

# Trevor's Story

“Understanding the value of research...”



I first got involved with clinical trials when my GP wrote to me with general information about the study I am in now. As I am getting older, my health fortunately is not declining — but is instead stagnant. My GP thought it would be best to treat my blood pressure because the risk of it harming or killing me increases with age. While I am not in medicine — I am a markets researcher — I understood the value of research and how my participation impacts a study as well as my own health.

I like that participating in a clinical trial enforced a health check. If I were to receive treatment from my GP it felt like I would just receive a prescription without ever checking if it was the best fit for me. I know I'm getting older, and it is becoming more and more important to be more health conscious, and these trials help me to be more aware of what I am doing that impacts my health. My family did not like the idea of me participating in the trial, they were concerned about my age and how the meds might affect me. Personally, I have an interest in medication side effects and the impacts they have on bodies and biological processes, so I find the process more fascinating than terrifying.

I think that to participate in clinical trials, you must be aware of your body and have, to some degree, an amount of intellectual curiosity about the results. For me, the results are a fascinating aspect of the study, both personally and intellectually. I like to learn about science and medicine in my free time and like to understand how methodology impacts what is shown in research.

I did not know much about clinical research before I entered the study, so I liked to use my understanding of research methods to determine for myself the credibility and accuracy of what I am getting myself into. I also came in with an understanding that the people that are struggling with their health the most and could stand to benefit the most from clinical trials are the ones that are the least likely to be able to participate in them. Knowing this, I felt like I should hold myself responsible to participate and help get as much information available for the overall improvement of medicine.

