

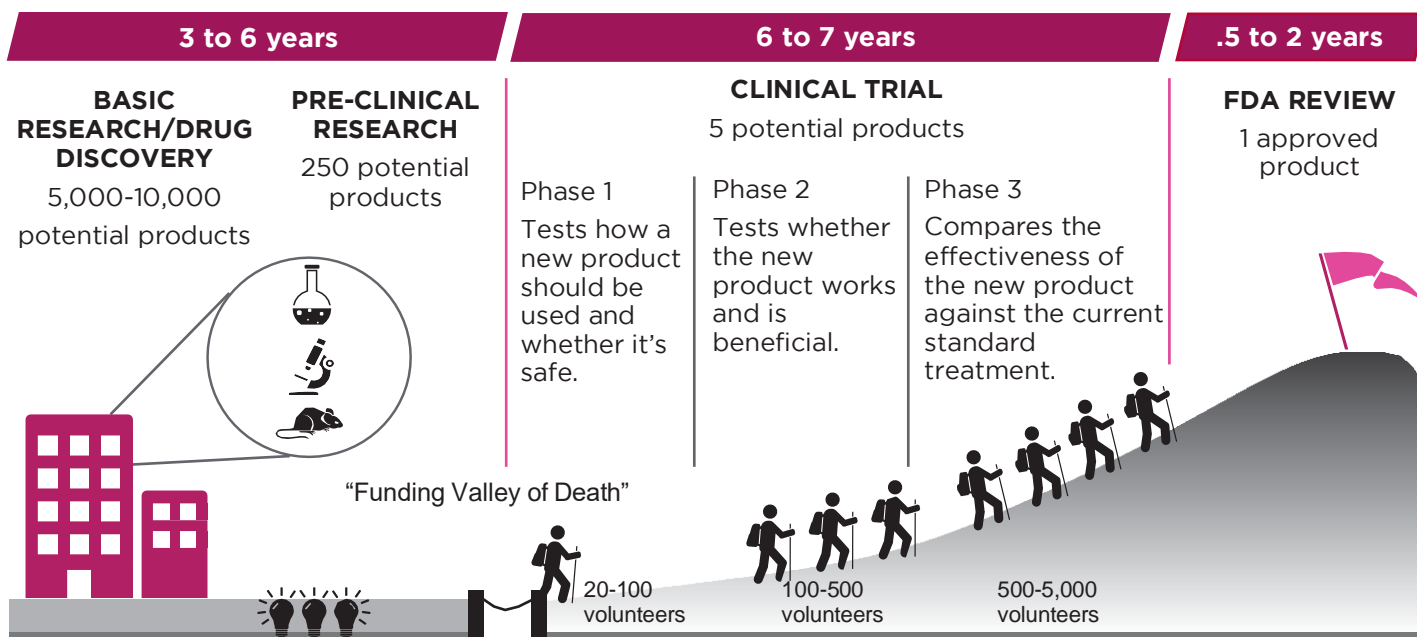
ABOUT CLINICAL TRIALS

CLINICAL TRIALS are an important step in discovering new ways to treat breast cancer and often determine whether a new therapy, procedure or test will become part of the standard of care.

WHAT IS A CLINICAL TRIAL? [Clinical trials](#) are studies involving people who volunteer to take part in research studies. There are two types of clinical trials: interventional and observational. In an interventional study, the participant is assigned to a group that receives one or more interventions such as a new drug, device, procedure or diagnostic test to assess its safety and efficacy. In an observational study, participants are not assigned to an intervention – they are only observed, and the outcomes are measured by researchers. These types of clinical studies are often used to identify cancer risk factors or behaviors among different populations or to identify quality of life topics that are important to survivors or those living with breast cancer.

CLINICAL TRIALS INVESTIGATE MORE THAN JUST TREATMENT. Clinical trials may also test other products such as new tools, devices or methods to assess risk, prevent or diagnose breast cancer. In observational trials, the product of the trial is knowledge, or an approach that may contribute to improvements in breast cancer care.

CLINICAL TRIALS BRING MORE TREATMENTS AND TOOLS TO THE CLINIC. This process begins in the lab, where thousands of scientists spend years testing tens of thousands of ideas. Through a long and difficult process of elimination, researchers narrow down these ideas to just a few. Next, resources and funding must be secured for the most promising ideas that will be tested in clinical trials. There are multiple phases in a clinical trial, and each phase is designed to answer certain questions. At the end of this long journey, just one product or idea out of the initial thousands is brought to patients. Clinical trials are at the heart of all medical advances. Conducting trials is a long and expensive process that can take up to 15 years and cost upwards of \$2 billion and is filled with stops and starts, but today's clinical trials will lead to new and improved standards of care for breast cancer in the future.



Read more about **the importance** and **benefits** of clinical trials and **how to take part in a clinical trial.**



For more information, call the **Komen Breast Care Hotline** 1-877 **GO KOMEN** (1-877-465-6636) or the **Clinical Trial Information Hotline.**

2024 RESEARCH FAST FACTS

Clinical Trials



RESEARCH INVESTMENT AT A GLANCE: (1982-2024)

More than **\$282 million** in Komen research grants have supported over **570** clinical trials

Over **70%** focus on treatment and/or quality of life



WHAT WE'RE INVESTIGATING



Investigating if new drugs that control blood sugar levels are associated with a decreased risk of breast cancer in diverse populations.



Determining if interventions to relieve food insecurity improve quality of life for people with metastatic breast cancer and investigating how interventions to relieve food insecurity impact breast cancer outcomes.



Testing the effectiveness of a drug also used to treat type 2 diabetes (empagliflozin) in reducing the toxic side effects of chemotherapy that can lead to heart failure in people with breast cancer.

\$17.25 Million to the Translational Breast Cancer Research Consortium (TBCRC)

66 approved clinical trials, over half including patients with metastatic disease.

18 clinical sites working together to conduct innovative, biologically driven clinical research.

More than **7,000** clinical trial participants.

SPOTLIGHT



Read about Dr. Rulla Tamimi's research on the importance of diet, especially controlling blood sugar levels, and the risk of breast cancer and breast cancer recurrence on the [Komen blog](#).

[LEARN MORE ABOUT BREAST CANCER](#)

[MORE KOMEN-FUNDED RESEARCH STORIES](#)

[GET INVOLVED & SUPPORT RESEARCH](#)



WHAT WE'VE LEARNED FROM KOMEN-FUNDED RESEARCH

- A recent clinical trial showed that adding a new tumor genomic test, which gives information about the genes in cancer cells, to other clinical tools can help some women with breast cancer safely skip radiation therapy.
- A study of how women with breast cancer successfully deal with sexual dysfunction symptoms during and after treatment is being used to find better ways to address these side effects.
- The [TAILORx](#) clinical trial used the [Oncotype Dx](#) biomarker test and big data to show that 70% of women with hormone receptor-positive (HR+) breast cancer may not need chemotherapy.