

# CANCER COOPERATIVE TRIALS GROUPS



Should I take part in a cancer clinical trial?

All major advances in cancer care have come through clinical trials

## What are Clinical Trials?

Cancer clinical trials are carefully designed research studies that test one treatment against another or test new treatments to find out if they might work. Treatments can be new drugs, devices, techniques, or other interventions. Trials often try to see if one treatment works better or has fewer side effects than another.

Some trials aim to reduce the effects of living with cancer for patients, their families and caregivers. Clinical trials are the best way to ensure new interventions are safe, effective and potentially, life changing for patients.

## Who are the Cancer Cooperative Trials Groups?

We are Australasian organisations that run clinical trials for different types of cancer and different stages of life to learn how to treat people with cancer better.

Cancer Cooperative Trials Groups bring together all kinds of health professionals involved in cancer research and care. We design and run trials with guidance from people affected by cancer and experts in the field. Our research often involves combinations of medicines, radiotherapy, surgery, diet or exercise to help improve cancer outcomes, quality of life and wellbeing.



## FACT

Clinical trials offer a chance to help find better treatments for people diagnosed with cancer in the future. Without clinical trials there would be no new treatments.

Results from clinical trials have led to advances in healthcare that often improve the quality and length of life of people living with cancer.

Clinical trials may also prove more effective ways of delivering treatment.

## Why would I take part in a clinical trial?

- help others
- help researchers gain new knowledge about how to treat cancer
- improve patient care
- possibly access and gain benefit from a new treatment
- benefit from the additional support for those participating

## FACT

Clinical trials may be suitable for people at ALL stages of the cancer journey.

Cancer patients who take part in a trial may be helped by the treatment they receive. Treatments offered on a clinical trial include the best standard treatment compared with another treatment which research suggests may be better.

## FACT

Clinical trials go through rigorous review, approval and monitoring.

All clinical trials are approved by a Human Research Ethics Committee to ensure patients are protected. All ethics committees include well-informed consumers or community representatives.

## Is a trial suitable for me?

There are many types of trials for many different cancers. Not every trial is suitable for every patient, and all trials have guidelines for who can join. You should discuss what trials are available, and whether they are suitable for you, with a member of your healthcare team.

## Want to find out more?

Please ask a member of your healthcare team if there is a cancer clinical trial suitable for you or contact the Cancer Cooperative Trials Groups directly.

## Cancer Cooperative Trials Groups

Australasian Gastro-Intestinal Trials Group (AGITG)  
[www.agitg.org.au](http://www.agitg.org.au)

Australasian Leukaemia & Lymphoma Group (ALLG)  
[www.allg.org.au](http://www.allg.org.au)

Australasian Lung Cancer Trials Group (ALTG)  
[www.altg.com.au](http://www.altg.com.au)

Australasian Sarcoma Study Group (ASSG)  
[www.australiansarcomagroup.org](http://www.australiansarcomagroup.org)

Australia and New Zealand Breast Cancer Trials Group (ANZBCTG)  
[www.anzbctg.org](http://www.anzbctg.org)

Australia and New Zealand Melanoma Trials Group (ANZMTG)  
[www.anzmtg.org](http://www.anzmtg.org)

Australia New Zealand Gynaecological Oncology Group (ANZGOG)  
[www.anzgog.org.au](http://www.anzgog.org.au)

Australian and New Zealand Children's Haematology/Oncology Group (ANZCHOG)  
[www.anzchog.org](http://www.anzchog.org)

Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP)  
[www.anzup.org.au](http://www.anzup.org.au)

Cooperative Trials Group for Neuro-Oncology (COGNO)  
[www.cogno.org.au](http://www.cogno.org.au)

Palliative Care Clinical Studies Collaborative (PaCCSC)  
[www.caresearch.com.au/paccsc](http://www.caresearch.com.au/paccsc)

Primary Care Collaborative Cancer Clinical Trials Group (PC4)  
[www.pc4tg.com.au](http://www.pc4tg.com.au)

Psycho-oncology Co-operative Research Group (PoCoG)  
[www.pocog.org.au](http://www.pocog.org.au)

Trans-Tasman Radiation Oncology Group (TROG)  
[www.trog.com.au](http://www.trog.com.au)

## For more information on Cancer Clinical Trials

Cancer Australia information about clinical trials:  
[www.australiancancertrials.gov.au/about-clinical-trials.aspx](http://www.australiancancertrials.gov.au/about-clinical-trials.aspx)

Cancer Council information about clinical trials:  
[www.cancercouncil.com.au/wp-content/uploads/2014/05/CAN750\\_ClinicalTrialsResearch\\_MAY2015\\_web.pdf](http://www.cancercouncil.com.au/wp-content/uploads/2014/05/CAN750_ClinicalTrialsResearch_MAY2015_web.pdf)

Cancer Australia Consumer Learning website:  
[www.consumerlearning.canceraustralia.gov.au](http://www.consumerlearning.canceraustralia.gov.au)

Australia New Zealand Clinical Trials Registry:  
[www.anzctr.org.au](http://www.anzctr.org.au)



Facilitated by

**Clinical Oncology Society of Australia (COSA)** consists of over 1,000 individual members who are doctors, nurses, allied health professionals and scientists working in cancer care throughout Australia.

COSA is active in four main areas: education, networks, advocacy and research. The culmination of these activities occurs at the Annual Scientific Meeting. [www.cosa.org.au](http://www.cosa.org.au)

This Fact Sheet was produced by a working party of consumers and CCTG representatives.

Designed by We Love Mondays Creative.  
[www.wlmcreative.com.au](http://www.wlmcreative.com.au)

October 2015