

Finding Tomorrow's Cures Through Clinical Trials

(NAPSA)—Each year, thousands of people diagnosed with life-threatening diseases find hope in clinical trials. As breast cancer is an important concern for women, many women turn to clinical trials as their best hope for combatting—and even preventing—the disease.

But what exactly are clinical trials? Clinical trials are carefully controlled research studies in which new treatments are tested. They answer scientific questions such as whether a new approach to treatment is safe and effective or is an improvement over the current standard of care. A clinical trial is conducted only when there is some reason to believe that the new treatment may be of value to a patient.

Clinical trials fall into many categories and are used to explore new screening and prevention techniques, new treatments for diseases and methods to improve the quality of life and outcome of patients undergoing treatment.

Each clinical trial has certain conditions that patients must meet before they can enter the study, including:

- Type of disease
- Stage (extent) of disease
- Previous treatments
- Results of laboratory tests
- Current medications
- Medical conditions
- Previous disease history
- Activity level

“Clinical trials give patients access to the most innovative therapies while helping researchers develop the next generation of breast cancer treatments,” said I. Benjamin Paz, M.D., surgical oncologist with the Division of Surgery at City of Hope National Medical Center. “People who take part in clinical trials have the first chance to benefit from new approaches and help to develop the treatments of tomorrow.”

Women with a family history of breast cancer may consider breast cancer prevention trials. City of Hope is a participant in one of the



Clinical trials help answer scientific questions about new treatments and medications.

largest trials ever conducted in the field of breast cancer prevention. The Study of Tamoxifen and Raloxifene, also known as the STAR Trial, is designed to assess whether the osteoporosis-prevention drug raloxifene is as effective as tamoxifen in reducing a woman’s chances of developing breast cancer.

“By enrolling in a clinical trial, individuals can make a difference in both their own lives and the lives of future generations. Most medical treatments available today are the result of clinical trials,” said Dr. Paz.

One way to take direct action in the fight against breast cancer and ensure that more women have access to clinical trials is to participate in **City of Hope’s WALK FOR HOPE TO CURE BREAST CANCER**, a national series of walks and runs that funds critical breast cancer research. To make a donation or to register, call 800-266-7920, or visit the Walk for Hope Web site at www.walk4hope.org. For more information on clinical trials available at City of Hope, visit www.cityofhope.org/clinicaltrials. For patient referrals to City of Hope, call 1-800-826-HOPE.