

# Clinical Trials Community eNewsletter

## Spring 2020



Hi there! Signs of spring are beginning to pop up, as well as our our new Clinical Trials Community Spring eNews. Enjoy!

- **Foundation-Sponsored Research**
- **Meet Our Clinical Trials Ambassadors**
- **Phrase of the Quarter: Screening Process**
- **Learn how to talk about Clinical Trials with your Healthcare team!**
- **Quiz: How many types of clinical trials are there?**

Did you miss a newsletter? [Click here for the archives!](#)

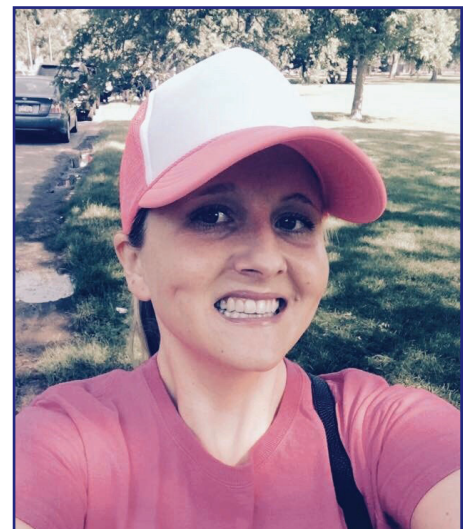
## Learn about **Foundation-Sponsored Research**



**SPARC IBD** stands for Study of a Prospective Adult Research Cohort with inflammatory bowel disease (IBD). It is our adult research cohort that is part of IBD Plexus®, a first-of-its-kind research information exchange platform and registry that centralizes data and biosamples from diverse research groups. Located at 17 sites across the country, SPARC IBD is focused on identifying predictors to help find the right therapy for the individual patient. [Learn about IBD Sparc.](#)

## Meet our Clinical Trials Ambassadors: **Brittany**

Brittany is a Clinical Trials Ambassador from Washington State. She was diagnosed with Crohn's disease in 2011. She tried several medications, but none provided relief to her symptoms. After seeing multiple doctors to alleviate her symptoms, Brittany had surgery to remove her entire colon which left her with a permanent ileostomy. Her Crohn's disease is resistant to all medications, which has led her to participate in five clinical trials. [Read Brittany's story.](#)



## Meet our Clinical Trials Ambassadors: Kira



Kira is a Clinical Trials Ambassador from California. She was diagnosed with severe Crohn's disease in 2011. During her college years, she struggled with GI symptoms, but brushed them off thinking they were likely caused by stress or food. Several years later, she and her husband realized the symptoms weren't normal and sought out help from a gastroenterologist. Kira was treated for heartburn and took the medications that were prescribed to her as directed. However, the bad days outnumbered the good, and eventually she returned to the doctor to push for testing. A colonoscopy ultimately confirmed her diagnosis. Kira began researching a new doctor who had more experience with IBD. "He made me feel comfortable and walked me through all paths of treatment, including opportunities like clinical trials, early on." [Read Kira's story.](#)

## Phrase of the Quarter: Screening Process

If you are interested in participating in a clinical trial, you must complete a clinical trials participant form as part of the screening process. The screening process depends on the trial. If your information matches the study's needs, you will have an initial screening call to talk about your health, medications, and possibly your lifestyle to see if you meet the eligibility criteria for the study.

## Learn: How to Talk About Clinical Trials with Your Healthcare Team

Are you curious about clinical trials? Not sure what kind of questions to ask? We have a [helpful discussion guide](#) to give you some ideas of questions you can ask during your next doctor visit. In addition to helping you start the conversation with your doctor, this guide provides you with some useful clinical trials knowledge and includes important questions to ask yourself before enrolling in a clinical trial. [Download discussion guide.](#)

## Quiz: How many types of clinical trials are there?

Select your answer from the options below to see if you are in the know with clinical trials!

- a. **2**   b. **5**   c. **6**   d. **8**

Answer: C - There are six different types of clinical trials patients can participate in, ranging from drug treatment to quality of life studies. Each trial is intended to answer a specific question aimed to further research in an area of study. Read more about the types of trials you could potentially enroll in! [Download Types of Trials PDF.](#)