



Welcome to our first bulletin of 2015! In this edition we are showcasing our latest study which is now recruiting and also providing further details about our other on-going research activities.

Testosterone in men with type 2 diabetes

Did you know that around a third of all men with type 2 diabetes have low testosterone levels?

The body's production of testosterone can be boosted with a naturally occurring hormone called kisspeptin.

We are starting a clinical trial of a longer-acting version of kisspeptin.

If you are a man under 60 with type 2 diabetes, please do get in touch. **We will measure testosterone – and do other tests to see if you can help.**

Tel: 01865 857287

Email: cru@ocdem.ox.ac.uk

Text 'MAN' to 87474

The Story of kisspeptin

It was scientists in Hershey's, the chocolate town in America who discovered the kisspeptin gene.

They named their hormone 'kiss'peptin after their town's most famous product - Hershey's Chocolate Kisses. Little did they know then that a hormone named after a sweet American chocolate could be helpful to men with diabetes!



Kisses are a Trademark of The Hershey Company

Please see page 2 for details

New TRG study now recruiting!

A new treatment approach to correct low testosterone levels.

We are delighted to announce that a new TRG study is now open to recruitment. Please read on for an overview by the Chief Investigator Dr Jyothis (Jo) George and the study team.

Men with Type 2 diabetes commonly have low levels of testosterone, which are linked to an increased risk of cardiovascular problems.

The hormone kisspeptin controls the release of hormones like testosterone. Research suggests that levels of kisspeptin might be low in conditions like Type 2 diabetes. Synthetic kisspeptin has been shown to restore testosterone release to normal. TAK-448 is a longer-acting form of kisspeptin – with a powerful impact on testosterone production.

About the Chief Investigator:



Jo joined the Diabetes Trials Unit in 2013 from the University of Edinburgh.

Jo is the Chief Investigator of this trial, and a consultant at OCDEM. He designed and led the world's first studies of kisspeptin in diabetes - and this exciting trial stems from his continuing research over the last six years.

What are we trying to find out?

- How much TAK-448 to give
- When to give it

To have the most beneficial impact on testosterone release.

What does taking part involve?

Taking part involves having injections of TAK-448 in the skin near your belly button using a small needle – similar to injections such as insulin. Injections will be given for four weeks once or twice per week.

You would need to attend the OCDEM Clinical Research Unit in Oxford frequently, for up to 12 weeks. Most visits will be short morning visits, with a few long visits.

You will be compensated for time and refunded for all reasonable travel costs that result from taking part.

Participant Identification Centres

Calling all GP surgeries.

Can you help us identify potential patients?

An administration fee is available

If interested please contact:

Jo Milton (Project Manager)

Tel: 01865 857246

Email: joanne.milton@dtu.ox.ac.uk

For information about this new study contact: Sarah White, 01865 857287, cru@ocdem.ox.ac.uk

The Remote Mood Monitoring Study

Study currently looking for 20 people with type 2 diabetes

This pilot study is evaluating whether a simple SMS text-messaging or website-based system can be used to help people with type 2 diabetes monitor possible mood changes.

Version: 1.0 dated 3rd March 2014 ISSUED
Research Ethics Committee Approval Reference: 13/WM/0220

Starting injections to treat type 2 diabetes?

You could help us with a research
project.

Please help us test a system to self-
monitor well being using text messaging
or online questionnaire.

True Colours

- No extra blood tests.
- Only one extra follow-up clinic visit.
- Helpful reminders.

E-mail: cru@cdem.ox.ac.uk

Tel: 01865 857287

All information collected will be strictly confidential. Should you decide to take part in this study, your GP will be informed unless you wish otherwise.



Oxford Centre for Diabetes
Endocrinology & Metabolism



UNIVERSITY OF
OXFORD

The Lixisenatide in Type 1 Diabetes study

Study currently looking for 30 people with type 1 diabetes

Lixisenatide is used currently to treat people with type 2 diabetes. We are looking to see whether it can also improve blood glucose control in people with type 1 diabetes when given in addition to their usual insulin therapy.

LIXI Part B study advertisement – V2.0 24th October 2014 ISSUED
NRES Committee London – South East reference 13/LO/1656

Volunteers needed

Type 1 diabetes study

**Oxford Centre for Diabetes, Endocrinology and
Metabolism, Churchill Hospital**

We are running a study to investigate how a glucose-lowering drug called lixisenatide affects people with type 1 diabetes

We are looking for people who:

- Have type 1 diabetes
- Using insulin to treat the diabetes
- Generally in good health
- Aged between 18 and 70

**You will be reimbursed for travel expenses and your time
(Payment for attending study visits would be a maximum of £450).**

Please get in touch for further information

E-mail cru@ocdem.ox.ac.uk

Tel: 01865 857287

All information collected will be strictly confidential. Should you decide to take part in this study, your GP will be informed unless you wish otherwise.



IN THE HEADLINES

Please read on for some of the recent topics in the local and national news.



January 2015 annual report – Diabetes healthcare unchanged in last 12 months

Diabetes UK's annual 'state of the nation' report published this month shows that there has been very little overall improvement in diabetes healthcare in the past year with 40% of people in England with diabetes still not getting the National Institute for Health and Care Excellence (NICE) recommended checks that they need to manage their condition. The report found that about 80% of current funding was being spent on treating complications with not enough being invested on preventative healthcare.

For further details please see:

<http://tinyurl.com/DUK-annual-report>

Oxfordshire Clinical Commissioning Group Public consultation meeting

Wednesday 11th February 2015

The Oxfordshire Clinical Commissioning Group is running public consultation meetings to examine Diabetes services in Oxfordshire and discuss plans to develop an integrated service for the county.

The next meeting is taking place on Wednesday 11th February 2015 from 7.30-10pm. Please see the following link for further details:



<http://tinyurl.com/Oxford-CCG-consultation>

New JDRF pregnancy toolkit for women with type 1 diabetes

JDRF (the Juvenile Diabetes Research Foundation) has this month launched its brand new pregnancy toolkit for UK women living with type 1 diabetes.

The Toolkit contains useful information for people living with the condition and planning a pregnancy.

To find out more, go to: <http://www.jdrf.org.uk/news/latest-news>

Oxford University recently ranked top UK University for research



The official UK-wide assessment of all university research, the Research Excellence Framework (REF), found that Oxford has the largest volume of world-leading research in the country.

The REF assesses the quality and impact of research submitted by UK universities across all disciplines.

The top-ranked subjects covered all four of the University's academic divisions - medical sciences, mathematical, physical and life sciences, social sciences and the humanities.

For further details please go to:

<http://tinyurl.com/Oxford-research-rating>

We are looking for volunteers to take part in our studies – can you help?

We are currently recruiting for a variety of studies involving people with type 1 and type 2 diabetes. If you are interested in finding out more, please see our study posters in this bulletin or get in touch with our Clinical Research Unit:

E-mail cru@ocdem.ox.ac.uk or telephone Sarah White on 01865 857287).

What to expect if you decide to take part in one of our studies

The Diabetes Trials Unit has produced a video to show what is involved in taking part in one of our studies. It is filmed in OCDEM where we are based and features a participant who took part in one of our previous TRG studies. To view the video, please go to:

<http://www.dtu.ox.ac.uk/generic/article.php?220>

What is OCDEM?



The Oxford Centre for Diabetes Endocrinology and Metabolism (OCDEM), which opened in 2003, is based at the Churchill Hospital. It is a pioneering unit combining a comprehensive clinical NHS service with world-class research and education in diabetes, endocrine and metabolic diseases.

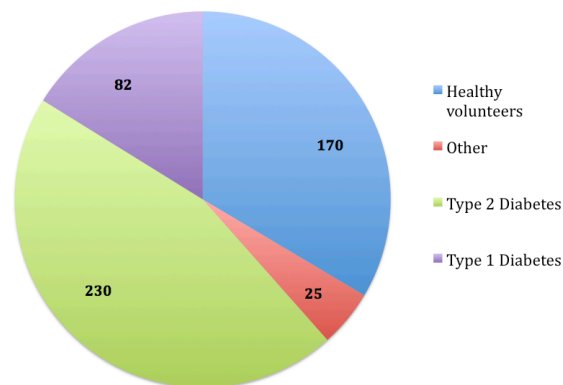
Close collaborations between the NHS, University and commercial partners are central to OCDEM. The centre's

facilities and proximity of many world-class research groups promote the exchange of creative ideas and provide the expertise and infrastructure to move them forward.

To read more about the work at OCDEM, visit www.ocdem.ox.ac.uk.

Our recruitment register goes from strength to strength

Over 500 people have now joined OCDEM's research register, and numbers continue to grow. The register is vital to help us recruit people to our studies and we are extremely grateful for your support. Here's a snapshot:



DO YOU WANT TO JOIN?

If you, or someone you know, is interested in joining our research register, please head to our TRG website at www.dtu.ox.ac.uk/trg.

There is no obligation to take part in any of our studies but we will keep you informed of relevant research activities that are recruiting locally via this quarterly bulletin.

[Register Online](http://www.dtu.ox.ac.uk/TRG/enquiries.php)

Please go to:

www.dtu.ox.ac.uk/TRG/enquiries.php