



Steve's Story

“In addition to conducting trials, I've been a part of them as well”

I received my bachelor's degree in Natural Science from Hertford College, Oxford, and a PhD in Medicine, specializing in Pathology, from Guy's Hospital Medical School. Currently, I work as professor at **Queen Mary University London** lecturing on cardiovascular pathophysiology leading degrees in Experimental Pathology, and supervising projects for Biomedical Science.

I've had a particular interest and research focus in arterial flexibility and its impacts on heart disease. Recently, I've conducted studies on activity of some natural chemicals that break down proteins and novel stents/grafts.*



In addition to conducting trials, I've been a part of them as well. I'm a patient in the **Personal COVIDBP** clinical trial. I've had high blood pressure for some time, and through my research connections at the **William Harvey Heart Centre**, I got involved in two blood pressure clinical trials. I had been running a study in an exam room at the centre, so I knew the staff quite well. Being aware of the great reputation of the centre and its trials, when they suggested I join a trial they were running, the decision was a no-brainer.

The **Personal COVIDBP** study is on remote management of hypertension with amlodipine treatment. I was very optimistic at the start of the trial, and even though my blood pressure has come down slightly, it's still not as low as I hoped it would be. Initially, I was disappointed my blood pressure was still quite high, but after some reflection, I'm no longer dissatisfied. My hypertension treatment is simply a work in progress. I would absolutely enroll in another trial, even if it doesn't help as much as I want it to, I can still contribute to the research.

Clinical trials are a really good example of how the scientific method can be applied to people. You can never be sure everyone will benefit from the trial, but that's how evidence-based medicine works. Test something rigorously, and if it doesn't work, find out why, change your approach, and test again. A great representation of science at work. More often than not, patients are interested to learn about the background of medical research and how devices or treatments go from lab to pharmacist, generating a better understanding of clinical trials for the general public.

The media tends to go straight for the dramatics of any story, and clinical trials have not escaped that. 'Big Pharma' has been painted as a terrible entity by the press, but when you really learn about how trials operate, you see what a tight rein is kept on regulations and participation to keep any risk to a minimum. Issues arise when the link between what is

happening and what the public perceives is happening through the media is skewed. Doing more work educating the public on the benefits from clinical trials that patients and the health system stand to gain is the way to move forward.

* There is further information on my own research here:

<https://www.qmul.ac.uk/blizard/all-staff/profiles/steve-greenwald.html>