



Research brings hope for cures.

Stablemates Clinical Trial

What is a clinical trial?

A clinical trial is a research study that is conducted in a medical setting, such as a clinic or hospital, that usually involves the testing of a new medication, treatment, or device. Patients are never placed in a clinical trial without their knowledge and permission. All qualified patients involved in clinical trials sign consent forms before the study begins.

What is the Stablemates trial?

The Stablemates trial compares two very effective standard therapies in their own right—BOTH of which have a history of being successfully used in the treatment of early stage lung cancer.

- Sublobar resection (surgery) has long been considered the standard treatment for early stage lung cancer. Surgical techniques have continued to advance in recent years, but there is still downtime after the procedure and a risk of complications.
- Stereotactic ablative radiotherapy (SAbR, also known as SBRT), is a newer radiation therapy technique that is completed in five painless, outpatient treatments of less than 30 minutes each. Recent clinical trials in SAbR have shown similar results as surgery in terms of cancer control, and it is now the standard of care given to inoperable patients.

If SAbR is so good, can it be used to treat a broader group—not just inoperable ones?

Determining which patients are best suited for either surgery or SAbR is one of the primary goals of the Stablemates trial.

How do I participate?

Stablemates is a little different than most other clinical trials. Usually, you agree first to participate and then are blindly randomized to a particular arm of the study. But we realize that it's important for cancer patients to have control over their treatment—so, you get to choose.

In Stablemates, patients are pre-randomized by a computer and then informed of their assignment before they choose to participate. If you don't like your assignment you are free to decline study participation and choose another therapy in consultation with your doctor.

With this approach, patients can weigh the pros and cons and make their own decisions.

You're in the driver's seat.

What else should I know?

- The Stablemates trial compares two different types of care that are normally provided for your disease. There are no unknown or experimental treatments being offered.
- There is no additional financial cost for participating in the study.
- We recommend that you discuss participating in Stablemates with your family and other potential caregivers before agreeing to participate in the study. Your doctor is also there to help answer questions so that you can make the best decision for YOU.
- The consent forms are long and can be difficult to understand. They include more detailed safety information and information about potential side effects. Ask your doctor or research nurse for assistance if you have questions while filling out these forms.
- You will be informed if any health risks are uncovered during the study that might influence your desire to participate in this clinical trial.
- You can change your mind about participating in the study at any time, including before or after you've received your treatment. Leaving the study will not affect the quality of your health care.
- A total of 272 people will be participating in the Stablemates clinical trial throughout the United States, Canada, and Australia.

Why is it called "Stablemates?"

The two therapies—surgery and SAbR—can be compared to two racehorses competing for the same prize (to cure patients with cancer), but cooperatively working together as long-time neighbors living in the same stable.

Lobectomy and SAbR have both demonstrated the ability to eradicate the primary lung cancer with a rate of around 90 percent in people with early stage, non-small cell lung cancer. However, patients suffering from lung cancer often have reduced cardiopulmonary function and other health challenges, which may put them at risk for undergoing an operation. For this reason, cancer researchers are interested in examining a noninvasive alternative to surgery for high-risk patients.

For more information, please visit the Stablemates trial web site at utsouthwestern.edu/education/medical-school/departments/radiation-oncology/research/clinical/jolt-ca/.