kick off the 2012 Relay for Life season in Olmsted County.

For more information contact Ross Messick at 507-424-4616.

### *Barnes and Noble Book Fair for Relay for Life*

Saturday, April 21, 2012

10:00 am to 4:00 pm

Apache Mall, Rochester, MN

Come meet relay participants, learn more about Relay for Life and the American Cancer Society, and listen to children's stories read by the Relay Mascot. Proceeds from all sales support the Olmsted County Relay for Life. Admission is free. For more information contact Ross Messick at 507-424-4616.

### *Evening of Hope Sock Hop*

Thursday, April 26, 2012

Somerby Golf Club, Byron, MN

Join the American Cancer Society for the 5th Annual Hope Lodge Evening of Hope Sock Hop. The evening will

support the operating budget of the Sandra J. Schulze American Cancer Society Hope Lodge and feature dinner, entertainment, and silent and live auctions. For more information contact 651-255-8162 or e-mail [gia.demedici@cancer.org](mailto:gia.demedici@cancer.org)

## May

### *Spirits and Heaven Wine and Chocolate Tasting*

Friday, May 18, 2012

6:00 to 9:00 pm

Rochester Civic Theater

The event will feature dozens of wines, chocolate from Southeast Minnesota's finest producers, a silent auction and musical entertainment. Admission is \$30 per person, or \$25 with a coupon from Apollo Liquor.

### *Stay Out of the Sun Run*

Friday, May 18, 2012

6:30 pm

10K run-5K run/walk

Holy Spirit Catholic Church  
Rochester, MN

Proceeds go to Melanoma Research & Education at the Mayo Clinic Cancer Center. For additional information about registration please visit

[www.sosrun.org](http://www.sosrun.org) or call 507-282-4576 or e-mail [susan@sosrun.org](mailto:susan@sosrun.org); [tim@sosrun.org](mailto:tim@sosrun.org)

## June

### *National Cancer Survivors Day*

Sunday, June 3, 2012

10:30 am to 2:00 pm

Rochester International Event Center

Cancer survivors, their families and friends are invited to a celebration of life at the 25th annual National Cancer Survivors Day. The event is sponsored by Mayo Clinic Cancer Center and the American Cancer Society. Admission is free for cancer survivors and two guests. Additional guests are welcome to attend for a nominal fee of \$5 per person. Reservations are required by May 29, 2012. To register, call (507) 538-6001 or e-mail [canceredprog@mayo.edu](mailto:canceredprog@mayo.edu)

### *Get Your Rear in Gear Rochester 5K walk/run*

Saturday, June 23, 2012

7:00 – 9:00 am Registration

8:30 am kids' fun run; 9:00 am 5K

East Silver Lake Park, Rochester, MN

For more information visit [www.getyourrearingear.com](http://www.getyourrearingear.com) or contact Geri Barrett at 651-269-3068 or [gbarrett@comcast.net](mailto:gbarrett@comcast.net)

## The Stephen and Barbara Slaggie Family Cancer Education Center

Mayo Clinic is dedicated to providing information and resources to support patients and their caregivers during a cancer journey. Knowledge empowers patients to become active partners in their health care.

### Services

Mayo Clinic staff, volunteers and ACS patient navigators are available to help patients, caregivers, and the public:

- Learn about cancer prevention and detection
- Find out more about a cancer diagnosis
- Explore treatment options
- Understand clinical research
- Connect to educational sessions and support groups
- Address survivorship issues
- Locate additional support resources, such as financial assistance, lodging, transportation, wigs, and prosthetics



The Center is open to anyone interested in learning more about cancer.

**Location: Gonda Building, Street Level, Rochester, MN**

**Hours: 8 a.m. to 5 p.m., Monday through Friday • Phone: 507-266-9288**

**Living with Cancer blog: [www.mayoclinic.com/health/living-with-cancer-blog/MY00850](http://www.mayoclinic.com/health/living-with-cancer-blog/MY00850)**

MAYO CLINIC | 200 First Street SW | Rochester, MN 55905 | [mayoclinic.org](http://mayoclinic.org)

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