

ABOUT TROG CANCER RESEARCH

TROG Cancer Research is one of Australia's leading independent cancer clinical trials groups. Since 1989, TROG Cancer Research has conducted more than 130 clinical trials, with a particular focus on radiation therapy.



130+

clinical trials



1 in 2

people with cancer
can benefit from
radiation therapy



15,800+

trial participants

Our research covers many different cancers including:

- breast
- prostate
- brain
- lung
- head and neck
- skin
- gastrointestinal
- gynaecological

TROG Cancer Research works closely with patients, clinicians and cancer centres across Australia and New Zealand to help shape the future of cancer care for patients everywhere.

“Because of what has been my good fortune, the treatment used in the clinical trial that I participated in will now be used for all patients in the same position that I was in, and this benefit will be ongoing to countless patients worldwide.”



Charlie, participant in the 'FASTRACK II' kidney cancer trial

MAKING AN INFORMED DECISION

Deciding whether to take part in a clinical trial is a personal choice.

Your doctor or cancer care team can help you understand whether a clinical trial may be suitable for you, what taking part would involve, and the possible benefits and risks.

By taking part in clinical trials, patients help build the knowledge needed to develop better, safer treatments and improve cancer care for future generations.

Whatever you decide, your usual care will continue.

Your privacy

If you take part in a clinical trial, your personal and health information will be handled confidentially and stored securely. Clinical trial results may be published, but your identity will be protected in all reports and publications.



FIND OUT MORE

Speak with your doctor or cancer care team, or contact TROG Cancer Research.

TROG CANCER RESEARCH



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TROG Cancer Research is the trading name of Trans Tasman Radiation Oncology Group Ltd.



TROG | **CANCER
RESEARCH**

Radiating HOPE

CANCER CLINICAL TRIALS

A guide for patients,
families and carers

**Helping improve cancer treatment
today and for future generations.**

Every improvement in cancer treatment starts with research. This brochure explains what cancer clinical trials are, what taking part may involve, and how TROG Cancer Research is helping improve cancer care.

WHAT IS A CANCER CLINICAL TRIAL?



A cancer clinical trial is a carefully designed research study that tests new or improved approaches to cancer treatment and care.

Clinical trials may compare a new treatment with the current standard treatment to see whether it works better, has fewer side effects, or can be delivered in a safer or more comfortable way.

Clinical trials provide the evidence needed to improve cancer treatment.

WHY ARE CLINICAL TRIALS IMPORTANT?

Clinical trials help to:

- Find safer and more effective treatments
- Improve how cancer treatment is delivered
- Give patients more options
- Reduce treatment side effects
- Improve patients' quality of life
- Improve outcomes for current and future patients
- Help more people live longer

Clinical trials are an important part of improving cancer care. Many of today's standard treatments were first tested in clinical trials.

WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?

By taking part in a clinical trial, you may:

- ✓ Access new or emerging treatments that may not yet be widely available
- ✓ Receive extra monitoring and support from the research team
- ✓ Contribute to better care for future patients

Taking part in a clinical trial may not provide a direct personal benefit. However, your participation will help researchers understand what treatments and approaches work best for different people, including future patients with similar cancers.

WHAT WILL TAKING PART INVOLVE?

Every clinical trial is different. The research team will explain what the clinical trial involves, including any additional appointments, tests or follow-up and you can take your time to decide.

Your clinical trial journey may include:

- **TRIAL DISCUSSION:** Learn about the trial.
- **INFORMED CONSENT:** Decide whether to take part.
- **SCREENING:** Confirm the trial is suitable for you.
- **BEFORE TREATMENT:** Attend required appointments or tests.
- **TREATMENT:** Receive the trial treatment.
- **FOLLOW-UP:** Complete follow-up appointments, tests, or surveys. Your health may be monitored for several years.

If being in a trial is helpful in learning the best way to treat people with the horrible 'C' - cancer - I'm happy to have taken part".

Mavis, participant in the 'TOPGEAR' gastric cancer trial



ARE CLINICAL TRIALS SAFE?

Patient safety is the highest priority in every clinical trial.

Before a trial can begin, it is reviewed and approved by experienced researchers, clinicians, a Human Research Ethics Committee, and the hospitals or cancer centres involved.

Taking part is voluntary. You can choose not to participate or withdraw from the trial at any time without affecting your usual care.

TROG Cancer Research clinical trials are closely monitored to help protect the safety and wellbeing of participants.



WEIGHING UP THE BENEFITS AND RISKS

With all cancer treatments, there may be some risks or side effects, and clinical trials are no different. The trial research team will explain all possible risks before you decide whether to take part in a trial, and can answer all your questions.

Things to consider include:

- You may experience side effects, which will be closely monitored throughout the trial.
- The new treatment may not work better than the current standard treatment.
- Some trials are **randomised**, meaning a computer assigns participants to different treatment groups.
- In some **blinded** trials, you may not know which treatment you are receiving.
- Trial participation may involve extra appointments, tests, travel or time.

