

## What you need to know about stroke:

### Symptoms:

- Sudden numbness or weakness of face, arm or leg - especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

**Call 9-1-1 if you see or have any of these symptoms! Treatment can be more effective if given quickly!**

### Remember to think FAST:



**FACE** Ask the person to smile. Does one side of the face droop?



**ARMS** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH** Ask the person to repeat a simple phrase. Is their speech slurred or strange?



**TIME** If you observe any of these signs, **call 9-1-1 immediately**

National Stroke Association's mission is to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.

Since in 1984, National Stroke Association has partnered with over a dozen pharmaceutical companies for more than 14 stroke-related clinical trials.

### RECOVERY. RESEARCH. RESULTS.

Learn more about clinical trials for stroke survivors at [www.stroke.org/clinicaltrials](http://www.stroke.org/clinicaltrials)



**National  
STROKE  
Association®**

**STROKE  
HELP LINE<sup>SM</sup>**

**1-800-STROKES  
(787-6537)**

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# Clinical Trials



What you need to know



# Recovery. Research. Results.

## Clinical trials for stroke survivors

Stroke is a serious health risk, with one happening in the U.S. every 40 seconds. For stroke survivors, the risk continues. At least 1 in 4 of the 795,000 people who have a stroke each year will have another stroke within their lifetime.

If you are a stroke survivor, you have an opportunity to help change these odds and make a difference for those who may be at risk for stroke. You can do this by participating in a clinical trial.

## What is a clinical trial?

In a clinical trial, researchers test new drugs, surgical devices, or techniques on volunteers to determine if a treatment option is safe and effective before doctors can prescribe it to the public.

## How does a clinical trial work?

How a clinical trial works depends on the type of the clinical trial. There are:

- **Prevention trials**—look at medicines, vaccines and lifestyle changes to prevent disease.
- **Screening trials**—find ways to detect diseases or health conditions.
- **Diagnostic trials**—find the best way to identify diseases.
- **Treatment trials**—test new drugs and treatments.
- **Quality of life trials**—aim to improve the comfort and wellness of people who have a chronic illness.

Clinical trials take a long time as they go through four distinct phases. Each phase helps researchers answer specific questions about the safety, effectiveness, risks, and benefits of the potential treatment.

If you're involved in a clinical trial to test a particular medication, it is important to understand that you may be given the active medication, or you may be given an inactive drug called a placebo. Oftentimes, the clinical trial will be "double-blind", which means neither the participants nor the researchers will know which type of treatment the participants received. This helps to ensure the results are accurate and not influenced in any way.

## Is a clinical trial safe?

There are strict rules in the U.S. to make sure you are safe during a clinical trial.

- A clinical trial takes place only after the Food and Drug Administration (FDA) has approved the clinical trial.
- As a participant, you must give informed consent stating you understand the study, its purpose, the risks, and what is expected of you.
- Every clinical trial must be approved and monitored by an independent Institutional Review Board (IRB) made up of doctors, statisticians, and members of the community. The IRB assures the clinical trial is ethical and that the rights and welfare of participants are protected.

Even with the safety guidelines, there may be side effects of the treatment that are unpleasant, serious, or life-threatening. There is also the possibility that the treatment is not effective.

## Do you qualify for a clinical trial?

Clinical trial organizers will help determine your eligibility which will vary with each trial. If you qualify, you should ask questions about the purpose, requirements, costs, and risks to make sure you fully understand the trial.

## Benefits of participation

There are many reasons to consider being a part of the research and results:

- It's an opportunity to contribute to medical science with access to the newest drugs or procedures.
- Participants receive all medical care related to the study at no charge, including exams, doctor visits, medicines, and laboratory tests.
- It provides options, when other things you have tried may not have worked.
- Ongoing, active research provides hope for finding better treatments.

*Groundbreaking scientific advances in the present and the past were possible only because of participation of volunteers.*

*- National Institutes of Health*