

# Eddie's Story

"I could barely make it up a flight of stairs before...

But on a trip to Athens we climbed a hill to the Parthenon and I wasn't out of breath."



I first saw an advert for clinical trials in the *Metro* newspaper. I called a number of companies trying to join an asthma trial but was either turned away, or the appointments were inflexible and didn't fit my work schedule. When I got in touch with the **William Harvey Heart Centre**, they were quite the opposite of my past experiences, being flexible and willing to work with my lifestyle.

Even though I was quite worried about the risk involved because of a news story I had seen about some healthy people passing away from a clinical trial, conventional medicine hadn't worked to treat my asthma, so I figured it was worth a shot.

The first thing that stood out on my arrival at the **Heart Centre** was the people. The staff were welcoming and clearly cared about me. Now they're like family to me. During my appointments, I felt like I could ask anything or say anything, and they were there to listen. I could call them any time of the day with questions or concerns, and they were always there to help, a great safety net to have.

The staff are also quite skilled in explaining everything in a way that I, as someone who had no medical background, could well understand. The consent forms and documents can be quite lengthy and hard to comprehend, so having someone who can translate the information into something useful is a great asset. They were also very upfront and honest with me about other cases and trials so that I could grasp the whole picture of what getting involved with the trial meant.

Participating in trials has a number of benefits in my opinion. Anything that gives back to society or helps others is a noble cause to get behind. I'm sure there are thousands of people out there struggling as I was with asthma and getting involved with a trial is a great way to advance medicine so those people could have the same relief I experienced while on the injections.

Additionally, the compensation for the trials was quite the incentive. Though it's a more self-focused benefit, participating in the trials sometimes meant a credit card could get paid off or I could have a little extra money in my pocket.



Considering how much pharmaceutical companies stand to make if the drug is successful, it makes sense to recompense the participants for their time and the risk they've undertaken.

Finally, since previous medications hadn't done much to ease my asthma, the clinical trial allowed me to receive a medication not yet available to the public, and it worked wonders!

I was put on a bimonthly asthma injection that vastly improved my quality of life. I could

barely make it up a flight of stairs before starting this medication. But on a trip to Athens we climbed a hill to the Parthenon and I wasn't out of breath.

Even though I wasn't approved to continue on the injections after the trial concluded, the doctors at the centre worked with me to try and get me on a similar medication. I ended up not taking that medication because I got quite ill for a while, but the doctors ran every single test in the book to get to the bottom of why I was so sick.