



## Top 5 Things

You Should Know Before

## Participating in A Clinical Trial

*As A Patient*

by Dr. Richard Pollak



**ENDEAVOR**

— clinical trials —

## Introductory Letter from Dr. Richard Pollak

Dear Friend,

Do you find yourself avoiding social situations or missing work because of chronic foot problems? Are issues with one or both of your feet interfering with your enjoyment of life or spending time with your family and friends? If these situations sound familiar, then you have come to the right place.

All podiatrists have many treatments available to help you improve your foot health; however only certain podiatrists participate in clinical trials to help broaden those treatment options.

At Endeavor Clinical Trials in San Antonio, our goal is to work with our patients to conduct investigational research trials to discover new ways to treat foot pain. Our ultimate goal is for you to regain your health so that you can live a carefree, foot-healthy life. Our research on improving foot care will give you the opportunity for cutting-edge treatment at the forefront of the podiatry field.



When you are ready to look into treatment options for your foot pain, we are ready to help. Our team will educate you about our research studies, so that you feel confident you are participating in studies led by the best foot doctors in San Antonio.

Whether you choose to participate in our research studies to treat your pain or not, I am confident that this report, "The Top 5 Things You Should Know Before Participating in A Clinical Trial as A Patient", will help you in finding the best study for you.

To your healthy feet,

**Dr. Richard A. Pollak**

## Table of Contents

Introductory Letter from Dr. Richard Pollak .....	2
Number 1: What Is a Clinical Trial and What Can I Expect? .....	4
Number 2: Do They Fully Understand Your Needs? .....	6
Number 3: Do They Use the Latest in Technology and Treatment? .....	7
Number 4: Do They Have Experience? .....	8
Number 5: Are They Experts in Their Field? .....	9
Closing Letter from Dr. Richard Pollak.....	10

NUMBER

1

## What Is a Clinical Trial and What Can I Expect?

### What Is a Clinical Trial?

A Clinical Trial is research dedicated to improving methods of treatment for patients. New medicines and devices used to treat foot or ankle pain are developed constantly, however before they can be prescribed to patients, they need to be tested in an investigational research study. Clinical trials are medical research studies set up to perform this testing on qualified patients.



# Top 5 Things You Should Know Before Participating in A Clinical Trial

## Why Do Patients Become Involved in Research Studies?

People participate in medical research studies for many different reasons. Often, they are seeking alternatives to the current treatment options available to them for their medical conditions. Patients participating in medical research studies have access to medications long before they become available to the general public.

Many research participants take part in medical studies due to relationships they have built with study coordinators and their current podiatrists. Patients appreciate the close medical care they receive in a medical research study, and enjoy attending the study visits at the research center.

Research studies also include volunteers who want to advance the process of medical research. Patients who feel frustrated with their current treatment often want to participate in finding new ones. By contributing their time to the research study, their results help form medical opinions for years to come.

## Should I Volunteer and What Can I Expect?

Every day, research uncovers new information about medical conditions and potential therapies. Your participation in clinical studies may help in the development of new medications. You and many other people may benefit from your willingness to participate.

Volunteering to participate in a clinical research trial is one of the best ways that you can contribute to the understanding of foot and ankle pain that affects people of all ages. Volunteers are extremely important to the clinical study phase of the drug approval process. As a volunteer, you are the most crucial link in a long chain of research and testing in the development of new treatment methods.

Each year, thousands of people volunteer to participate in clinical research studies. Benefits that you may receive as a volunteer include:

- Helping in the research process to develop new treatments
- Receiving cutting-edge medical care from physicians during the study
- Education about your medical condition and networking with other people with similar conditions

## What Happens During a Clinical Trial?

Each trial is different, and our research staff at Endeavor Clinical Trials will review the nature of the study, duration, number of visits required, whether laboratory work is necessary and other information unique to the study with you before you enroll. Throughout the entire trial you will remain informed and up to date on all information and procedures being planned.



NUMBER

2

## Do They Fully Understand Your Needs?

All of our doctors are fully trained Doctors of Podiatric Medicine, experts in treating foot and ankle concerns. Upon arriving for your appointment, our doctors will listen to you carefully before offering any advice or treatment. You should feel comfortable in fully explaining your foot or ankle concerns and ask all of your related questions at this time. We believe in listening to our patients first, and recommending treatment second.

Sometimes you may find it difficult to communicate your needs to a doctor. In fact, English may not be your first language. At Endeavor Clinical Trials, some of our doctors are fluent in Spanish so they can not only take the time to listen to your needs, but communicate in a language you may be more comfortable in.



NUMBER

3

### Do They Use the Latest in Technology and Treatment?

Top podiatrists can provide advanced diagnostic and treatment options for foot and ankle conditions on-site at their practice. At Endeavor Clinical Trials, we use the latest technologies and advanced podiatry techniques to assess your foot or ankle pain. Some of our many technologies are, x-rays, diagnostic ultrasounds, and even an onsite laboratory.

When you meet with the doctor in the research studies, you will have access to cutting-edge podiatric treatments and devices. Dr. Pollak and his team work with patients using the forefront of podiatric development and technology.





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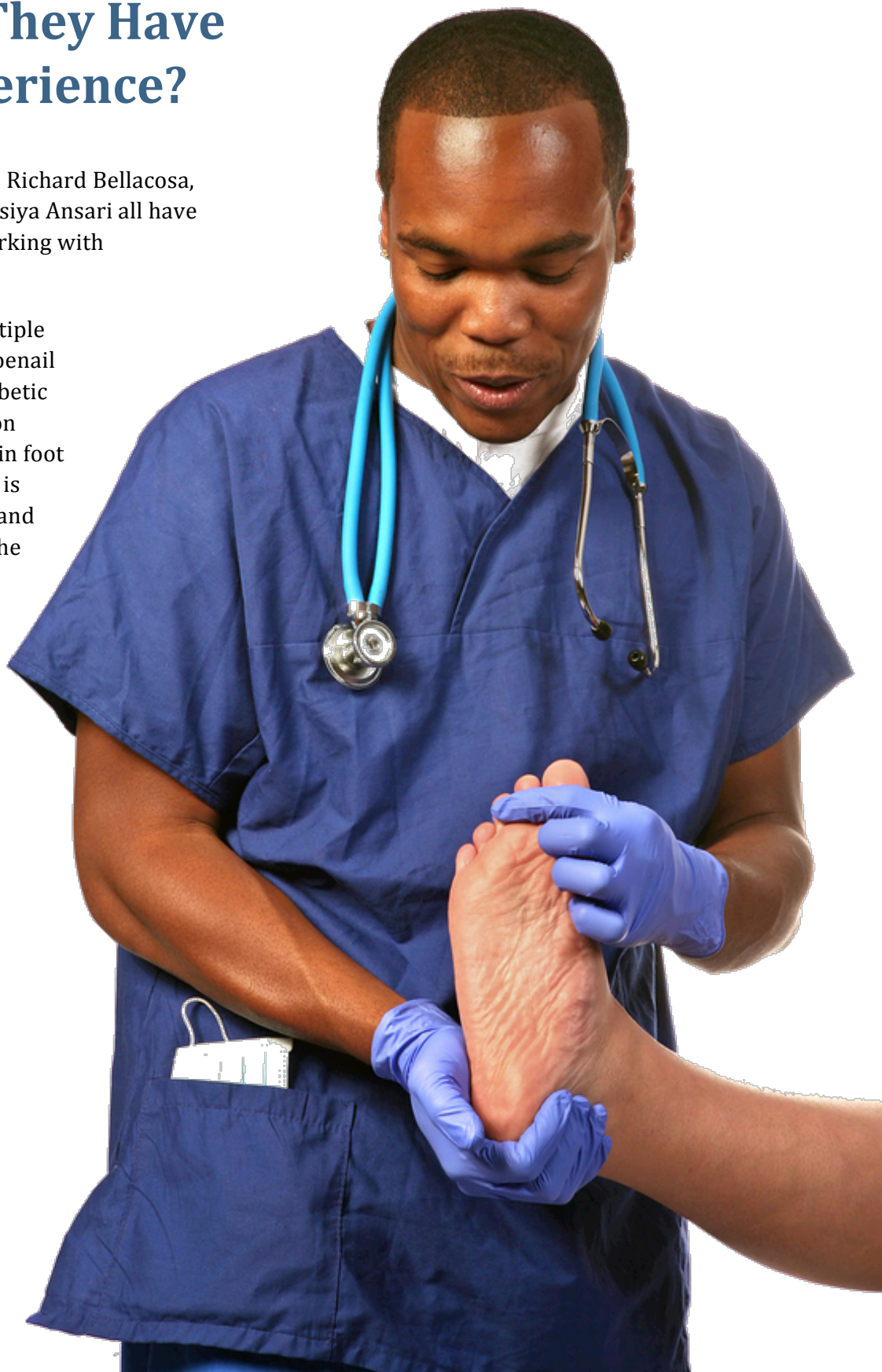
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## Do They Have Experience?

Dr. Pollak and his team of Dr. Richard Bellacosa, Dr. Russell Stanley, and Dr. Asiya Ansari all have expertise and experience working with podiatric patients.

Dr. Pollak is an expert in multiple areas of podiatry including toenail fungus, athlete's foot and diabetic foot ulcers. He is a key opinion leader and is board certified in foot and ankle surgery. Dr. Pollak is highly renowned for clinical and pharmaceutical research in the United States.

Dr. Pollak has been in private practice for 37 years at San Antonio Podiatry Associates, P.C. in association with the other doctors on this team. Each physician has many years of specialized podiatric training which you can read about in depth on our website.





NUMBER

5

### Are They Experts in Their Field?

It is important to work with Doctors of Podiatric Medicine (DPM) who are experts in their field. All four doctors on staff at Endeavor Clinical Trials are experienced in podiatric medicine and experts in their field. Dr. Pollak and Dr. Bellacosa are board-certified by the American Board of Foot and Ankle Surgery, and are members of the Texas Podiatric Medical Association, American Podiatric Medical Association and Bexar County Medical Society. They are Diplomates of the American Board of Podiatric Surgery and Fellows of the American College of Foot and Ankle Surgeons.

Dr. Stanley and Dr. Ansari are both board-qualified in foot and ankle surgery. Dr. Stanley is highly skilled in ankle, forefoot and rearfoot surgery. Dr. Ansari specializes in reconstructive ankle and foot surgery, fracture repair, preventative care and complete foot health. With this level of expertise in the staff of Endeavor Clinical Trials, you can feel confident that you are in good hands throughout your participation in the research studies.



# Closing Letter from Dr. Richard Pollak

Dear Friend,

I hope you have found this free report on what you should know before participating in clinical trials as a patient helpful. During your initial visit to Endeavor Clinical Trials, we will answer your questions, address any of your concerns and make sure that you are qualified to participate in our research study. If you have any questions before you come in, please call us at 210-949-0807, and we will be happy to answer them for you.

Our goal is to create clinical trials to test medicines and devices that will help our patients get relief from foot and ankle pain. With 37 years of experience treating patients with foot and ankle pain, I know that we can help you heal and get back to your daily life free of worries about your feet.

I recommend that you do your research before deciding to participate in a clinical trial to make sure that you feel confident that this is the right step for you.

I am sure that the information provided in this report will help you choose whether to participate in our research. I am always here to answer your questions. Call 210-949-0807 to set up an appointment or speak with an expert at any time.

To your healthy feet,

**Dr. Richard Pollak**





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