



# Myth VS Fact

## Participating in Clinical Trials

### ~~Myth~~

Clinical trials are only for people with no other treatment options.

### Fact

Clinical trials are available for patients at all stages of cancer. Some trials improve early treatments for advanced cancer, while others test new therapies for cancers that haven't responded to the best-known treatment, which is called standard treatment. After surgery, trials aim to prevent the disease from coming back.

### ~~Myth~~

If I participate in a clinical trial, I might receive a placebo or "sugar pill" instead of real treatment.

### Fact

A placebo is a harmless, inactive substance with no effect. Most clinical trials test a new drug against the standard treatment (the best-known treatment based on scientific evidence) with a new one or two standard treatments. Rarely, a trial may compare a new treatment with a placebo; this will only be allowed by the FDA if no standard treatment options are available. You will always be informed if a trial involves a placebo.

### ~~Myth~~

Clinical trials are dangerous and experimental, so they're unsafe.

### Fact

Clinical trials follow strict rules called protocols and are regulated by health authorities to ensure patient safety. Each trial undergoes careful review, and medical professionals monitor patients very closely. Clinical trials are sometimes the only way to access the new drugs that doctors believe will help patients. The potential benefits and risks are always explained before you join.

### ~~Myth~~

Clinical trials are only available at large, specialized hospitals far from home.

### Fact

While some trials are only available at major research centers, many are available at local hospitals and clinics. Telemedicine and local healthcare providers can also support trial participation, reducing travel needs. Some companies will assist with travel for clinical trials and other financial considerations. Please ask your doctor what kind of financial support is provided.

### ~~Myth~~

Only certain types of people are chosen for clinical trials.

### Fact

Clinical trials seek diverse participants to ensure treatments work for everyone. Eligibility criteria, which are basically a checklist of who can be included, are based on medical conditions and treatment history, not personal characteristics. Many trials aim to include underrepresented groups to better understand treatment effects.

## ~~Myth~~

My current doctor will not support me if I join a clinical trial.

## Fact

Most doctors understand the value of clinical trials and will support your decision. They often work with clinical trial investigators to coordinate care. The Cholangiocarcinoma Foundation provides resources to educate doctors and answer their questions about clinical trials, and we invite you to connect with your providers with CCF should they have questions.

## ~~Myth~~

Participating in a clinical trial will be too expensive and not covered by insurance.

## Fact

Clinical trial sponsors cover most trial-related costs, including study treatments and additional tests. Routine care costs, the expenses for basic, everyday healthcare services, are usually covered by insurance. Many sponsors offer travel and other cost reimbursements. Discuss potential costs with the trial team and your insurance provider.

## ~~Myth~~

Clinical trials are only for younger, healthier patients.

## Fact

Many clinical trials are designed for older adults or those with other health conditions. Researchers want to ensure new treatments are effective and safe for all patients, regardless of age or health.

## ~~Myth~~

My prognosis is so poor that there is no point in participating.

## Fact

Clinical trials offer access to new treatments that might improve your quality of life, extend your lifespan, or relieve symptoms. Your participation helps advance medical research, benefiting future patients. Please check with your doctor to talk about clinical trial opportunities.

## ~~Myth~~

My personal information will be at risk if I join a clinical trial.

## Fact

Protecting your privacy is a top priority. All personal and medical information is kept confidential and secure. Data is kept anonymous to protect your identity. You will always be fully informed about how your information will be used and protected.

## ~~Myth~~

Participating in a clinical trial means I will lose control over my treatment decisions.

## Fact

Patients keep full control over their treatment decisions in clinical trials. Participation is voluntary, and you can leave the trial at any time without penalty or losing the ability to get access to standard care. Discuss any concerns with your healthcare team.



**Cholangiocarcinoma  
Foundation**<sup>®</sup>

Participating in a clinical trial can provide access to new treatments and contribute to important research.

Discuss with your healthcare team to make an informed decision. Cholangiocarcinoma Foundation patient advocates are available to help at [advocacy@cholangiocarcinoma.org](mailto:advocacy@cholangiocarcinoma.org).

[curecca.org](http://curecca.org)