

What is a clinical trial? ^[1]

A clinical trial is a research study that is done to find out if a treatment can improve people's health. A treatment can be a drug, medical device, medical procedure, or a change in a person's behavior such as diet or exercise. People who take part in clinical trials are volunteers. They may also be called "participants" or "subjects."

Clinical trials cannot be done without the people who choose to participate. Some reasons that people choose to participate in clinical trials are:

- to play a more active role in their own health care
- to have the possibility of getting access to new treatments before they are available to the wider public
- to help others by contributing to medical research that finds new or better treatments for people with illnesses and diseases

Why are clinical trials done?

Clinical trials are the fastest and safest way to find treatments that help improve people's health.

When people participate in clinical trials they help contribute to medical research that finds new or better treatments for people with illnesses and diseases. The results of every clinical trial are important because they give researchers more information about the risks and benefits of the treatments in the trial.

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