



## Clinical Trials FAQ

JDRF funds type 1 diabetes (T1D) clinical trials that are critical to bringing new devices and treatments to people with T1D. Currently, there are over 55 JDRF-funded clinical trials underway, to prevent, cure and treat this disease and its complications. Participating in a clinical trial is a great way to contribute. JDRF hopes that, ultimately, these trials will lead to cures for T1D one day.

### What is a clinical trial?

A clinical trial is a research study involving human volunteers that tries to answer a specific health question. Clinical trials closely monitor people’s progress as they take part in the study of an investigational drug, device or method of treatment that has not been approved by the FDA for that specific indication. Carefully conducted clinical trials are the safest and fastest way to find treatments that work.

### Why should I consider participating in a clinical trial?

You can get some — or all — of the following benefits:



Getting access to new treatments and technologies that are not available to the wider public



Receiving health care not covered by your insurance and having access to top diabetes clinics and researchers when enrolled in the clinical trial



Feeling empowered to know that your contribution to clinical research will help advance medical treatments and technologies for future generations



## Who is eligible for a clinical trial?

All clinical trials have guidelines, called eligibility criteria, about who can participate. The criteria are based on such factors as age, sex, stage of disease, previous treatment history and other medical conditions. This helps to reduce the risk to an individual and variation within the study, and to ensure that the researchers will be able to answer the questions they plan to study. Therefore, not everyone who applies for a clinical trial will be accepted.

## Are clinical trials safe?

The FDA works to protect participants in clinical trials and to ensure that people have reliable information before deciding whether to join a clinical trial. Before joining a particular study, you will be given an informed consent form that describes your rights as a participant, as well as details about the study, including potential risks. Signing it indicates that you understand that the trial is research and that you may leave at any time. The informed consent is part of the process that makes sure you understand the known risks associated with the study.

## Where can I find clinical trials?

JDRF has an easy-to-use tool called the **Clinical Trials Connection**, which asks users simple questions — about where they live, the distance they can travel and other characteristics — to match them with trials for which they are eligible. Currently, there are more than 300 clinical trials for people living with T1D and T1D-related complications underway. You can try it out at [jdrf.org/research/clinical-trials](https://jdrf.org/research/clinical-trials).

Other ways to find a clinical trial is to talk with your doctor or through the [clinicaltrials.gov](https://clinicaltrials.gov) search engine.

## Is there a chance I might get a placebo?

In clinical trials, experimental drugs are often compared with placebos to evaluate the treatment's effectiveness. Many clinical trials, however, do not use placebo. Participants who do receive a placebo, however, still receive personalized, quality care from top doctors as part of the study.

I heard that people with T1D are enrolled just after they get diagnosed, in new-onset disease. But I have had T1D for many years. Would I be eligible for a clinical trial?

There are a number of trials that a person with long-standing T1D can enroll in — approximately 100. Go to the **JDRF Clinical Trials Connection**, and enter where you live, the distance you can travel and other characteristics to be matched with clinical trials that you may be eligible for. You can even get up-to-date information when you enter your email address. You can try it out at [jdrf.org/research/clinical-trials](https://jdrf.org/research/clinical-trials).

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Every gift takes us one step closer to curing T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](https://jdrf.org/donate).

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