



# Research Bulletin from the Diabetes Trials Unit Translational Research Group

Issue 8 – October 2012



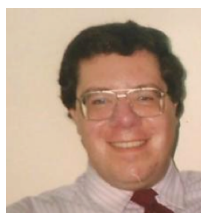
Welcome to our Autumn news bulletin! Summer has proved to be very productive for our group and we hope you enjoy reading about our latest activities.

## Aspirin Study – now fully recruited!

We are delighted to announce that recruitment to our aspirin study is now complete.

The 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, is now in the follow-up stage. We anticipate that the study visits will be completed by the end of January 2013, with results reporting later that year. Watch out for news in a future bulletin.

## New clinical researcher joins the team



Welcome to Dr Michael Theodorakis, who has swapped the sunshine of Greece to join our group in the DTU in July this year.

Michael, an experienced endocrinologist, divides his time between TRG research, University of Oxford NHS Trust specialist diabetes outpatient clinics and our 7,500 patient Acarbose Cardiovascular Evaluation (ACE) trial currently taking place in China. He is a busy man!

Before joining our group, Michael was a member of the medical faculty at the University of Athens Medical School, and also a clinician at the Endocrinology, Metabolism and Diabetes Unit, University of Athens. Until

now, his research interests had focused on molecular mechanisms underlying the effects of hormones in the gut called incretins and related molecules on insulin secretion and action. He was involved in the discovery of novel sensing mechanisms in the gut that helping explain how incretin are released.

We wish him every success in his new role.

## OCDEM staff showcase work at the 48<sup>th</sup> European Diabetes conference in Berlin



Staff from the Oxford Centre for Diabetes, Endocrinology & Metabolism (OCDEM), where TRG is based, presented their work at the

European Association for the Study of Diabetes (EASD) in Berlin this month.

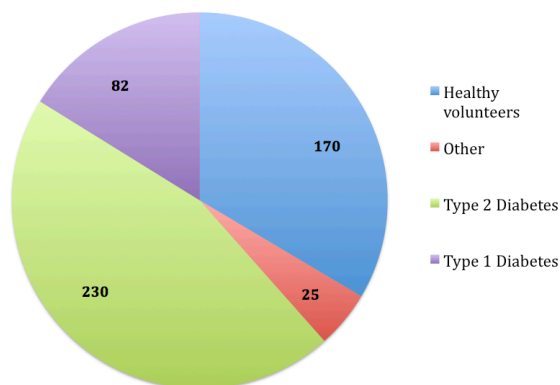
This high-profile event attended by nearly 18,000 top international scientists, doctors and other health care professionals is an ideal opportunity to learn about the latest developments in diabetes and research.

This year, delegates discussed why some people with diabetes can have a higher risk of developing cancer, hypoglycaemia, current treatment guidelines and potential new diabetes treatments. Those developing new drugs are aiming for longer lasting formulations which only need to be given once per week or once per month.

To read more about the conference, visit [www.easd.org/easd](http://www.easd.org/easd)

## Trial database 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:



Are you, or someone you know, interested in helping us with our research? We are always looking for new volunteers, with or without diabetes, to join the register. For further details visit [www.dtu.ox.ac.uk/trg/](http://www.dtu.ox.ac.uk/trg/).

## In the pipeline .....

**Two new TRG projects will begin soon:**

- **HOMA** (50 healthy volunteers)

This study aims to update a widely used mathematical model developed in Oxford, that provides estimates of insulin production and loss of insulin sensitivity. We hope that this information will help guide the selection of the most appropriate treatments for individual patients with diabetes in the future.

- **Mood Monitoring study**  
(20 patients with diabetes)

This study is looking to see whether using a text message-based system can help us monitor mood changes in people with type 2 diabetes.

**And we are also making a new video...**

We are putting the finishing touches to a new video explaining why we need people to take part in clinical trials at OCDEM and what it is like to do so. We'll let you know where you can watch it in a future bulletin.

## 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.

Wide-ranging interests of the OCDEM researchers cover 'bench to bedside' investigations in the form of fundamental understanding basic science projects, through to large multinational clinical trials that can change clinical practice and lead to approvals of new treatments.

To read more about the work at OCDEM, visit [www.ocdem.ox.ac.uk](http://www.ocdem.ox.ac.uk).

## Your feedback on our bulletin

Thank you to the Thames Valley Diabetes Local Research Network Patient and Public Involvement Reference Panel for your feedback on July's bulletin. We will use your comments to inform future issues. You told us:

- You found it relevant and interesting
  - It's the right length with helpful links for additional information
  - That quarterly was a good frequency.
- We always welcome comments and ideas – please get in touch by emailing [trg@dtu.ox.ac.uk](mailto:trg@dtu.ox.ac.uk).