



Research Bulletin from the Diabetes Trials Unit Translational Research Group

Issue 14 – April 2014

Welcome to the 14th issue of our TRG bulletin. We have had a very busy few months - read on to hear about our latest news.

OCDEM consultant Dr Jonathan Levy retires

This month many past and current colleagues gathered in OCDEM for a surprise party to celebrate the long and successful career of Dr Jonathan Levy FRCP as he retires from his role as Clinical Director of the NHS Diabetes, Endocrinology and Metabolic Medicine service.

Jonathan is one of the longest-serving diabetes consultants in OCDEM and we are delighted that, although he is retiring from the clinic, he will continue to do research at OCDEM. He worked for many years on the Woodstock Road Radcliffe Infirmary site in Oxford, before moving to the new purpose-built OCDEM building in 2003.



Congratulations to Jonathan. We wish him all the best for the future and look forward to continuing to work with him on future research projects.

Two TRG studies now recruiting!

We are recruiting volunteers for two new TRG studies. These are:

Remote Mood Monitoring Study

This pilot study will find out if a simple SMS text-messaging or a website-based system can be used to help doctors monitor mood changes in people with type 2 diabetes.

We are looking for 20 people with type 2 diabetes who are about to start an injectable therapy such as insulin. If you can help, please get in touch to find out more.

Lixisenatide in Type 1 Diabetes (LIXI)

Lixisenatide is used to treat people with type 2 diabetes. Our LIXI trial is looking to see whether it can also improve blood glucose control in people with type 1 diabetes, when given alongside their usual insulin therapy.

This proof of concept study could pave the way for a major clinical trial for a potential new type 1 diabetes treatment .

Do you have type 1 diabetes? We need 30 people to take part – please get in touch if you can help.

More about the LIXI study....

Dr Chitrabhanu Ballav, OCDEM clinical research fellow and LIXI Principal Investigator, tells us more about his study....

The lixisenatide in type 1 diabetes study

by Dr Chitrabhanu Ballav

It can be difficult to live with type 1 diabetes. Patients are on daily insulin injections from diagnosis, usually from their teenage years. Often, despite the best efforts of the patient and their doctor, this is not enough. A major problem with insulin injection can be low blood sugar (hypoglycaemia) which stops patients from increasing the dose of their insulin when necessary.

Lixisenatide is a drug used in patients with type 2 diabetes to help reduce blood sugar. It is a once a day injection that works alongside insulin. Its effect depends on the patient's blood glucose level and stops working when blood glucose levels become normal, reducing the risk of hypoglycaemia.

LIXI will test how useful this drug could be in type 1 diabetes. Trial participants will be given an injection containing the drug, or a placebo ('dummy' drug) once a day with their usual insulin for a four-week treatment period. After a gap of four to eight weeks, this will be repeated for a second four-week treatment period. This time they will receive the drug if they were previously on placebo, or the placebo if they were previously on the drug.

At the end of both treatment periods we will measure blood glucose continuously over five days using a small skin probe, and assess changes in hormone levels after a standard liquid meal, as well as during a short period of hypoglycaemia induced with an insulin drip.

We hope that lixisenatide will improve diabetes care by making changes in blood glucose levels less variable, and that less insulin will be needed to maintain glucose levels. If the results are encouraging, it will pave the way for larger clinical trials to test whether lixisenatide could be used routinely in patients with type 1 diabetes.

To find out more call 01865 857287 or E-mail cru@ocdem.ox.ac.uk

1 in 17 of UK adults now diagnosed with diabetes

NHS figures released in February 2014 highlighted that the number of people diagnosed with diabetes has continued to rise over the last decade, and has now reached 3.2 million in the UK.

As a result, Diabetes UK wants diabetes healthcare to be improved, urgently. See: <http://tinyurl.com/Diabetes-UK-3-million>

DIABETES UK
CARE. CONNECT. CAMPAIGN.

As many people are living with as yet undiagnosed type 2 diabetes, Diabetes UK has also highlighted the importance of the free NHS Health Check. This programme is assessing the risk of conditions such as type 2 diabetes, heart disease and stroke, in those aged 40 to 74. This month, Diabetes UK reported that only around half of all individuals being offered the NHS Health Check are actually receiving one. See: <http://tinyurl.com/DUK-Health-Check-update>

OCDEM event showcases translational diabetes research in Oxford

On 23rd January 2014, DTU Director Professor Rury Holman led an OCDEM Industry Networking Event to showcase translational diabetes research in Oxford. Leading academics, pharmaceutical and biotechnology companies came together to network and to build new collaborations.

For more, see:

www.dtu.ox.ac.uk/generic/article.php?243

A date for your diary - 'Unravelling the mysteries of diabetes' – an OCDEM public day on 4 June 2014, 3-7pm

Come along to our FREE event at OCDEM where you can learn more about diabetes, the exciting scientific research taking place in OCDEM and how we hope to improve patient care in the future. For more details see: <http://tinyurl.com/OCDEM-event>