

Adeola's Story

“Clinical trials did not seem suitable for me...”



When my blood pressure started spiking, my GP told me that my health issues were progressing, and I needed to take medications to control it. When we realized that was not helping me, my GP sent me a letter and recommended that I start a clinical trial at the William Harvey to figure out what drug would work best for me.

Before talking to my GP, I hadn't really noticed much about clinical trials apart from seeing TV advertisements. I faintly remember seeing more of these ads during the pandemic when recruitment for vaccine and treatment trials were going on, but advertisements were as far as clinical trials directly showed up in my life. Before my GP recommended it to me, I never thought that I would participate in clinical trials as they didn't seem culturally suitable for me. From a cultural and personal standpoint, I do not like needing to use medication to treat illnesses and that has been something I have struggled with when I was starting trials here. I believe in a more natural approach to health, where I look after myself and do not use medications long term. However, not all ailments can be treated like that and participating in clinical trials has exposed me to that idea more thoroughly and has shifted my opinion to needing a balance of both natural and medicinal care for each person.



I had to go through a lot of blood draws for my clinical trial, which is okay, but it would be something I would tell people to be prepared for if they were starting a clinical trial. I appreciated having information about my full blood count and it was really reassuring to have so much medical insight and more ways to keep me aware of my own health. The personalisation of my care, along with such close looking-after, made me more conscious of my health and how I think about it.

Overall, my experiences with clinical trials have been rather positive. One time, however, I did have a miscommunication about how I was supposed to receive my trial treatment. I had understood that it was to be sent to me by post when I was meant to go pick it up at the Research Centre. Realizing it was not meant to be sent by post, I called the Research Centre that weekend and someone arranged to meet me to give me my medication. I got further held up and arrived late so no one was still at the Centre. While that was a bad situation, the people at the William Harvey always did their best to accommodate me.