

International Clinical Trials Day

20th May

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

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

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

20th 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.

