



The newsletter for sufferers of Crohn's Disease

November 2008

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2008 News Update

Welcome to the first issue of AneCDotes,

a newsletter to keep you up to speed with issues that may affect you on the trial which is trying to find the safest and most effective dose of a new oral drug called Laquinimod in people with Crohn's Disease. In this edition, we discuss some of the reasoning behind the trial and have also translated some of the jargon we use in trials just so that you understand what it all means.

Being part of this clinical study is a

commitment so we have some additional sections which answer some of the questions asked by patients on trials and some useful links to websites. There is also an overview of how the trial is going to be run globally.

As we plan to produce more newsletters, if there is a topic you would like us to cover, please let your study doctor or nurse know and they'll feedback your suggestions for the next issue.



Trial Rationale

The reason for the Trial of Laquinimod for treating Crohn's Disease

You may be asking yourselves "why is a trial of a new drug to treat Crohn's Disease necessary"? Put simply, current medications available for Crohn's Disease are effective but in some patients cause side effects which are difficult to live with. Current medications range from corticosteroids to intravenous drugs. These can work well to treat symptoms but when taking them some patients experience unwanted side effects. With the injectable type of drug there is the added inconvenience of injecting regularly, or having to come into hospital for an infusion. Therefore, there is a need for easy to take drugs that work well with less unwanted side effects.

In this trial, which is a Phase II trial, we want to determine if giving a new type of drug called Laquinimod will treat Crohn's Disease symptoms effectively but cause fewer side effects. The trial also needs to find out which is the best dose to use. Laquinimod has been used to treat Multiple Sclerosis (MS) patients and has been taken by up to 595 healthy volunteer and MS patients (some for more than two years). Since the body's immune system (the way the body fights disease) behaves in a similar way in both MS and Crohn's Disease, there is evidence that a drug to treat MS could also be effective against Crohn's Disease too. To date the drug appears to be safe

and has been effective in treating MS patients. This is an interesting trial because it will study four different dose groups of Crohn's Disease patients over a period of 16 months and will help us to answer the question 'is there really an effective and convenient to take drug yet with fewer unpleasant side effects for treating Crohn's Disease?'

Each dose group is a fourteen week study, so we hope it will not cause too much disruption to your daily lives or your current Crohn's Disease medication.

We would like to thank you for taking part in a trial which could impact the lives of many Crohn's Disease patients in the future.

Trial Jargon Translated

What does being on this Phase II Trial involve?

You are part of a Phase II, multi-centre, randomised, double-blind, placebo-controlled, sequential cohorts, dose range finding study to evaluate the safety, tolerability and clinical effect of escalating doses of Laquinimod in active moderate to severe Crohn's Disease. Since we thought you may like to know what this all means, we'll explain some of the jargon. A Phase II trial is a study involving up to 200 patients and its purpose is to demonstrate how effective a drug's is and to confirm its safety. Multi-centre in this study means the trial is taking place in seven countries in a more than 30 hospitals so you are part of an international group of approximately 180 Crohn's Disease sufferers some of whom are as close as France or Belgium. As a patient on this trial, you will have moderate to severe Crohn's Disease with a Crohn's Disease Activity Index

(CDAI) score of 220-450 determined by your doctor based on a number of the symptoms you have discussed.

Randomised means there are two different groups in the trial (one receiving the drug and one taking a placebo (dummy drug): those in each group are selected by computer and put into one group or the other, at random. There is a one in three chance of receiving placebo on this trial. A double blind trial is a study where neither you, nor your doctor, know whether you are receiving the drug or a placebo because your capsules will come in a bottle with a code number



on that has been assigned by Teva, but will not be apparent to anyone other than authorised Teva staff. A placebo is not a drug but an inactive substance that should not have any positive or negative effect on your health. The placebo in this trial is a gelatine filled capsule which looks exactly the same as the active drug. The terms sequential cohorts and dose range finding study mean there are four groups of around 45 of you who will receive a different drug, or placebo dose, in order to find out the dose which works the best and gives the least side effects. There are four doses (0.5mg, 1mg, 1.5mg and 2mg) and all four doses will not be given at the same time to each group, as we want to see the effects that each dose has before we increase it. Therefore, 0.5mg will be given and the results of the drug's effects will be analysed statistically and by a safety committee of experts not involved with the trial. If this dose appears safe, the next group will be given the next higher dose and this will continue with the next dose. We are giving the drug in this way to ensure each dose is safe before the next set of patients takes the higher dose because your safety is of paramount importance to us on this trial. You will be told which dose group you are in.

If you would like to find out even more about clinical trials and some of the terms used, please go to www.clinicaltrials.gov where you'll find lots of useful information.



What to expect on this Phase II Trial

We need to study you over 14 weeks and you will come to clinic for eight appointments so we can gather enough information on your health to find out if the drug achieves its scientific end points. Being part of this trial will help you play an active role in your own health care and should not have adverse affects on your health because you can still continue with most of your already prescribed medication to treat your Crohn's Disease. During each study visit you will be seen by the same consultant and nurse team and will receive a continuity

of care. You will also be able to discuss different treatment options with your doctor and they will be aware of your disease history.

During the eight weeks you are taking the drug, you will need to keep a Crohn's Disease Activity Index (CDAI) diary, which your doctor will provide and train you on. Please remember to fill this in every day and bring it with you on each hospital visit as the information it contains is important to the trial. If you do have any side effects while on the trial, as well as noting them down, you should call your clinical team and arrange a visit within seven days of starting to experience a problem. Also remember to mention any problems you are having related to your treatment at each scheduled visit so it can be recorded again.

We do understand it is sometimes difficult for you to get to your clinic appointments and we want to help support you in this study because your hospital monitoring visits provide vital information to us. If you think you'll miss an appointment though a transport or parking problem, please mention these concerns to your study centre team and often you'll be surprised at how much they can help you sort it out.

Taking Part



A number of you may want to know the answers to some common questions and we have listed them below. If you have additional questions, please contact your study doctor or nurse and they'll be happy to answer them and we'll include the common ones asked in a future issue.

Frequently asked Questions

Q *Which drug company is running the trial and can you tell me about them?*

A Teva Pharmaceutical Industries Limited is sponsoring this study. The company, headquartered in Israel develops, manufactures and markets prescription drugs, most of which are sold in North America and Western Europe.

Q *Will we be told the results of the trial?*

A The results of the trial can only be analysed at the end of the study when all patients have had their visits. If you would like to know the results when the entire trial is completed and analysed (early 2010), please speak to your study nurse or doctor and they will be happy to provide the information when this becomes available. Please note that the results are of the overall study and not on an individual patient basis.

Q *How long is the study overall?*

A Your part of this study will be around 14 weeks (two weeks prior to the study for assessment, eight weeks of taking the drug and four weeks of follow-up). The entire multi-centre study will take over a year to complete.

Q *Who will pay for my travel and parking?*

A Your study centre will pay for all your travel and parking so please bring receipts if you can get them. If you have problems finding parking at the hospital you attend, there may be a possibility of paying for you to take a taxi instead, or if there is bad weather and you live a long distance from your hospital, we may be able to help. If these are a concern, please speak to your clinical team and they'll be happy to discuss options with you.

Q *What if I cannot keep an appointment?*

A If it is because of a transport or parking problem, then let your study centre know in advance because we can often help with this. If it is because of other circumstances such as illness or holidays, then please try to arrange another appointment as soon as possible. This is because it is vital that we see you and obtain the information on your CDAl diary which is important.



Useful Websites

Please find below URLs of websites where you can access information on Crohn's Disease, clinical trials or patient information. Below are just a few links that might prove useful.

www.nacc.org.uk	is the website of the NACC (National Association for Colitis and Crohn's Disease) for patients with Ulcerative Colitis and Crohn's Disease.
www.NHS.uk/illness	is an NHS site providing health advice.
www.medicines.org.uk	is a website providing reliable information about drugs, conditions and the different treatment options available.
www.mhra.gov.uk	is the site of the Medicines and Healthcare products Regulatory Agency (MHRA), the government agency that is responsible for ensuring that medicines are acceptably safe.
www.advisorybodies.doh.gov.uk/piag	is the site of the Patient Information Advisory Group (PIAG).
www.ClinicalTrials.gov	is a website which contains information about all clinical trials being carried out in the UK.
www.npsa.nhs.uk	is the site of the National Patient Safety Agency (NPSA) and it details what patients can expect from all aspects of their healthcare within the NHS

Trial Recruitment

Who's on the trial?

We hope to recruit at least 180 patients in seven countries to the trial that you are on and to give you an idea of where all the patients are going to be, we have listed them in Table 1. We need this number, so that we can collect information on as many of you as possible over the next year in order to determine how safe and effective Laquinimod will be for treating Crohn's Disease.

Table 1:
Number of patients to be recruited on the Phase II Trial of Laquinimod to treat Crohn's Disease.

Country	Site number	Target for recruitment
Belgium/Netherlands	4	25
France	6	40
Israel	4	32
Italy	6	35
Spain	6	35
United Kingdom	4	32
Total	30	199

Recruitment news from the UK

In the UK, we want to recruit 32 patients so for all of you in the UK that have joined us, we would like to thank for agreeing to take part in this important study and would encourage you to continue on the trial as long as it is medically possible. We need to gather as much information on you as we can so that so we can obtain a reliable indication of whether an easy take drug for Crohn's Disease will be both safe and effective.

Editorial Information

AneCDotes is edited by Sue Pearson, International Science Writer and designed and produced by Janine Tolliday, Creative Graphics.

We hope you have found this edition of AneCDotes, useful; if you would like to make us aware of anything you think could be included in the newsletter, please make suggestions to your study doctor or study nurse.

This newsletter has been approved for use by Brighton East MREC on 6th October 2008.