What is a Clinical Trial?

Clinical trials help to answer the question, “Will this drug help people and is it safe?”

In clinical trials, people volunteer to test new treatments, interventions, or tests, so researchers can determine what does and doesn’t work. Clinical trials also help researchers and doctors decide if the benefits outweigh possible side effects.

Lupus research has been greatly advanced by the caring people who participate in clinical trials. In these studies, scientists and participants work together to find safer, more effective ways to diagnose, prevent, and ultimately cure lupus.

African Americans and Lupus

The hope of Clinical Trials

Smart Questions to Ask About Participating in a Clinical Trial

• How long will I be in the study?
• Can I keep taking my other medicines?
• How often will I have checkups, have to give blood or undergo other tests?
• How will participation affect my ability to work, go to school, take care of my kids?
• Will I need someone to drive me to doctors’ appointments and lab tests?
• Will this affect my ability to have children some day?
• Can I keep seeing my regular rheumatologist and other doctors?
• Will I get reimbursed for travel and/or childcare costs?
• Will I find out the results of the trial I was in?
• Can I take the experimental medicine after I complete the trial?

For more information on lupus clinical trials visit LupusTrials.org

LEARN HOW YOU CAN HELP

About the Lupus Research Alliance

The Lupus Research Alliance is transforming the lives of people affected by lupus through the power of science to drive new treatments, prevent disease progression, and find a cure. Because the Board of Directors funds all Lupus Research Alliance administrative and fundraising costs, 100% of all other donations go directly to support research programs.

LEARN HOW YOU CAN HELP

Lupus—a Particular Health Problem for African Americans

In lupus, the immune system, which is designed to protect against infection, creates antibodies that attack the body’s own tissues and organs – the kidneys, brain, heart, lungs, blood, skin, and joints.

More than 90% of people with lupus are women

Most commonly, lupus first strikes between the ages of 15 to 44.

African American women are 3-4 times more likely to develop lupus than Caucasian women.

Of any race, African Americans develop lupus at a younger age and have worse symptoms. African Americans with lupus are 3+ times more likely to die than Caucasians.

Lupus Needs More Treatments

There is no known cure for lupus. Five treatments are commonly used, and only one was developed specifically for the disease.

But all drugs must be tested in clinical trials to be approved by the U.S. Food and Drug Administration as treatments for lupus. And volunteers that represent every potential patient group are critically important.
Why Participate in a Clinical Trial?

Possible Benefits
For some people, enrolling in a clinical trial may be the chance to get state-of-the-art treatment and specialized medical attention. Some trials even pay for travel costs, or other trial-related expenses.

For others, participation in a trial may be a chance to try new medicines, learn more about the disease, and have the personal satisfaction of helping science find answers.

Possible Risks
The medicine being tested may not work. Side effects may be serious or unpleasant.

A health professional must explain the possible risks and side effects during the informed consent process.

Why African Americans are Needed for Clinical Trials
African Americans make up 13% of the U.S. population but are under-represented in many clinical trials testing potential treatments. Only 5% of all trial participants are African American.

Medicines can affect people differently, and must be tested among each potential patient group—by race, gender, age, and ethnic background so doctors can know how to use safely and effectively.

It is especially important for African Americans, who tend to have more severe complications, to participate in trials so potential lupus treatments can be tested.

Lupus Clinical Investigators Network Sites
The Lupus Research Alliance launched the Lupus Clinical Investigators Network (LuCIN) to accelerate the identification and development of new therapies for treating lupus. LuCIN is made up of leading lupus experts at top research centers throughout the U.S. and Canada. Several promising studies are underway through LuCIN.

Alabama
University of Alabama at Birmingham

California
Stanford University
University of California – Irvine
University of California – Los Angeles
University of California – San Diego
University of California – San Francisco
University of Southern California
Wallace Rheumatic Studies Center

Colorado
University of Colorado

Connecticut
Yale School of Medicine

Florida
University of Florida
University of Miami

Georgia
Emory University

Illinois
Northwestern University
Rush University Medical Center
University of Chicago

Maryland
University of Maryland School of Medicine

Massachusetts
Beth Israel Deaconess Medical Center
Brigham and Women’s Hospital
Massachusetts General Hospital
University of Massachusetts – Worcester

Michigan
University of Michigan

Minnesota
Mayo Clinic

Mississippi
University of Mississippi

Missouri
Washington University School of Medicine

New York
Albert Einstein College of Medicine
Columbia University Medical Center
Feinstein Institute for Medical Research
New York University
Northwell Health
State University of New York – Syracuse
The Hospital for Special Surgery
University of Rochester

North Carolina
University of North Carolina at Chapel Hill
Wake Forest University School of Medicine

Ohio
Case Western Reserve University – MetroHealth Medical Center
The Ohio State University

Oklahoma
Oklahoma Medical Research Foundation

Pennsylvania
Allegheny General Hospital
Penn State University/Hershey Medical Center
Temple University
University of Pennsylvania
University of Pittsburgh

South Carolina
Medical University of South Carolina

Tennessee
University of Tennessee Health Science Center
Vanderbilt University

Texas
University of Texas – Southwestern

Washington
University of Washington
Virginia Mason/Baranoya Research Institute

Canada
Arthritis Research Canada
McGill University
McMaster University
The University of Alberta
The University of Calgary
The University of Western Ontario
Université Laval - Québec
University of Manitoba
University of Toronto
University of Vancouver

VISIT LuCIN.org