Where do I get more information?
For questions about participating in clinical research at Mayo Clinic, call one of the following numbers:

**Mayo Clinic Research Volunteer Program**
(800) 664-4542
*General clinical research questions*

**Mayo Clinic Cancer Center Clinical Trials Referral Office**
(507) 538-7623
*Cancer-related clinical research questions*

For general questions and information about Mayo Clinic, call one of the following numbers:

**Mayo Clinic:**
Scottsdale and Phoenix, Arizona
480-301-8000

**Mayo Clinic:**
Jacksonville, Florida
904-953-2000

**Mayo Clinic:**
Rochester, Minnesota
507-284-2511

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Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support.

Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

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**BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER**

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What is clinical research?
Clinical research involves people who volunteer to participate in studies that lead to better ways to prevent, diagnose and treat and understand health conditions.

What are the types of clinical research?
- **Prevention Studies** look at ways to stop diseases from occurring. Options may include medicines, vaccines, or lifestyle changes.
- **Screening Studies** test for better ways to detect certain diseases or health conditions.
- **Diagnostic Studies** look for better tests or procedures for diagnosing a disease or condition.
- **Treatment Studies** test new therapies, combinations of drugs, new approaches to surgeries, or use of integrative medicine.
- **Genetic Studies** look at what you inherit from your family, and may be independent or part of other types of research.
- **Quality of Life Studies** explore ways to improve people’s comfort and manage symptoms of chronic illness or side effects of treatment.
- **Medical Record Studies** review information from large groups of people to better understand, detect, control and treat health-related conditions.

What is a clinical trial?
A clinical trial is a research study created to answer specific questions about new therapies or new ways of using known treatments. Clinical trials are used to determine whether new drugs or treatments are both safe and effective. Clinical trials take place in phases. For a treatment to become standard, it must first go through 2 or 3 clinical trial phases.

What about ethics and safety?
All clinical research conducted at Mayo Clinic is reviewed and approved by Mayo Clinic’s Institutional Review Board (IRB). Other groups, such as specialized committees and colleagues, may also provide review of the research. Federal rules help make sure clinical research is done in a safe and ethical manner.

What is informed consent?
Informed consent is the process of providing you with the key facts about a research study before you decide whether to participate. You may be asked to sign a consent form. The process of informed consent (providing additional information) continues throughout the study. Your participation in research is voluntary and you may stop at any time.

What questions should I ask?
You should know as much as possible about the study before agreeing to participate. The following questions may be helpful for you to talk about with your research team:
- What is the purpose of the study?
- What kinds of tests or treatments are involved?
- Will I have to pay for anything?
- What are the benefits, risks and inconveniences?
- Other __________________
- ____________________
- ____________________

What should I consider?
Consider your benefits, risks and inconveniences before enrolling. Benefits may include earlier access to new clinical approaches and regular attention from a research team. Risks of participation are different for each study and may include side effects. Inconveniences may include more required visits with the research team.

How can I get involved?
There are many different ways to participate in clinical research at Mayo Clinic. Volunteers may be healthy, at risk for developing a disease, or already diagnosed with a disease or illness. You can agree to be in a study, give permission to have your medical record reviewed for research, or you can give permission for use of your blood and tissue samples.