

*Thank-you for your support*

## White Coats Foundation

White Coats Foundation is a NFP Australian based Registered Charity.

The foundation was established in recognition of the need to raise awareness about the role of clinical trials in advancing medical science and healthcare.

### What have Clinical Trials achieved?

Clinical trials have contributed to the availability of medicines and treatments that have changed survivorship and quality of life for many conditions. Clinical trials have also aided in the prevention of disease. Following are some examples of what clinical trials have achieved.



#### The Evolution of clinical research

traverses a long and fascinating path. The recorded history of clinical trials goes back to the biblical descriptions in 500 BC when King Nebuchadnezzar of Babylon pitted a diet of meat and wine against a diet of water & legumes. To his surprise, the vegetarians fared better.

Dr James Lind's experiment on board a naval ship showed that oranges

**in 1747** and lemons were a cure for scurvy. He is considered the first physician to have

conducted a controlled clinical trial of the modern era. From here the journey moves from dietary therapy – legumes and lemons – to drugs & treatments.



Evolution of Clinical Research: A History Before and Beyond James Lind  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3149409/>

# White Coats Foundation

## Coronary artery disease

is the biggest killer in Australia.

It is characterised by a narrowing or blockage of the blood vessels that bring oxygen to the muscles of the heart.

Clinical trials have changed the way we treat CAD dramatically in the past 40 years, one such method has been stenting.



Stents are very small tubes that can be inserted into blocked blood vessels to hold it open and restore blood flow. There are many different types of stents available for patients, including ones which can prevent the formation of blood clots around the device

## Advanced Melanoma

The 5 year survival for patients with Advanced Melanoma in Australia has risen from

**under 10%**

10 years ago to

**over 50%**

from clinical trials



Many of those trials have been led here in Australia and at Melanoma Institute Australia by Prof Georgina Long

Professor Georgina Long AO BSc PhD MB BS FRACP is Co-Medical Director Melanoma Institute Australia, Professor of Melanoma Medical Oncology and Translational Research MELANOMA INSTITUTE AUSTRALIA, THE UNIVERSITY OF SYDNEY, and ROYAL NORTH SHORE HOSPITAL

# White Coats Foundation

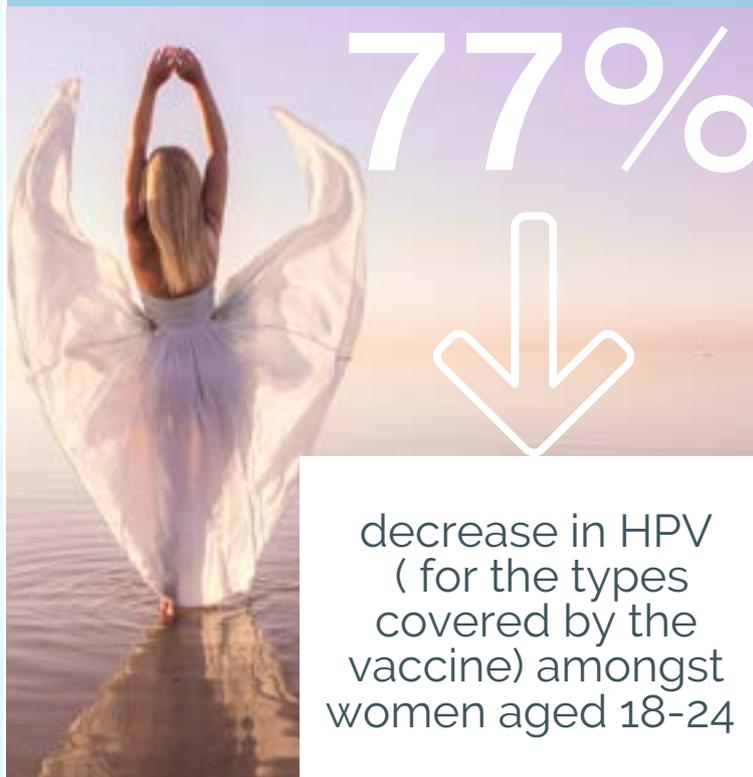
There are two high risk types of  
**HUMAN  
PAPILLOMAVIRUS (HPV)**  
associated with approximately

**70%**  
of cervical cancers

source- [www.cancer.org.au/what-is-hpv](http://www.cancer.org.au/what-is-hpv)

An Australian researcher first started the development of a HPV vaccine in the 1990's. Australia was the first country to roll out a national HPV vaccination program in 2007.

5 years after the program started there was a



The vaccine was made available to boys in 2013 to further reduce the spread of HPV

source- [www.cancercouncil.com.au/blog/australian-success-story-hpv-vaccine/](http://www.cancercouncil.com.au/blog/australian-success-story-hpv-vaccine/)

# White Coats Foundation

Clinical trials have improved and saved the lives of

**MILLIONS OF PEOPLE WITH BREAST  
CANCER AROUND THE WORLD**

In Australia, clinical trials research has  
contributed to

**20% ↑**

**in the 5-year-survival rate in the  
past 20 years**

Clinical trials investigate new and better treatments  
for the disease, prevention strategies and how to  
reduce some unpleasant side effects in effective  
breast cancer treatments.



**For example:**

**1 in 4**

breast cancer patients are pre-menopausal, and an  
unfortunate common side effect for women undergoing  
chemotherapy is early menopause

**Breast Cancer Trials POEMS (Prevention of Early  
Menopause Study) clinical trial has allowed young  
women with breast cancer to better preserve their  
fertility during cancer treatment.**

The trialed treatment disrupts the body's hormonal  
feedback systems, resulting in reduced oestrogen  
production that can put the women into a reversible  
menopause.

source <https://www.breastcancertrials.org.au/poems-clinical-trial>