

Could you change the future...

of cystic fibrosis?



Before any new medicine or treatment can be given to people with cystic fibrosis (CF), it has to go through a number of 'clinical trials'. This means it's tried out by people just like you, living with CF today.

The trial will find out:

- if the medicine or treatment does what people expect;
- how well it works; and
- whether it's better than existing treatments that do the same thing.

Taking part in a clinical trial is an exciting process, with the potential for some pretty amazing results. You could be one of the first people trying a promising new medicine or physio technique.

Lola, 15, joined a two-year trial ten months ago.

"The best part of the trial has to be seeing an improvement in my health."



"It's made my life easier, and I feel like a weight has been lifted off my chest. Because my health is now stable, my family and I can now plan further into the future for holidays and other days out. When I look back, I now realise how poor my health was, even though it didn't seem it at the time."



Read Lola's full story

cysticfibrosis.org.uk/lola



Remember, even if you decide to start a trial, you can change your mind later.



Caitlin, 17, took part in a clinical trial at Leeds Hospital. She has now been involved in the trial for three years.

"It's definitely worth it, and you can always opt out if you change your mind."



"I'd say to anyone thinking about going on a trial to ask your doctor and then ask your family what their thoughts are. It would honestly mean the world to me, my family and my loved ones if the clinical trial I took part in helped to bring out more effective treatments for cystic fibrosis."



Read Caitlin's full story

cysticfibrosis.org.uk/caitlin



Interested? Find out more!

Have a chat with your CF team – every trial is different, so you might like to ask them:

- Are there any trials that I could take part in?
- How long will the trial take – how many extra visits will I have to make to the hospital?
- What do I have to do as part of the trial – how will the data be collected?
- Will my CF nurse or doctor run the trial, or will I meet new members of the team or have to go to a different CF centre?

Visit our website: cysticfibrosis.org.uk/youngpeopletrials

Get in touch by email: clinicaltrials@cysticfibrosis.org.uk

Look for your own trial opportunities via the Trials Tracker database:
cysticfibrosis.org.uk/trialstracker

Give us your feedback on our information by emailing infoteam@cysticfibrosis.org.uk

Your involvement in a trial today could mean creating a brighter future for yourself and others with CF tomorrow.

So, could you change the future of cystic fibrosis? Talk to your CF team today.