



GUIDE TO CLINICAL TRIALS

What are Clinical Trials?

Clinical trials are research studies that test new treatments or procedures to see if they are safe and effective. These trials are essential for developing new therapies and improving existing ones. They are conducted in phases, each designed to answer specific research questions.

Phases of Clinical Trials:

- Phase I: Tests the safety of a new treatment in a small group of people.
- Phase II: Focuses on the effectiveness of the treatment and further evaluates its safety.
- Phase III: Compares the new treatment with the current standard treatment in a larger group of people.
- Phase IV: Conducted after the treatment is approved to monitor its long-term effects.

Why should I consider a Clinical Trial?

- Sarcomas are a group of cancers with many subtypes, most are rare or ultra-rare. Because of this, often there are few treatment options.
- For patients with sarcoma, clinical trials can provide access to new therapies that are not yet available to the public.
- Participation in clinical trials can lead to a treatment that works, especially when treatments are matched to specific characteristics in each patient's cancer.

Continue reading for

A how-to guide to find a trial, an example trial, and FAQs.

HOW TO: FIND A CLINICAL TRIAL

1

Visit ClinicalTrials.gov

Start by typing in words or phrases in at least one of the basic (default) search filters.

- Condition or disease (for example, sarcoma)
- Other terms (for example, a specific drug name)
- Intervention/Treatment (for example, radiation therapy or chemotherapy)
- Location (search by address, city, state, or country)

Select the **Study Status**

- Automatically set to search for “All studies”
- Can also select “Recruiting or not yet recruiting studies” to search only for studies that are looking for participants

Click the **Search** button on the bottom right side of the screen.

Narrowing your search

You can add **More Filters** to get fewer, more specific results.

2

To apply **More Filters** to your search

- Open the More Filters menu on the home page
- Select the filters you want to apply from the menu of options
 - For example, under Eligibility Criteria, you can select studies that are looking for adults from 18-64 years old.
- To remove a filter, uncheck the box next to the filter

3 Questions to ask before you search, to help you find specific studies,

Are you interested in participating in a clinical study?

Change the Study Status filter to Recruiting and not yet recruiting studies. Those are the studies looking for participants.

Do you want to find clinical studies focused on a certain disease?

Use the Condition or disease filter. Type in the name of the disease or condition and select from the drop-down list.

Are you looking for studies located close to home or a specific location?

Use the Location filter and search by “Current location” or enter an address and select from the drop-down list.

For more information, visit ClinicalTrials.gov, an online database of clinical research studies and information about their results. This website lists up-to-date information on clinical studies in the US and internationally. The purpose is to provide information to the public, researchers, and health care professionals

An Example Sarcoma Trial

PHASE 3 STUDY TO TREAT PATIENTS WITH SOFT TISSUE SARCOMAS

Example search criteria selected



Purpose: The purpose of this study was to determine the efficacy and safety of Aldoxorubicin (a chemotherapy drug) in patients with metastatic, locally advanced, or unresectable soft tissue sarcomas (STS).

Phase: This was a Phase 3 clinical trial.

Who was eligible: Patients aged 15 to 80 years with recurrent or refractory malignant solid tumors, specifically advanced STS.

Additional study specific inclusion and exclusion criteria also applied.

Results: Among patients with STS treated at the maximum targeted dose, the median progression-free survival was 4.0 months, compared with 2.9 for the control treatment. For patients with L-sarcomas (lipo+leiomyo), this was found to be significantly better than standard treatments.

[SEE FULL CLINICAL TRIAL](#)

Frequently Asked Questions

Do I have to be at a particular institution to be involved?

- No, many trials are multi-center and allow participation from various locations. You can find trials at an institution near you using the search options described above.

What are the phases of clinical trials?

- Phase I: Tests the safety of a new treatment in a small group of people.
- Phase II: Focuses on the effectiveness of the treatment and further evaluates its safety.
- Phase III: Compares the new treatment with the current standard treatment in a larger group of people.
- Phase IV: Conducted after the treatment is approved to monitor its long-term effects.

Are there costs associated with participating in a trial?

- Typically, trial-related costs are covered, but patients may incur travel and accommodation expenses. Your clinical team should be able to talk with you about cost.

@reininsarcoma

WWW.REININSARCOMA.ORG