

ALL ABOUT CLINICAL TRIALS!



WHAT ARE CLINICAL TRIALS?

Clinical Trials are **research studies** that test an intervention in a set population of people. They **determine if new treatments or therapies are safe and how well they work**. People volunteer to help answer questions about specific health conditions and their treatments.

WHAT DOES GETTING INVOLVED LOOK LIKE?

Clinical trials set **specific criteria about who can join** (age, length of diagnosis, etc.) and they will share a detailed plan for the trial with you.

Some clinical trials are **online information gathering** where surveys are answered, or you might provide CGM data, for example.

You may be **paid** for your time and participation.

Other trials may require travel to clinics and follow-up appointments **in person**.

WHY SHOULD I PARTICIPATE IN DIABETES RESEARCH?

ALL advancements in diabetes care start with **research!** We wouldn't have the insulin we use now or any diabetes technology without research trial participants. Partnering with researchers to explore better, safer therapies for diabetes can be impactful for you and other people with diabetes—now and in the future.

It's also important to make sure that **everyone is represented through research**, diversity in research is integral to making sure breakthroughs are accessible to everyone!

A SIDE HUSTLE WHERE I CAN EARN MONEY AND INFLUENCE THE DIABETES SPACE?

YES PLEASE!



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SIGN ME UP!

There are several options to explore or sign up for trials, and each works a bit differently.

ClinicalTrials.gov includes ALL trials about ALL topics, so be specific in your search!

T1D Exchange registry is all diabetes trials and has a few parts, including an initial and annual survey to complete. You will also have a dashboard that shows currently enrolling trials that you are likely eligible to participate in. You can opt-in to emails when a trial may fit your criteria.

Breakthrough T1D is only diabetes and diabetes-related trials. You can enter your information and location (including how far you're willing to travel) and see enrolling trials. You can also opt into communications about trials.

Thrivable has you create a profile and then the researchers contact YOU (even by text) when you fit the criteria for a trial.



YOUR SAFETY IS IMPORTANT!

- Researchers must follow **federal regulations and guidelines** to protect participants.
- **Participants must provide informed consent to join a trial**, meaning that they understand what is expected of them in a trial, and agree to participate.
- **Participants may leave a trial at any time.**



HEAR FROM A YOUNG ADULT WHO HAS DONE IT:

"Clinical trials are fun! It was so cool to try out a new pump for a few months and now that the iLet is FDA-approved I feel proud that I was a part of that process."

*It feels self-absorbed to say, but **this major innovation and progress in the industry wouldn't have been possible without my involvement** (and everyone else in the study too of course!)"*

-Olivia, age 23, clinical trial participant

Access even more
resources on **The Hub!**



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