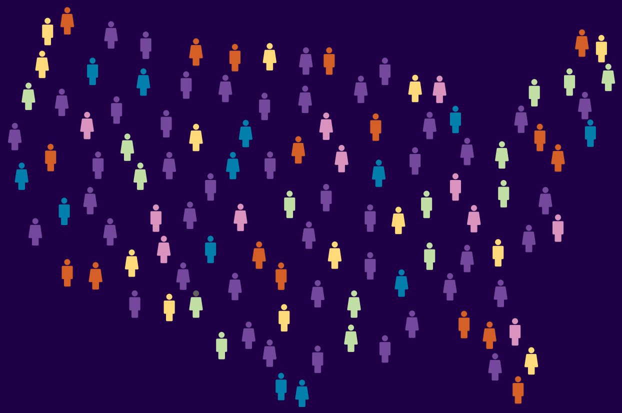
What is a clinical trial?

Clinical trials, also called clinical studies, are research studies that help doctors and scientists learn more about a disease or medical condition and new ways to prevent, diagnose, or treat it.

Clinical trials test investigational study drugs to make sure they are safe and effective for a specific disease, medical condition, or population.



Clinical trials need volunteers from all different backgrounds to ensure all people are represented.

The Sanofi Community Alliance Network is a coalition of organizations and individuals working together to increase clinical trial awareness by providing education, outreach, and support to underserved communities.

We invite you to learn more about clinical trials, the importance of diversity, and what's happening in your community by visiting SanofiCommunityAllianceNetwork.com.

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Clinical Trials & the Importance of Diversity

Clinical trials should represent the diversity of the real-world population.

Ensuring clinical trials are diverse and inclusive is not just the right thing to do. It's also important for scientific reasons.

How a person is affected by a disease or medicine depends on many factors, including age, sex/gender, race/ethnicity, lifestyle (how a person lives), and environment (where a person lives), among others.

Age

Sex/Gender

Race/Ethnicity

Lifestyle

Environment

By ensuring clinical trials represent the diversity of our society, researchers may discover valuable information that helps assess how the investigational study drug works for different groups.

Why should I consider joining a clinical trial?

It's important that clinical trial participants represent the real-world patient population that has (or are at risk of) the disease/medical condition being studied. This way, the trial data represents real-world outcomes.

It's especially important for the clinical trials to include the people most affected by a disease/medical condition. For example:

- Black Americans and Indigenous Peoples have the highest asthma rates compared to other races and ethnicities.[1]
- Black Americans are more at risk for kidney failure than any other race.[2]
- Asian Americans have the highest rates of liver cancer of any ethnic group in the US.[3]
- Black Americans and Hispanic/Latino Americans have higher rates of diabetes than White Americans.[4]

Clinical trials should represent the diversity of the real-world population to make sure the investigational study drug is safe and effective for those who would need it most.

How are people who join a trial protected?

In some communities, there is mistrust due to past mistreatment in medical research.

Today, things are different. Many processes are put into place to make sure:

- Your rights and well-being are protected.
- The trial is ethical (fair).
- Your personal information is appropriately protected.

One of these processes is Informed Consent, where you are given complete, upfront information about:

- Why the study is being done.
- What will happen during the study.
- The possible benefits and risks.

In today's clinical trials, participants' health and safety are the most important things.

References:

1. American Lung Association. Current asthma demographics. Accessed August 19, 2024.
2. American Kidney Fund. Race/ethnicity – Kidney disease risk factors. Accessed August 19, 2024.
3. UCLA Health. Liver disease in Asians. Accessed August 19, 2024.
4. Rodríguez JE, Campbell KM. *Clin Diabetes*. 2017;35(1):66-70. doi: 10.2337/cd15-0048