



# Research Bulletin from the Diabetes Trials Unit Translational Research Group

Issue 9 – January 2013



Happy New Year, and welcome to our first bulletin of 2013! We had a busy end to 2012, and 2013 is already shaping up to be productive for our research group. Read on to find out more.

## New DTU study finds that screening for diabetes could be done at home

Research published online this month in the journal *Diabetes Care* and led by DTU/TRG researchers has found that people may be able to test themselves for diabetes in the comfort of their own home, using a novel electronic screening device. We tested the device in both healthy volunteers and people with diabetes, both in the home and in the clinic. They found that the device was popular, easy to use, and did not require any special training. This suggests it could be used to help screen people for diabetes in the community.

To read more about the results, visit: [www.dtu.ox.ac.uk/generic/article.php?223](http://www.dtu.ox.ac.uk/generic/article.php?223)

## New DTU video encourages people to participate in diabetes trials

A new video from the Diabetes Trials Unit (DTU) at the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) was launched last November on World Diabetes Day. With funding from the NIHR Biomedical Research Centre in Oxford, it features DTU Deputy Director Dr Angelyn Bethel, research nurse Sarah White and a DTU study participant encouraging people to take part in clinical trials and get involved with research at OCDEM.

To watch the video, visit: [www.dtu.ox.ac.uk/generic/article.php?220](http://www.dtu.ox.ac.uk/generic/article.php?220)

If you, or someone you know, would like further details on any of our upcoming studies, or would like to join our database so we can contact you with information about studies, please visit our website at:

[www.ocdem.ox.ac.uk/clinical-research-unit](http://www.ocdem.ox.ac.uk/clinical-research-unit)

## Aspirin Study – Visits completed

With the last study visit completed just this month, the team are now focussing efforts on the final few steps before analysing the study data. We will be reporting the results later this year, so look out for details in a future bulletin and keep an eye on our website [www.dtu.ox.ac.uk/trg](http://www.dtu.ox.ac.uk/trg)

## Upcoming research

### *Recruiting this spring:*

- **Mood Monitoring Study**  
(20 people with diabetes)

This study is looking to see whether a text messaging-based system can help us to monitor mood changes in people with type 2 diabetes who are starting an injectable therapy such as insulin.

- **Hypoglycaemia Alert Study**  
(10 people without diabetes who are undergoing an Insulin Tolerance Test)

This study is examining whether low blood sugar levels can be detected at an earlier stage more and more accurately by monitoring pulse rate, breathing rate, sweating and other body changes, in addition to blood sugar measurements.

## What's happening around the world - Some latest updates in diabetes research

There is a very active international research community committed to understanding and managing diabetes. Read on to find out about some recent diabetes-related research findings from around the world:



### Routine diabetes education in UK improved glycaemic control and quality of life

Researchers from the University of Surrey have found that a structured education programme called 'Dose Adjustment for Normal Eating', or 'DAFNE' gives longer-term improved glycaemic control and quality of life among adults with type 1 diabetes, when given as part of routine UK health care.

The researchers studied the DAFNE programme in 262 adults with type 1 diabetes. The programme comprises a 5-day course with a booster session 6 weeks later, and covers carbohydrate counting and dose adjustment, along with managing hypoglycemia and illness.

To read the full study, visit:

<http://dx.doi.org/10.2337/dc12-0080>.



### Metformin Cuts Cardiovascular Events in High-Risk Patients with Type 2 Diabetes

Researchers from the Shanghai Jiao Tong University School of Medicine, China have studied the effects of two drugs on 304 patients with type 2 diabetes who have coronary artery disease.

They found that after three years, both glipizide (30 mg daily) and metformin (1.5 g daily) reduced the level of glycated haemoglobin - the amount of glucose that is being carried by the red blood cells in the body. Metformin also substantially reduced the number of major cardiovascular events

when compared with glipizide.

To read the full study, visit:

<http://dx.doi.org/10.2337/dc12-0719>



### 'Look AHEAD' study - Weight loss does not lower heart disease risk in overweight people with type 2 diabetes

The U.S NIH-funded Look AHEAD (Action for Health in Diabetes) study has been stopped early, after finding that an intensive diet and exercise programme to promote weight loss did not reduce cardiovascular events such as heart attack and stroke in overweight and obese people with longstanding type 2 diabetes.

The study included 5,145 participants from 16 centres in the U.S. Half were randomly assigned to the intensive diet and exercise programme and the other half to a general diabetes support and education programme.

Although there were no fewer cardiovascular events, people did lose weight on the diet and exercise programme and they could maintain their weight loss. They also found other health benefits, including less sleep apnoea, and less need for diabetes medications. The weight loss programme also helped the participants to maintain physical mobility, and improve their quality of life.

To read more, visit:

[www.nih.gov/news/health/oct2012/niddk-19.htm](http://www.nih.gov/news/health/oct2012/niddk-19.htm)

## FIND OUT MORE ABOUT TRG

For further information about our group and what we do please:

- Visit our website,  
[www.dtu.ox.ac.uk/trg](http://www.dtu.ox.ac.uk/trg),
- or
- E-mail us at [trg@dtu.ox.ac.uk](mailto:trg@dtu.ox.ac.uk).