

# Michael's Story

*“I became transformed in my state of health...”*



I first got involved in clinical trials when my asthma consultant told me about one that they were involved in. I have been suffering from severe asthma and so I decided to participate in a six month study that was supposed to clear my nasal polyps. I was very sceptical joining it, I did not think that it would be very effective but I thought it was better than not trying. I received a 'sub-q dosage' (an injection under the skin) every 28 days at the William Harvey Clinical Research Centre for the study, which was double-blinded [*a double-blinded trial means that neither the doctor nor the patient know whether the drug is a placebo or the real thing*].

I had known within the first week of the trial that I was on the treatment instead of the control because my improvement was drastic. My peak flow had improved, I could exercise so much more, and it genuinely cleared my nasal breathing so much more than anything I had tried previously. Now my asthma is well controlled thanks to this study. I used to be fighting for every breath I took at each step, and now I have a normal life where I don't need to worry about my asthma. It truly transformed my state of health.

I talked with my wife before beginning the clinical trial, but it seemed like a no-brainer to both of us that I should start it. We did quite a bit of research on the treatment before making any decisions though — found the treatment was well-studied and was produced by a very good company. I never wanted money for doing this, I get my cup of coffee at the Research Centre and that is all I need. This is as much for me as it is for advancing science. The drugs that I was on were already so expensive and I received those for free, so I was benefitting financially just for the aspect of getting my medication anyway, I could never expect payment for having such high benefits.



You really have nothing to lose and everything to gain by joining a clinical trial. I completely understand people's hesitancy before leaping into the unknown — I had that myself. But we have seen medicine advance so much over the years, our drugs are much more refined than what they used to be, and we have a much more in-depth understanding of what we are doing with medical treatments. I feel comfortable trusting medicine today.