



The Importance of Diversity in Breast Cancer Clinical Trials

It is important for individuals who are members of racial or ethnic minority groups to participate in clinical trials in order to help alleviate or avoid disparities.

What are clinical trials?

Clinical trials are research studies that involve people to determine if treatments are safe and effective. When carefully conducted, clinical trials are the safest and fastest way to find new treatments and ways to improve people's health. They are also important in improving existing treatments and the quality of life of people living with diseases.

Why is diversity in clinical trials important?

Medicines impact people differently. Therefore, some subgroups of patients may have varied responses to medical therapies. **Ideally, a clinical trial should include a diverse set of participants to ensure that the people in the trial reflect the patients who will actually use the medicine.** Unfortunately, ethnically and racially diverse audiences are often underrepresented in clinical trials. For example, while Black or African Americans make up 13.4% of the U.S. population, they only make up 5% of trial participants.

When it comes to breast cancer, that number is even less. **Only 3% of eligible Black women participate in clinical trials.**

It is particularly important that Black women participate in breast cancer clinical trials so they are represented in health research.

Did You Know?

5%

of patients with cancer who are eligible to participate in clinical trials actually enroll

12%

of new breast cancer cases occur in Black women

2X

more likely for Black women to have an aggressive form of triple negative breast cancer than white women

41%

more likely for Black patients with breast cancer to die from breast cancer than white patients

Key Definitions

Biomarkers are often genes or proteins that are referred to by a 3 or 4 letter abbreviation. Examples of biomarkers are HER2 in breast cancer or EGFR in lung cancer.

Biomarker testing tells your doctor about the subtype of cancer in your body which enables them to match the right treatment to your specific needs. A sample of your blood, body fluids, or tissue is taken during surgery or a biopsy. Your sample is sent to a lab. The test looks for biomarkers in your cancer sample. The test results can be used to help guide your treatment options.

What to Expect if You Enroll in a Clinical Trial

All trials are different, yet the stages of participating are typically the same.

Biomarker Testing

- Helps define your specific subtype of cancer
- Once biomarkers are known, you search for a trial that is investigating treatment for your subtype of cancer

Finding A Trial

- Talk to your doctor
- Find a patient advocacy organization
- Research online at clinicaltrials.gov
- Talk to friends, family and support groups

Screening

- Answer questions from the clinical coordinator or nurse to see if you are a good fit for the trial
- May take place in person, over the phone or both
- Health screenings and a physical exam may be required

Consent

- Review and sign an Informed Consent Form (ICF)
- This document explains what will take place in the trial and what participants can expect

Treatment

- Multiple visits may be required to receive treatment
- A schedule of visits will be discussed before treatment starts
- Additional visits or questionnaires may be required to monitor the participant during the treatment

Follow Up

- After treatments are complete, participants may continue to be monitored for several months

Participating in a clinical trial should be a treatment option that all patients explore.

For more info on Clinical Trials, please visit: clinicaltrials.gov | breastcancertrials.org

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