



What is a clinical trial?

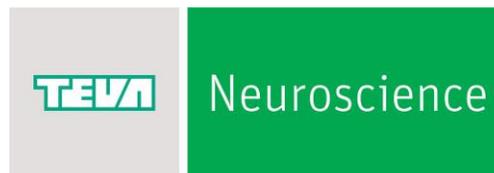
Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective for humans. These studies also may show which medical approaches work best for certain illnesses or groups of people.

COERCION STATEMENT

Please remember that trials are voluntary and up to the participants and their families. Help 4 HD supports your choice and knows that it is a very personal decision.

Clinical research is the only way to find treatments or the ultimate goal of a cure. Help 4 HD would like to thank you for participating in these trials and helping us all advance our future in care.

Publication made possible by

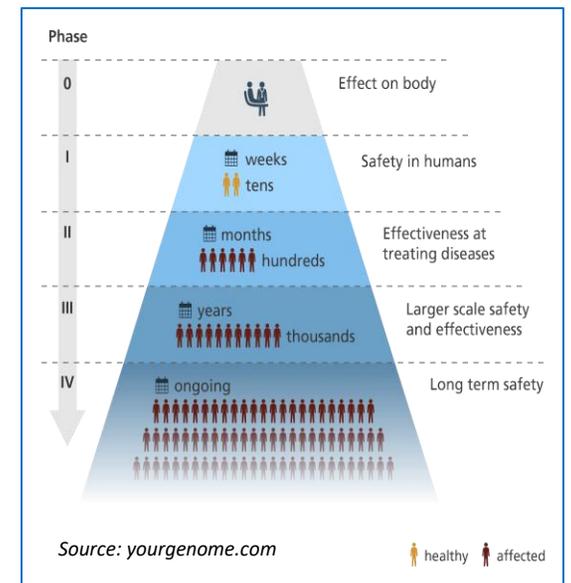


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Preparing 4 a Clinical Trial

An easy guide to follow leading up to your trial day



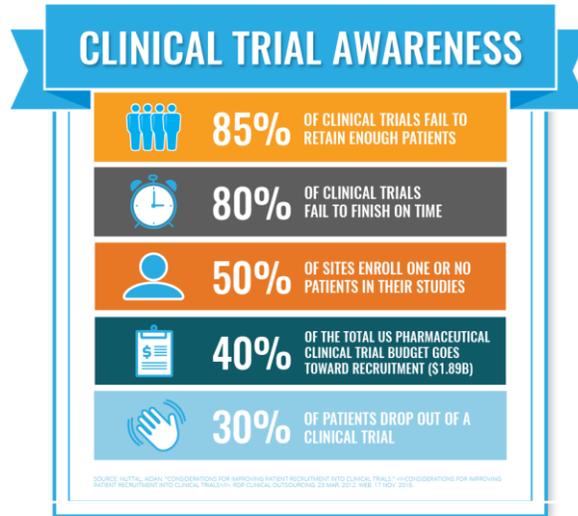


MINIMAL DISCUSSION: when helping someone with HD participate in a trial, try to avoid too much discussion the night before to prevent unnecessary stress/perseveration.

ACTIVITY: try watching a favorite movie, playing a board game or doing another favorite calm activity the night before to help the participant feel at ease.

REVIEW: talk to your coordinator frequently with any and all questions. Request and review the informed consent in case you have questions. Review your plan the day before if possible.

PAPERS: print out directions to the clinic, parking instructions, medications lists etc.



The Day of Your Clinical Trial...

. . . for both Caregiver and Patient

BRING ALONG:

- ❖ Snacks
- ❖ Favorite drinks (thickener & straw if needed)
- ❖ Entertainment (i.e. DVD player or cards)
- ❖ Change of clothes (keep weather in mind)
- ❖ Briefs/wipes
- ❖ Medications
- ❖ Pillow/light blanket
- ❖ Phone chargers
- ❖ D.M.E. (walker, wheel chair etc.)

TIPS:

- ❖ Leave early for the trial time. If you are stressed about arriving late, both you and your loved one will have a much harder day. This is especially important if it is your first time visiting the clinic for this study.
- ❖ Eat a full breakfast (unless asked to fast).
- ❖ If you are not bringing along your medications, do print out a list of all medications, including vitamins and over-the-counter medications and supplements.
- ❖ Both caregiver/patient should wear comfortable clothing and shoes, as it will be a long day.