Savvy Survival Strategy

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Researchers with the University of North Carolina at Chapel Hill have found that just being in an HIV clinical trial can enhance your health. Their research concluded that the better health outcomes of people who participate in clinical trials stem from the extra care, consultation and follow-up they get in a study. This “trial effect” could skew some study results (as it means trial subjects often have better adherence, treatment literacy and safer-sex practices, among other things), but for participants, it’s all good. The things they learn in the trial help them become more active in safeguarding their own health.

Given the impending health care budget cuts and legislative reforms, enrolling in a clinical trial may get you top-notch health care when times are tough. And most important, trials often produce better treatments for everyone. Visit aidsmeds.com/clinicaltrials for more info.

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http://beta.docker.poz.com/article/Clinical-Trial-HIV-21246-6409