

Mayo Clinic Minute

Why early clinic trial results may offer false hope

Video	Audio
	When headlines splash promise of early results from a new clinical study, chronically ill patients may suffer false hope.
	Dr. Fares Alahdab is a Mayo Clinic researcher and lead author of a study that looked at thousands of articles over 8½ years. He says early results may be grossly exaggerated in more than 1 in 3 clinical trials.
Fares Alahdab, M.D. Evidence-Based Practice Center Mayo Clinic	“This phenomenon of early exaggerated results in medical literature actually was prevalent in a whopping 37 percent of these studies.”
	Dr. Alahdab and his team reviewed thousands of trials evaluating drugs or devices for use in treating chronic conditions, including cancer, stroke, heart disease, diabetes and kidney disease.
	“These early exaggerated results in these studies about chronic medical conditions seem to be still quite a bit ambiguous and vague as to why is it happening.”
	Dr. Aladhab has a word of advice when reading about early clinical trial evidence.
	“Just be cautious as to what these studies tell you because they could potentially be exaggerating.”
	For the Mayo Clinic News Network, I’m Ian Roth.