

## How can research help you?

Research can improve your health and your loved ones' health. It helps doctors and scientists better understand, prevent, and treat diseases and determine which medications work safely for different people. The results are important and can make our lives better through discoveries such as the following:

- Medications to treat cancer, diabetes, HIV, heart disease, and other conditions
- Vaccines to prevent infections
- Strategies to stop smoking
- Machines that help doctors diagnose conditions more accurately

“

Clinical trials are an important way to help develop new treatments to fight diseases that impact our communities.

- Shirley Miller

”

We all deserve the best possible care, and participating in a clinical trial can help us get closer to achieving that.

- Quinyardo McClain

## How can you become a research participant?



Ask your health care provider if there is a research study that is right for you. You can also search for clinical trials in your area at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

### FOR MORE INFORMATION



[www.clinicaltrials.gov](http://www.clinicaltrials.gov)  
[www.fda.gov/healthequity](http://www.fda.gov/healthequity)



[healthequity@fda.hhs.gov](mailto:healthequity@fda.hhs.gov)



1-888-INFO-FDA  
(1-888-463-6332)



@FDAHealthEquity

## RESEARCH NEEDS YOU



FDA Office of Minority  
Health and Health Equity



## What is a clinical trial?



Clinical trials are research studies involving human volunteers to evaluate medical products like medications, vaccines, or devices for safety and effectiveness. These studies may also show which medical products or therapies work best for people with certain illnesses or for certain groups of people. Researchers must follow strict procedures and the FDA's safety requirements to make each trial as safe as possible.

### **Participation in clinical trials is always voluntary.**

Both healthy volunteers and those with health conditions are needed to help answer research questions.

Clinical trials occur in many locations and can be short or long. Different types of clinical trials are conducted depending on what the researchers are studying. For example, participants can receive a possible treatment, be asked to change a behavior, or be monitored for changes in their health over time.

## Why should you volunteer?



In order to represent the patients that may use a medical product or therapy, research studies need diverse participants, including people of all races and ethnicities.

By volunteering, you can:

- Help researchers find out how people process medications differently and if medications are safe.
- Benefit society by helping researchers find better ways to prevent and fight diseases that may affect you or your loved ones in the future.
- Benefit yourself by helping researchers find ways to keep people of your unique background and profile healthy and treat conditions that may affect you so you can live a healthier life.

**Ensuring diversity in clinical trials is key to advancing health equity.**

## What are the risks?



Before you volunteer, the research team is required by law to give you the important facts about the trial. They will tell you everything you need to know so you can decide whether or not you would like to participate. To show that you agree to participate in the trial and fully understand the benefits, risks, and your rights, you will be asked to sign an **informed consent form**. This is not a contract.

The medical product being tested may be new, so you may have side effects the health care provider does not expect. You will be told who to contact if there is an emergency. The study will be stopped if the medical product turns out to be harmful.

Another possibility is that the tested product may not work, or you may be placed in the control group. The control group may receive a standard treatment or an inactive product (for example, sugar pills) to help make sure the results of the study are accurate.

## How are you protected?

**You can leave the study at any time for any reason without penalty.** Your health and well-being are a priority. Studies are monitored to make sure they are as safe as possible.

Your study records are confidential and can only be seen by the research team, health care providers, and the FDA.