



At Women's Clinic of Lincoln, our comprehensive approach to women's health care includes conducting clinical research. Clinical research is patient oriented research; a study designed to test the safety and effectiveness of a new drug, device, or procedure. The purpose of clinical research is to develop new drugs and devices to treat disease and keep people healthy. A very specific plan, called a protocol is formulated and must be carried out following rigid standards that are required for a trial. The protocol varies by the study. Patients must meet certain criteria in terms of their medical history and current medications. Patients usually have a physical exam, lab work, and receive study medication at no cost to them. Patients then report for periodic checkups and surveys at regular intervals. The FDA and independent review boards carefully monitor all aspects of a clinical study to ensure patient safety.

### **Why is clinical research so important?**

The FDA requires that prescription and over-the-counter drugs be tested for safety and effectiveness before being marketed. Women's Clinic of Lincoln conducts these studies to show the manufacturer how the product works along with possible side effects. This ensures that the products we all use meet established quality standards and that the public's safety is protected.

### **Why Participate?**

Patients participate in clinical research for a variety of reasons. Patients have the opportunity to gain access to new tests and treatments before they are widely available and help others by contributing to medical research. Patients are able to receive excellent medical care and education while being in a study. No matter what the reason, participating in a study can be very rewarding.

### **How are patients protected while in a clinical research study?**

U.S. Federal Agencies including the Food and Drug Administration and the National Institutes of Health oversee much of the medical research in the U.S. In addition Institutional Review Boards oversee each center where research is conducted, including the Women's Clinic. These agencies ensure that each study is ethical and the volunteers' rights are protected.

### **How do I participate?**

For most studies you need to be generally healthy and in good medical condition. However, some studies involve patients that have specific health conditions such as hypertension, overactive bladder, high cholesterol, or hot flashes. To find out more you can call us at 402-441-0025 or toll free at 1-888-434-3370 and we will discuss which studies are right for you and your schedule.

### **Women's Clinic of Lincoln conducts the following types of studies:**

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|----------------------------|----------------------|
| *Overactive Bladder        | *High Cholesterol    |
| *Hypertension              | *Hot Flashes         |
| *Contraception             | *Hormone Replacement |
| *Female Sexual Dysfunction | *Osteoporosis        |
| *Vaginal Atrophy           | *Diabetes            |