



Talk with your doctor about clinical trials



Use this guide to take notes as you talk with your doctor

What are clinical trials?

Clinical trials are a type of research that studies the safety of a new treatment (such as a new drug, medical procedure or device) and how well it works in people.

In kidney disease, clinical trials have helped researchers learn about:

- Rare kidney disease
- New and better treatments for kidney disease
- Better ways to help more people get the kidney care they need

Why do people join clinical trials?

People with kidney disease join clinical trials for different reasons:

- To explore a new treatment for kidney disease
- To get extra care for their kidney disease
- To help people with kidney disease in the future



People who join clinical trials are the key to finding new treatments for kidney disease.

Why do we need different people to join clinical trials?

Treatments can work differently from person-to-person due to their ethnicity, gender, age or other factors. **To make sure treatments work for everyone, we need to study how they work in people from all different backgrounds.**

Many clinical trials do not include the different types of people with kidney disease. In fact, Black and Hispanic people are more likely to have kidney failure than white people, but only 1 in 10 clinical trial participants are Black or Hispanic. **You can help change this by talking with your doctor about joining a clinical trial!**

Talk with your doctor about clinical trials

Your doctor can help you decide if joining a clinical trial is right for you. Here are some questions you might want to ask:



- How could I benefit from joining a clinical trial?
- How do clinical trials make sure I am safe? Will I be respected and valued?
- What do I need to know before I decide to join a clinical trial?
- What have researchers learned from previous clinical trials for kidney disease?
- How can I find out about upcoming clinical trials?
- How do I know if a clinical trial is the right fit for me?



Clinical trials are completely **voluntary**. If you join, you can leave at any time for any reason.

Check what you have learned about clinical trials

There can be a lot to learn about clinical trials, especially if you have not thought much about them before. Ask yourself the questions in the checklist below. If you answer “No” to any of them, ask your doctor to explain more.

→ Do I understand what clinical trials are?

- Yes. I understand what clinical trials are and why they are done.
- No. I still have questions about clinical trials.

→ Do I have enough information to understand the possible benefits and risks of joining a clinical trial?

- Yes. I have the information I need.
- No. I want more information before I decide to join a clinical trial.

→ Do I know where to find more information on clinical trials?

- Yes. I know where to find more information.
- No. I want to ask my doctor for information.

→ Do I know what to do if I am interested in joining a clinical trial?

- Yes. I am interested in joining a clinical trial and I know what to do next.
- No. I might want to join a clinical trial but I’m not sure what to do next.



If you still have questions, ask your doctor for another appointment to get the information you need!

Want to learn more about clinical trials?



Click these links or scan the QR codes:

→ [AKF's clinical trial page](#)



→ [NIH's \(National Institutes of Health\) Clinical Research Trials and You](#)



→ [AKF Clinical Trials Myths and Facts](#)



→ AFK's companion handout, "Talk with your patients about clinical trials"



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My notes

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