

# David's Story

***“I have aged three years since starting these trials, but I feel more like I have grown younger...”***



I was on statins for about 10 years before I started clinical trials here and they caused me massive muscle and joint problems; I was in constant pain. At the time I worked as a building contractor, so I was struggling to do my job. I ended up in hospital because I blew apart my bicep while I was bowling with family, so I asked my GP if there was a way for me to get off the statins that were causing these problems for me. I was told I needed to stay on the statins for the rest of my life and that there was nothing else I could do as an alternative. Later, I saw an ad on Facebook for a clinical trial and reached out for an invitation to

the William Harvey Research Centre. My trial started with visits to the Centre every three months but now I just come every year for a full check-up and blood and urine tests.

Before I joined the trials, my medications were destroying my quality of life. I'm an active person and having constant pain was stopping me from enjoying my life. I didn't mind trying the trial because any improvement would be better than what I was living with. My wife was reluctant about me being on the trials, but I figure that without the trials, you can't develop anything, this way I can help myself and help develop things that will help people just like me. I have aged three years since starting these trials, but I feel more like I have grown younger because my quality of life has improved so drastically.

Before I joined the clinical trial, I was skeptical about my treatment selection being known, so I was pleasantly surprised to find myself in a blinded study where I did not know if I was on the placebo or treatment group. I like that I do not know which part of the trial I am on because I think it helps create a more realistic result, for all I know I could be on the placebo and my improvement is all in my head. Either way, I am for the better for it.

I don't really see much about clinical trials in the media, the only time I really noticed much was for COVID-19 vaccine trials. I think it would be good to see more about clinical trials, they are so useful and important, we should be hearing about them more often in our day-to-day lives.

My experience with clinical trials has been so much better to that with my GP. Here, I feel like I have full access and support of the staff, whenever a concern has come up it has been addressed right away. I feel like with my GP I constantly have to push to have my needs met rather than how I should be just relying on them to take care of me. I joined the Patient & Public Group for my GP's surgery, but I don't really think they listen to what the patients are saying. At the William Harvey though, everything is very focused on the patients and their needs, I'm always told that I can stop the study whenever I need or want to. Rather I find myself wanting to stay on the trial as long as I can because it has helped me so dramatically and I have received so much treatment and care.