RESEARCH FAST FACTS

Clinical Trials

RESEARCH SAVES LIVES

Clinical trials are an important step in discovering new ways to treat breast cancer. Whether a new therapy, procedure or test becomes part of standard treatment for breast cancer depends largely on clinical trial results.

What is a clinical trial? Clinical trials or studies involve people who volunteer to take part in these research studies. There are two types of clinical trials: interventional and observational. In an interventional study, the participant is assigned to a group that receives one or more interventions such as a new drug, device, procedure or diagnostic test, to test its safety and efficacy. In an observational study, participants are not assigned to an intervention – they are only observed and the outcomes measured by researchers. These types of clinical studies are often used to identify cancer risk factors or behaviors among different populations, or identify survivorship issues.

Clinical trials investigate more than just new treatments. They may also test other products such as new tools, devices or methods to assess risk, prevent or diagnose breast cancer. In some trials, such as observational trials, the product of the trial is knowledge, or an approach, that may contribute to improvements in breast cancer care such as information about risk or survivorship support.

How do clinical trials work? Clinical trials are part of the enormous effort needed to bring various products or knowledge about breast cancer care to patients. The long journey—which can take up to 15 years and cost more than $2.5 billion—begins in the lab, where thousands of scientists spend years testing tens of thousands of ideas. Through a long and difficult process of elimination, researchers narrow their ideas down to just a few. Next, resources and funding must be secured to test the most promising ideas in clinical trials.

Clinical trials are then conducted through an orderly series of steps or phases that build on one another. Each phase is designed to answer certain questions. Many volunteers are needed to take part in clinical trials. Those who participate help further the knowledge base that helps improve breast cancer care. At the end of this long journey, just one product or idea, out of thousands, is brought to patients.

Clinical trials are at the heart of all medical advances. Conducting trials is a long, expensive process filled with stops and starts, but today’s clinical trials will lead to new and improved standards of care for breast cancer in the future.

<table>
<thead>
<tr>
<th>3 to 6 years</th>
<th>6 to 7 years</th>
<th>.5 to 2 years</th>
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</thead>
<tbody>
<tr>
<td><strong>Basic Research/Drug Discovery</strong></td>
<td><strong>Pre-Clinical Research</strong></td>
<td><strong>Clinical Trials</strong></td>
</tr>
<tr>
<td>5,000-10,000 potential products</td>
<td>250 potential products</td>
<td>5 potential products</td>
</tr>
<tr>
<td><strong>Phase 1</strong></td>
<td><strong>Phase 2</strong></td>
<td><strong>Phase 3</strong></td>
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<tr>
<td>Tests how a new product should be used and whether it’s safe.</td>
<td>Tests whether the new product works and is beneficial.</td>
<td>Compares the effectiveness of the new product against the current standard treatment.</td>
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<tr>
<td>20-100 volunteers</td>
<td>100-500 volunteers</td>
<td>500-5,000 volunteers</td>
</tr>
<tr>
<td>“Funding Valley of Death”</td>
<td>FDA Review</td>
<td>1 approved product</td>
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For more information, call the Komen 1-877 GO KOMEN (1-877-465-6636) Clinical Trial Information Helpline

Read more about the importance and benefits of clinical trials, and how to take part in a clinical trial. Learn more about Clinical Trials

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Lymphoseek® is more effective at identifying which lymph nodes contain cancer and results in fewer side effects than the traditional diagnostic test, which uses blue dye and radioactive tracer.

Findings from the TAILORx clinical trial used the Oncotype Dx biomarker test and big data to show that 70 percent of women with hormone receptor-positive breast cancer may not need chemotherapy.

WHAT WE’VE LEARNED from Komen-funded clinical trials

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