



# LIVING BEYOND BREAST CANCER®

PRACTICAL CONCERNS



## Choosing a clinical trial

As you consider joining a clinical trial, it may help to think about what sounds good to you about participating and what worries you. This will be a personal list. Not all trials are the same, and your concerns may not be the same as other people's, even in the same trial.

**Write down what you think may be good and what you worry about in a clinical trial. Use this worksheet to guide a talk with your doctor:**

1. What do you hope to get from joining a clinical trial? \_\_\_\_\_

2. Are you comfortable not knowing which treatment you are taking?  Yes  No

*If you select "No," ask if the trial is **blinded** or **open-label**. In blinded trials you won't know which treatment you get. But in an open-label study you'll know what treatment you're getting.*

3. Would knowing more about the possible treatments and side effects make you more comfortable with joining?  Yes  No

*If "Yes," contact the trial team. Someone will be able to tell you more about them.*

4. Are you comfortable not choosing your treatment?  Yes  No

*If you want to be able to choose your treatment with your doctor, a treatment trial may not be right for you. Ask your doctor about other types of trials you can try, such as those on diet or exercise, which won't impact your treatment.*

5. Will you continue to go to the same place for treatment?  Yes  No

*If you have to go to another cancer center for the clinical trial, see if it takes longer to get to and how that fits with your life and other responsibilities.*