

Clinical Trials Community eNewsletter

Winter 2019



Welcome to the Crohn's & Colitis Foundation's Clinical Trials Community eNewsletter. This newsletter will be sent on a quarterly basis to keep you up to date on research happenings in inflammatory bowel disease (IBD).

Clinical Trials Ambassador Program

Our Clinical Trials Ambassadors volunteer at events across the country. You could have a chance to meet one at a local Take Steps event, Team Challenge or spin4 crohn's & colitis cures event, or at one of our education programs. If you are curious about clinical trials or are interested in participating in one, talk to an ambassador at an event near you!

Working Together in an IBD Lab

Meet Amy and Parsa, two college students and members of the Crohn's & Colitis Foundation's National Council of College Leaders, who have had an opportunity to work in a lab that conducts IBD research. Both began this work as freshmen and have gained a greater understanding of their disease through their research. In this [Q&A post](#) they take us through a typical day in the lab and share with us how medical research can help others living with IBD.

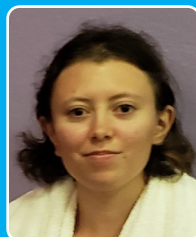


Meet Our Clinical Trials Ambassadors



Zach is a Clinical Trials Ambassador from New York. Diagnosed with Crohn's disease at 12, Zach tried almost all FDA-approved medications for Crohn's but they weren't successful. After undergoing several surgeries and running out of choices, Zach's healthcare team suggested he participate in a clinical trial.

"I ultimately agreed to participate because, to me, the benefits outweighed the risks and there was a lack of any other options at the time." [Read Zach's story!](#)



Florida resident Angela, another Clinical Trials Ambassador, was diagnosed with ulcerative colitis at 19. She started off on medications that worked well with her colon; however, they were not usable long-term. She quickly found herself searching for something else.

By the time Angela saw her third gastroenterologist, she had very low iron levels. She then enrolled in a trial that was researching two different ways you could take iron. [Read Angela's story!](#)

How You Can Find Clinical Trials

Have you checked out our IBD Clinical Trials Finder yet? It's a great way to conduct your own IBD clinical trials searches. Follow these steps and you can learn about local clinical trials happening in your area:

The screenshot shows the 'Filters' section of the Clinical Trials Finder. It includes the following fields and options:

- Zip code:** A text input field.
- Distance radius:** A dropdown menu with the selected option 'Will travel 100 miles'.
- Age:** A text input field.
- Gender:** Radio buttons for 'Male' and 'Female'.
- Patient status? ?** Radio buttons for 'I am a Crohn's patient', 'I am an ulcerative colitis patient', and 'I am a healthy volunteer'.
- Type of trial? ?** Radio buttons for 'Both', 'Observational', and 'Interventional'.
- Phase? ?** A dropdown menu with the selected option 'All Phases'.
- Keyword ?** A text input field with the example text 'ex - Inflammatory Bowel Diseases'.

1. Visit the [Clinical Trial Finder](#)
2. Fill out the filters located on the left-hand side (these will help you narrow down your search)
 - Zip code
 - Distance radius
 - Age
 - Gender
 - Patient status
 - Type of trial
 - Phase of trial
 - Keywords
3. Click “search”
4. Once you find a trial that is of interest, click on the “learn more” button
5. Read through the information of that particular trial

If you find a trial that looks interesting to you, talk to your healthcare provider about it. They can help determine if a particular trial is the right fit for you.

Contact the IBD Help Center at info@crohnscolitisfoundation.org if you need further assistance utilizing the Clinical Trials Finder or have questions about clinical trials and IBD.

Improve Your Research Vocabulary With Our Phrase of the Quarter!

Phase 1 Trials

The first phase of clinical trials research is the first time something new is tried in humans. During this phase, researchers are looking to see if the new drug is safe, and how the human body interacts with the drug. Generally, a small group of healthy volunteers (approximately 20) are recruited to participate in this phase and occasionally it will include people with IBD. If the results of a Phase 1 trial are found to be safe, the drug moves to Phase 2.

Clinical Trials Quiz!

How was clinicaltrials.gov, which provides a record of clinical trials, created?

- A. It was a requirement from the Food and Drug Administration Modernization Act of 1997.
- B. A group of doctors decided to create a database for their patients to view clinical trials.
- C. Patients advocated for a clinical trials list to be generated for other treatment options.



Correct Answer: A

In February 2000, the public gained access to clinicaltrials.gov, a registry of clinical trials. This registry was created through the passage of the Food and Drug Administration Modernization Act of 1997 (FDAMA). It was developed through the National Institutes of Health (NIH) and provides information about federally and privately funded clinical trials.

[Learn more about the history of clinicaltrials.gov!](#)