

# Making a Change through Clinical Research



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African Americans have some of the highest rates of morbidity and mortality in four of the leading causes of

death and disease in America. What can we do to change this? We can empower ourselves. How? One way is by getting involved in clinical research.

As African Americans, we are underrepresented in important medical research searching for new medicines for the treatments for diseases, such as diabetes and heart disease. There are many theories why African Americans do not participate in medical research. These range from not sharing our problems and issues with those outside of the “family”, to a cultural mistrust of doctors and scientists. Some perspectives relate non- participation to the historical Tuskegee syphilis trials, and other historical factors. Those infamous violations of participant rights have since led the government to recognize the critical need to regulate clinical research and prevent these

types of unethical practices from re-occurring.\* The protection of participants today in clinical trials is strictly monitored.

Regardless of the reasons, it is imperative we take part in clinical research for new therapies. When developing new medicines, researchers test different communities and racial groups to ensure the medicine works effectively for everyone. An example to illustrate why they do this, are the findings of a research project that showed people of African descent may make too much of a specific enzyme called PTP1b that causes our blood sugar to be high, this causes what we call “sugar”. Since these findings, there has been further research exploring treatments to counteract the high levels of PTP1b. Rather concerning is the fact that African Americans are almost twice as likely as non-Hispanic Caucasians to have diabetes. However,

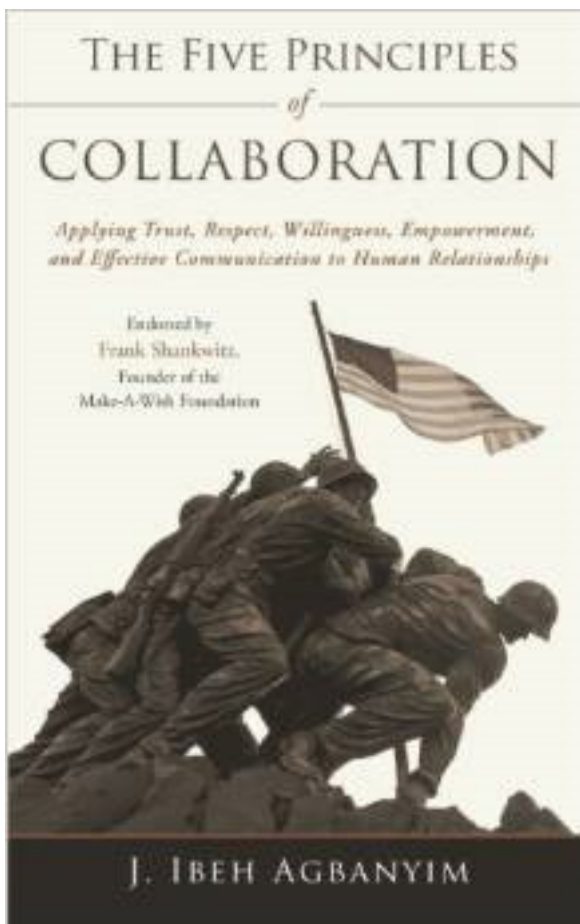
between 1998 and 2001 we comprised only 11% of diabetes trial participants while non-Hispanic Caucasians represented 85%. These diabetic drugs have to be tested on us; otherwise, researchers and medical professionals will not know how effective they will be for us. To make sure the next medicine that comes to the market for diabetes and other diseases works effectively for our community, it is essential we take part in these clinical trials. We must be part of the solution. We owe it to our community, to our children and to future generations.

Let’s fight this winnable battle together. We can help medical science fight the diseases that are killing us. Let us get involved in the process, and take part in Clinical Research.

Read up on regulation such as, the FDA Regulations Relating to Good Clinical Practice and Clinical Trials.



## The Five Principles of Collaboration: Applying Trust, Respect, Willingness, Empowerment, and Effective Communication to Human Relationships



*Relationships are built around five principles of collaboration, and when any of them are lacking, human relationships suffer.*

J. Ibeh Agbanyim outlines how to apply trust, respect, willingness, empowerment, and effective communication to improve your life at home, on the job, and in social settings.

Learn how to:

\***Promote** healthy employee-management relationships in the workplace through collaboration

\***Break** through walls that prevent collaboration in social settings

\***Cultivate** a healthy intrapersonal relationship by understanding your “will to meaning,” which consists of knowing the purpose you have in life and how it connects to other elements.

*Failing to apply the five principles explained in this book will lead to a collaboration deficiency. By learning these principles, you'll be equipped to achieve personal and professional success.*

Other books by this Author include The Power of Engagement: How to Find Balance in Work and Life and Fear.



**Author J. Ibeh Agbanyim**

“No person, project, or organization is an island unto themselves. All success is the result of effective collaboration. This book is a practical guide on how to collaborate, cooperate, and succeed.”

-Jim Stovall, bestselling author of The Ultimate Gift

