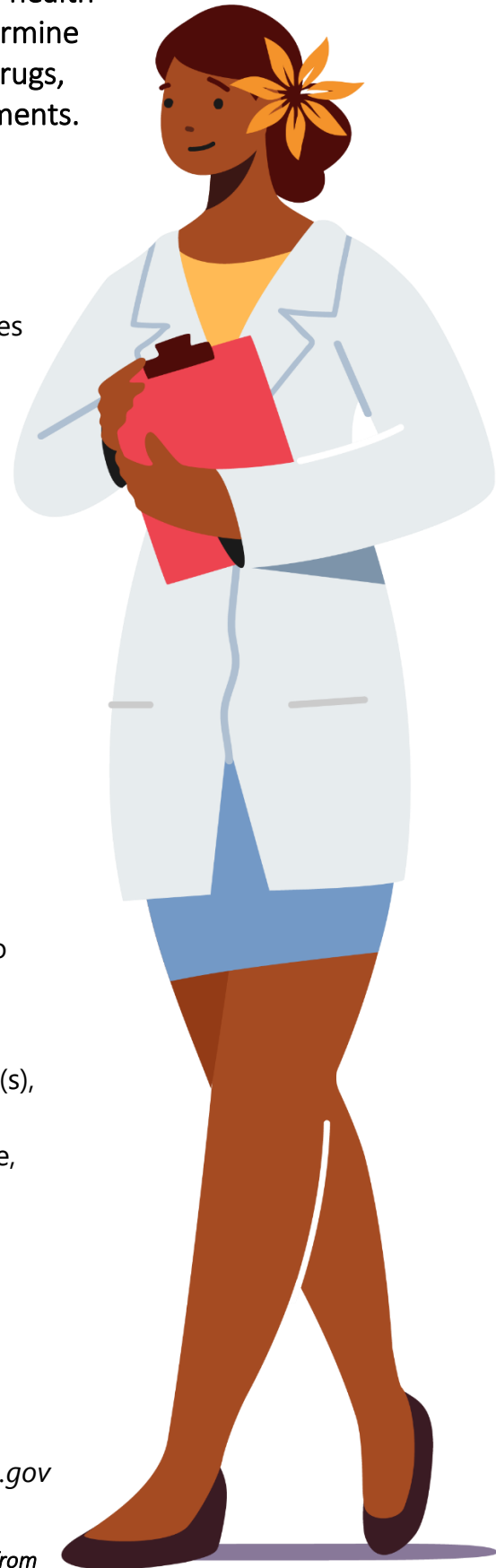


# 5 Facts to Know about Clinical Trials

Clinical trials evaluate the effects of medical interventions on health outcomes in humans. The goal of clinical trials is to help determine the safety and effectiveness of new drugs, combinations of drugs, devices, and treatments, or new ways of using existing treatments.

- ✿ Clinical trials allow doctors and researchers to provide the scientific reasoning behind advice to patients. Even if the outcomes are not what was anticipated, they can provide helpful insight to develop a better understanding of diseases and methods of diagnosis, treatment, and prevention.
- ✿ Clinical trials can show researchers what does and does not work in humans that cannot be learned in a laboratory or in animals.
- ✿ Clinical trials are a long process; they are designed this way to thoroughly evaluate safety and effectiveness before a treatment reaches the public. Trials can be delayed when there are not enough patient volunteers.
- ✿ Participating in clinical trials is voluntary. Patient volunteers in clinical trials are carefully monitored and may have more tests administered than at usual health care appointments. Patient volunteers who take part in a clinical trial may do so in a hospital, clinic, or doctor's office.
- ✿ People with the same disease, or using the same treatment(s), may have different experiences. The lived experiences of people vary based on factors such as race, ethnicity, income, location, sexual orientation, gender identity, and others. Diversity in clinical trials is important to learn about the safety, effectiveness, benefits, and risks for people with different lived experiences. Trials should represent the population of people that will use the treatment.



*To learn more about clinical trials and how to participate, visit [nih.gov](https://www.nih.gov)*