## International Clinical Trials Day 20<sup>th</sup> May

Each year, International Clinical Trials day is celebrated around the world on or near the 20<sup>th</sup> May in order to raise awareness and inform people about clinical research.

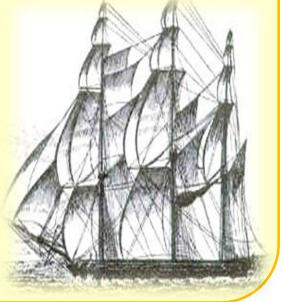
UH Bristol will be celebrating on 20<sup>th</sup> with research themed events across the Trust – more details available soon!

http://www.uhbristol.nhs.uk/research-innovation/news-and-events/events/

20<sup>th</sup> May is the day that the first clinical trial was started by James Lind in 1747. Whilst a ship's doctor on HMS Salisbury, he carried out experiments to discover the best treatment for **scurvy**, the symptoms of which included loose teeth, bleeding gums and haemorrhages.

Lind selected 12 sailors suffering from scurvy, and divided them into six pairs, giving each pair a different treatment: cider, seawater, garlic, mustard and horseradish, vinegar, sulphuric acid (a few drops!) or oranges and lemons.

Those fed the citrus fruits experienced a remarkable recovery.



For more information, please contact Emma.Stoica@uhbristol.nhs.uk or Catherine.Down@uhbristol.nhs.uk