

## Clinical Studies

### *Advances In Organ Transplantation Begin With You*

The current success of transplantation has been built on research. While transplantation has come a long way, there is still much to do. Researchers at the University of Michigan Transplant Center are working hard to improve therapies in organ transplantation, but we can't do it alone. Patients play a central role in improving transplantation by participation in research studies – also known as clinical trials. We have made many improvements in transplant surgery, post-transplant care and transplant medication. Nevertheless, there is still a need for better therapy and medications.

### *Transplant Research Mission*

The University of Michigan Transplant Center is committed to cutting-edge research that will benefit today's patient and the patients of the future. We are working to improve medical understanding and to explore treatments that may offer transplant patients hope for a better and longer life.

### *Who Are We and What Do We Do?*

Over the years, our program has participated in many research trials. Some of these are related to anti-rejection medications currently in use, while other studies help us to better understand organ transplantation and how we can improve patient health both before and after transplant. We believe our group serves as a model of how research can be responsibly conducted. The success of our clinical research team rests on the hard work of well trained and dedicated professionals.

### *What is a Clinical Trial?*

A clinical trial is a research study designed to find better ways to diagnose or treat transplant complications. This can include rejection or looking to improve patients' quality of life by reducing transplant-related symptoms caused by medications. Every transplant therapy available to doctors today was tested in a clinical trial before it became routine patient care.

### *Why Should You Participate?*

New post-transplant medications, which are more effective at protecting the transplanted organ and have fewer side effects, are now available because patients volunteered in research studies.

### *Is it Safe?*

Patient safety and well-being is a key consideration of every research study. Each clinical trial is continuously monitored by an Institutional Review Board composed of healthcare professionals and community members to ensure it is safe, well-designed, legal and ethical. Before joining any study, you will be informed about the study and the research team will answer any questions you have. Patients who participate in studies are carefully monitored. If any concerns regarding the study arise, the study is stopped or changed immediately to ensure safety.

### *Can I Quit a Study Once I've Joined?*

Yes. If you feel uncomfortable at any time, you have the right to withdraw consent. However, it is important that you notify your doctor or study team before changing any medications.

### *Are Placebos, or Sugar Pills, Used in Transplant Clinical Trials?*

Transplant recipients always receive the care necessary to maintain their transplant. Placebos are not generally used alone. In some trials, a placebo may be used if doctors are evaluating whether adding a new drug to a standard treatment would work better than the standard drug used alone.

### *How Can You Help?*

Our patients are partners in care and discovery. Talk to your doctor to decide whether a clinical trial is right for you. You can also go to **www.UMClinicalStudies.org** for more information.

#### **You Should Know**

Make a Difference in transplant research; call **(800) 333-9013** or visit **www.UMClinicalStudies.org** to become a clinical studies volunteer.

### *How Does Research Help Me?*

While many challenges exist, there are numerous benefits of research efforts. In addition to contributing to a better understanding of how to care for transplant patients, our research coordinators provide an extra set of eyes and sympathetic ears for patient concerns. Additionally, participating in research provides our faculty with access to current knowledge and carefully controlled experience with the newest medications and procedures. You may not directly benefit from participation in a research study, but you will help improve care for future patients.

### *When Should You Consider a Clinical Trial?*

The best time to consider a clinical trial is while you are waiting for a transplant. Each trial has strict eligibility requirements that participants must meet. Talk with your doctor to find out whether any studies are available to you, call **(800) 333-9013** or visit **www.UMClinicalStudies.org**.