I CAN NEWSLETTER

Fighting cancer through science, healthy living, and prevention

In This Issue

In this edition of Texas Oncology's newsletter, we focus on the latest in cancer research.

Research Fast Facts

- Clinical Trials
- About Research
- Texas Oncology Clinical Trials

For information about cancer research and other topics, visit *www.TexasOncology.com* and click "Cancer Fact Sheets."

Inside Texas Oncology

- Find a Location
- Find a Provider
- Make a Referral
- Fact Sheets on Other Cancers

Visit *www.TexasOncology.com* for more information and tips.

About Texas Oncology

Texas Oncology delivers high-quality cancer care with leading-edge technology and advanced treatment and therapy options to help patients fight cancer, right in their own communities.

A pioneer in community-based cancer care, Texas Oncology is an independent oncology practice with sites of service throughout Texas, southern New Mexico, and southeastern Oklahoma. Texas Breast Specialists and Texas Urology Specialists are a part of Texas Oncology. Texas Oncology patients have the opportunity to take part in some of the most promising clinical trials in the nation for a broad range of cancers. For more information, visit *www.TexasOncology.com*.

ISSUE 03 July 2011
VOLUME 02

TEXAS ONCOLOGY
More breakthroughs. More victories.®

Newsletter Subscription

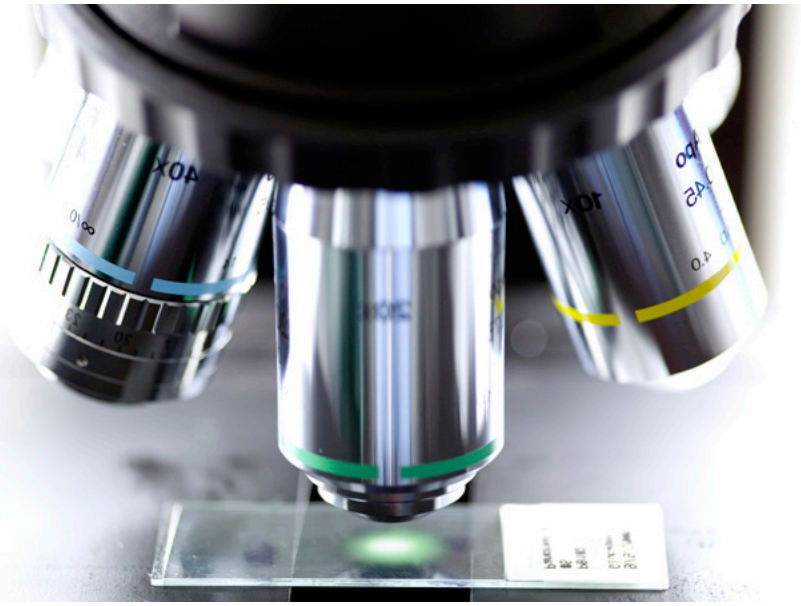
- Subscribe
- Download a PDF Version
- View Past Editions

To subscribe to our e-newsletter about cancer prevention, detection, and treatment, visit *www.TexasOncology.com* and click "Newsletter."

Clinical Trials: Patients Curing Cancer

Clinical trials, which examine how a cancer patient responds to a new medical approach or drug, are essential in the fight against cancer. Often, studies identify better ways to treat, diagnose, and prevent cancer-related diseases.

Patients who participate in clinical trials are volunteers who provide a tremendous service to further cancer research. While the volunteer participation in clinical trials may lead to breakthrough treatments, less than 5 percent of adult cancer patients will enroll in a clinical trial. A common fear is that all patients are treated with placebos, but actually, most participants receive the standard treatments in lieu of placebos.



Despite low participation, clinical trials have clear benefits for cancer patients:

- **Trials are available locally.**
  Texas Oncology's commitment to community-based cancer care demonstrates that impactful clinical trials are not just taking place at large medical centers and universities, but all across the state, even in small towns. To learn about available clinical trials in your area, visit *TexasOncology.com/ClinicalTrials.aspx*.

- **Trials identify new treatments for participants.**
  Patients who have exhausted other treatments may choose clinical trials as an alternative treatment option.

- **Trials advance future care.**
  Patients participating in clinical trials are heroes to future patients because they enable improved and more effective treatments to be developed.

Texas Oncology patient Richard Po knows first-hand the benefit of clinical trials. After being diagnosed with a rare type of cancer of the thymic gland, he turned to a research study offered locally at Texas Oncology–Round Rock.

"I'm very thankful that I was able to participate in a clinical trial. I was able to receive the latest in cancer treatments, and it was great to contribute in a small way to the treatment of future patients."

– Richard Po
Patient, Texas Oncology

Personalized Medicine: A Tailored Solution to Cancer Care

Cancers are not all the same, so why should they be treated as such?

Personalized medicine is a relatively new approach to treating cancer. It aims to eliminate the "one size fits all" model, where treatments are generalized instead of based on a unique biological framework.

Much like a fingerprint, personalized medicine matches treatments with patients, providing highly advanced therapies on a personalized, genetic level.

"This new model of medicine categorizes patients by their biology and designs treatment according to the cancer's genetic makeup.

The approach has already proven effective in treating some types of leukemia, breast, lung, and colon cancers, and based on recent scientific advances, I think we will see more and more cancers treated similarly."

– Steven Paulson, M.D.
President and Chairman of the Board
Texas Oncology

Researchers study the biology of cancer patients to identify and target the altered genes responsible for the growth and spread of cancer. Through a process called "genome mapping," researchers can map a cancer-causing gene down to the exact location on the chromosome, guiding treatment development on a highly personalized level.

With these findings, researchers can then formulate unique treatments that are targeted to a particular patient. Because the treatments are designed to match each patient on a genetic level, they are often more effective with fewer side effects than more generalized options.

How Research Leads to Cancer Treatment

The cancer treatments available to patients today all underwent the same testing process through clinical trials as a precursor to approval. The rigorous, four-phase process is universal for all cancer treatments in the United States, and in some cases leads to breakthrough drugs or therapies.

After a new drug is developed in a laboratory and shows promise for patients, clinical trials begin to determine how effective and safe it is for humans, with more patients involved in each of the four trial phases.

PHASE I TRIAL Determines the dosage safety of a drug, the delivery method, and dosage frequency. (Approx. 15-50 participants)

PHASE II TRIAL Examines the effectiveness of the treatment. (Approx. 25-100 participants)

PHASE III TRIAL Compares a new drug or intervention with the current available treatment using randomly selected patients. (Approx. several hundred to several thousand people)

FDA After a treatment passes Phase III, it is submitted for approval by the **Food and Drug Administration (FDA)**. Once the treatment is FDA-approved, it is made available for commercial use.

PHASE IV TRIAL Occurs with treatments that have already been FDA-approved and examines the safety and effectiveness of a treatment over a longer period of time and among a wider patient population.

Research Presented at International Cancer Conference

In June, Texas Oncology physicians joined more than 30,000 members of the oncology community gathered at the American Society of Clinical Oncology (ASCO) annual meeting to share research findings. As the largest conference for the cancer community, the ASCO meeting recognizes the progress made in cancer research, celebrating contributions of physicians and patient participants alike.

Twenty-two Texas Oncology physicians contributed research to the ASCO conference. Their research, selected as part of a competitive peer-review process, took place locally with Texas-based patients.

Often, research unveiled at conferences like ASCO makes a significant impact on future cancer treatments. In fact, each of the 43 FDA-approved drugs associated with Texas Oncology research began in clinical trials; many were introduced at cancer-related events like ASCO.

The latest drug to result from Texas Oncology research was approved in April 2011 to treat advanced prostate cancer. Texas Oncology's Dr. Thomas Hutson (Dallas) played a key role in developing the new drug, abiraterone acetate (also known as Zytiga). It was recently featured in the *New England Journal of Medicine*.

"When we reviewed the clinical trial results, we knew that this would give prostate cancer patients an important option for treatment.

We're excited to be at the forefront of such innovative research for this and other treatments that could improve care for our patients."

– Thomas Hutson, M.D.

Medical Oncologist, Texas Oncology
Baylor Charles A. Sammons Cancer Center

How to Participate in a Clinical Trial: Six Steps

Despite low participation rates, the process of enrolling in a clinical trial is relatively easy for those who qualify. If you are interested in a clinical trial for you or a loved one, check out these steps to get involved:

1. **Research and identify the right trial for you.**
   Information about available clinical trials is frequently posted online. To view a list of Texas Oncology's clinical trials, visit *TexasOncology.com/ClinicalTrials.aspx*.

2. **Complete a recruitment screening.**
   Once you have identified a trial, talk with your physician to determine if it is appropriate for you. The researcher may ask additional questions to ensure that you are the right candidate for the study.

3. **Submit your consent to participate.**
   It's critical that clinical trial participants talk with the researcher to understand the risks, benefits, and structure associated with the study. Once the details of the trial are disclosed, the patient signs a consent agreement.

4. **Provide additional information and samples.**
   Once accepted into the trial, patients must provide additional information and biological samples (blood, tissue, or genetic tests) to the research group.

5. **Participate in the study.**
   Physicians guide patients through the study. The experience will vary based on the specific type and phase of the trial.

6. **Review the results.**
   While many clinical trials openly communicate the trial results with participants, it is important that each patient actively seek out those findings from the researchers. Results often help shape future medical choices and improve quality of life for cancer patients.