



Research Bulletin from the Diabetes Trials Unit Translational Research Group

Issue 7 – July 2012

Welcome to our summer news bulletin! We hope you enjoy reading about our group's latest news and activities.

Aspirin Study – in the news this summer and looking for recruits!

Did you see the Oxford Mail article earlier this summer featuring Dr Angelyn Bethel? She is looking for people to take part in our aspirin study, which is evaluating if a particular dose of aspirin can help reduce the risk of people with diabetes having a heart attack or stroke.



Dr Angelyn Bethel, the deputy director of the Diabetes Trial Unit

We have recruited over half of the 24 patients we need for the study, but we still need a few more volunteers to reach our target. Please contact us to find out more, by phone (01865 857287) or email cru@ocdem.ox.ac.uk.

[To read the Oxford Mail article online, visit: www.oxfordmail.co.uk/news/yourtown/oxfordshire/9713208.Diabetes_pill_trial_seeks_volunteers/](http://www.oxfordmail.co.uk/news/yourtown/oxfordshire/9713208.Diabetes_pill_trial_seeks_volunteers/)

(photo courtesy of the Oxford Mail)

TRG presents study results to trial participants

This month, we were delighted to host a coffee morning for people who took part in our group's study testing the electronic Oral Glucose Testing Kit (eOGTTk). Dr Angelyn Bethel, who led the study, presented the results to the group, before giving them the opportunity to ask questions. The

participants had some great ideas about making the kit better so we'll be passing these on to the device manufacturer.



This event follows Angelyn's presentation last month to the Thames Valley Diabetes Local Research Network Patient and Public Involvement panel, who are very interested in our research and who initially helped to review our study literature.

We're aiming to publish the eOGTTK study results in a scientific journal shortly, so look out for news in a future bulletin!

DTU appoints a new Deputy Director

As well as being the lead doctor on several studies, Dr Angelyn Bethel became the new Deputy Director of the Diabetes Trials Unit (DTU) in March.

Angelyn joined the DTU in 2008 from Duke University Medical Center in Durham, NC, USA. Since joining us she has been involved in a number of large-scale DTU clinical trials including UKPDS, ACE, TECOS and EXSCEL, and works with the Unit's Translational Research Group.

In this new strategic role, Angelyn will be working closely with Professor Rury Holman, the DTU Director, to further develop the DTU as an internationally renowned and highly successful clinical diabetes research group. She'll also continue to work as a diabetes consultant and see patients in the clinic.

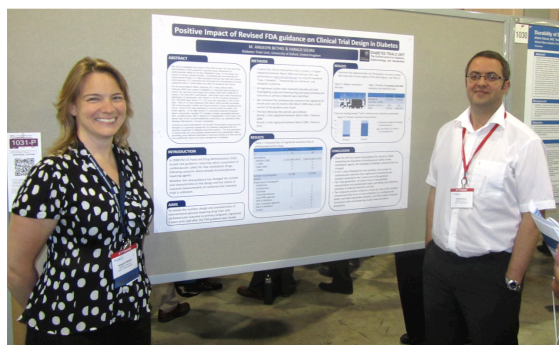
We wish her every success in her new role.

To read more about the work of the DTU, visit www.dtu.ox.ac.uk.

DTU staff present at major academic conference in the United States

Several DTU staff presented their work at one of the largest diabetes meetings in the world, the American Diabetes Association (ADA) conference in Philadelphia, USA, last month.

Senior Researcher Dr Harald Sourij and DTU Deputy Director Dr Angelyn Bethel (pictured below), DTU Director Professor Rury Holman and Research Statistician Ruth Coleman all presented their work to people attending the conference.



Conferences are one of the main ways that researchers share their findings with each other. More than 14,000 top scientists, doctors and other health care professionals from around the world gather each year at the ADA meeting to share cutting-edge research, treatment recommendations and advances toward a cure for diabetes, so it is one of the best places to showcase DTU work.

To read more about the ADA, visit: www.diabetes.org/

The TECOS trial celebrates enrolment milestone at the ADA

More than 14,000 patients around the world have now been recruited to DTU's international Trial Evaluating Cardiovascular Outcomes With Sitagliptin (TECOS) trial. Investigators from across the globe joined the TECOS management team to celebrate reaching this milestone at the ADA conference in Philadelphia, USA. Results of this event-driven trial are expected in 2015.

To find out more about the TECOS trial, visit: www.tecos-study.org

To find out more about TRG visit www.dtu.ox.ac.uk/trg

Diabetes UK's '15 healthcare essentials' for people with diabetes

At the end of 2011, Diabetes UK's online survey of 7,184 people in the UK revealed some major gaps in routine diabetes care such as:

- 34% of people have never been offered diabetes education
- 27% had not had their weight checked and waist measured
- 25% did not have their legs and feet checked
- 11% did not have their eyes screened for retinopathy.
- 62% had not developed a personal care plan with their healthcare professional.

Diabetes UK has therefore created a "15 healthcare essentials" checklist that every patient with diabetes should receive. They are:

1. Get your blood glucose levels (HbA1c) measured at least once a year.
2. Have your blood pressure measured and recorded at least once a year and set a personal target right for you.
3. Have your blood fats (cholesterol) measured every year.
4. Have your eyes screened for signs of retinopathy every year.
5. Have your feet checked.
6. Have your kidney function monitored annually.
7. Have your weight checked and your waist measured to see if you need to lose weight.
8. Get support if you are a smoker including advice on how to quit.
9. Receive an annual care plan to meet your individual needs.
10. Attend an education course to help you understand and manage your diabetes.
11. Receive paediatric care if you are a child or young person.
12. Receive high quality care.
13. Get information and specialist care if you are planning to have a baby as your diabetes control has to be a lot tighter and monitored very closely.
14. See specialist diabetes healthcare professionals.
15. Get emotional and psychological support.

To read more, visit:

www.diabetes.org.uk/About_us/Our_Views/15-healthcare-essentials/