Research and Innovation in Medicine

Do you remember the times when doctors and nurses had to sterilize syringes and re-use them multiple times? Or needles? Most of us do not even think it was the reality of medical office or hospital. Innovation in medicine revolutionized supplies, medical equipment, and medication. Development of some sophisticated equipment saved many lives and made it easier for doctors to diagnose illnesses.

The same idea of innovation applies to medications. Thirty years ago, we used several antibiotics and we did not even understand the concept of immunotherapy. These days, we can offer medication treatments for many disorders and change lives of many patients.

It does not come without the sacrifice, effort, and cost. Before we can take a pill to help us with a disease, years earlier there must have been scientists who identified some tiny molecules that potentially might have worked to treat that disease. There must have been animals and humans who tried those molecules in their very initial form to confirm the theory set by the scientists. And finally, someone must have conducted larger clinical trials to prove the effectiveness and safety of those molecules.

It can take six to ten years for a new drug to be approved for use by the authorities. It can take million of dollars to conduct the trials. The process of developing a new drug is as exciting as complicated. And it involves stages and phases. Doctors who work in the lab and conduct trials in their clinics are called investigators. They work with the regular patients population but, additionally, learn new protocols and try the new drugs on some limited patients groups, fitting those protocols. They often spend hours to complete the data and documentation related to trial participating patients. They train for hours to be able to conduct those trials. And they have to identify the patients who can become participants because without them, trials are impossible.

The above work results in many 'miracles'.

Newer and safer drugs get on the market, patients can take less medicine and become better quicker, unknown treatments are discovered and lives are saved.

While majority of clinical drug development is associated with doctors, labs, and pharmaceutical companies, the true base of that development is science and patients. Scientists discover the molecules in order to be tried by patients who need them. All in between is a bridge and not the essence of medical research.

This is why it is so critical for patients, younger and older, to learn more about medical research and participation in it. Simply, what we will develop in the future depends on our social involvement at the present time.

To learn more about clinical research and to identify studies for participation, please call Arlington Dermatology at 847 392 5440. Dr. Bukhalo is currently conducting trials in psoriasis, acne, atopic dermatitis, rosacea, and actinic keratosis.

Any research-related consultations are free of charge and do not require insurance.

You can be a part of medical science too!

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