

Mike's Story

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I first got involved with clinical trials about two and a half years ago when I received a letter from my GP asking if I would like to participate in a hypertension study. I've been on medication for high blood pressure for nearly twenty-five years now, so I thought participating in the study sounded like a good idea. At the time I enrolled in the trial, I was working only ten minutes away, so it wasn't much of an inconvenience to make it to appointments.

Being in the study meant I received extra care for my hypertension and was able to get my health checked much more frequently than it would be otherwise. The trial I was on involved trying a few combinations of medications to help manage my high blood pressure, during which I received many ultrasounds for my kidney and liver to ensure the medications weren't doing any harm.

My first visit to the center was quite pleasant. The staff were friendly, and I got to know them all well throughout my appointments. There was never any pressure to rush and get things done — they made sure there was always plenty of time for me to discuss everything going on and made sure I was receiving top quality care. With a GP appointment I feel lucky to even get 10 minutes with the doctor, but that's never been the case here.



The staff at the centre are very knowledgeable and would ring me throughout the trial to check-up on my health in between appointments. The care from the centre is much more

expert than that of a GP and could help me through anything. They go above and beyond to demonstrate how much they care.

When participating in my second trial, I tried a different medication and ultimately it was decided that the medications I was already on suited me just fine and there was no need to switch. Knowing I was already on a great combination, I was reassured, though after a few years of participating in trials I might think they could find something even better.

Before participating in my first clinical trial, I never noticed much coverage of trials in the media. Now, however, I take notice when I see ads or articles on Facebook or in the newspaper looking for people to participate in studies. After the experiences I've had, should the staff ask me to participate in another hypertension study, I would gladly do so.

I live in a less affluent area of London, and while I think many clinical trial centres would struggle to recruit from my neighborhood, the heart centre is successful because of how understanding and flexible they are to people's lifestyles and work. Though I no longer work in close proximity after being made redundant last December, I wouldn't consider it an inconvenience to come in for appointments.