



# Research Bulletin from the Diabetes Translational Research Group

Issue 19 – August 2015

## Welcome to our Summer bulletin

This summer has proved to be very productive for our group. In addition to recruitment initiatives for our on-going studies, we have seen the results of two trials published and been involved in public involvement events to promote our work. Please read on for details.

## Two sets of trial results reported this summer!

We are delighted to announce that two trials carried out by our unit have been published!



The first is the Aspirin Dosing study and the second is the TECOS (Trial Evaluating Cardiovascular Outcomes with Sitagliptin) trial.

Trials involve a great deal of commitment from our volunteers and also from the trial teams who ensure the quality of the work. If you took part in either of these studies, we would like you to know that we really appreciate all your support.

As you will see from the results, both trials were able to answer the questions they set themselves so ....

# Thank You

Please read on for details of the results and also to learn about our latest activities.

## The Aspirin dosing study

The results of our Aspirin Dosing study have been published in the Journal of Diabetic Medicine. Please read on for some highlights.

### Study overview



This study looked to assess whether the potentially protective effects of one tablet a day of 100 milligram aspirin are increased by taking two tablets once a day or one tablet twice a day. Specifically, it investigated whether the clotting activity in the blood of patients with type 2 diabetes could be lowered more effectively, which could play a role in reducing future heart disease in these individuals.

- **Funder:** British Heart Foundation
- **Study medication from:** Bayer

### The results!

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- As expected, all doses of aspirin tested during the study reduced the chance of blood clotting with no major side effects
- The largest reduction was found with 100 milligram aspirin tablets taken twice daily
- These findings by themselves do not change clinical practice but they will be used to help design larger long term studies that will be used to inform clinical guidelines

The full article is available on-line at:  
<http://tinyurl.com/ASP-results>

**TECOS trial results presented at the American Diabetes Association (ADA) annual conference 5<sup>th</sup> - 9<sup>th</sup> June**



The results of the DTU's 6-year Trial Evaluating Cardiovascular Outcomes with Sitagliptin (TECOS) were presented on 8<sup>th</sup> June at this year's ADA academic conference in Boston, USA. The presentations, led by trial co-chair Professor Rury Holman, were attended by an audience of over 6,500 people.



This year's 75<sup>th</sup> anniversary ADA conference brought together more than 18,000 attendees, including nearly 15,000 clinicians, from 130 countries.

### Study overview

TECOS aimed to assess how a licenced glucose-lowering drug called sitagliptin affected cardiovascular events (for example, angina, heart attack or stroke) compared to a dummy tablet (known as placebo).

Study medication was given alongside the participants' usual diabetes medication and the true identity of the study medication (sitagliptin or placebo) was only revealed at the end of the trial.

- **Leadership:** Academically-led and run by teams at the DTU, Oxford, and the Duke Clinical Research Institute, North Carolina, USA.
- **Funder:** Merck Sharp & Dohme.
- **Aim:** TECOS investigated whether taking sitagliptin versus placebo altered cardiovascular-related illness and episodes of severe hypoglycaemia (low blood sugar).
- **Participants:** Individuals 50 years or older who had type 2 diabetes and a

history of cardiovascular disease.

- **Recruitment:** 14,724 participants from 38 countries.
- **Follow-up:** An average of 3 years for all participants.

### The results!

TECOS provided reassurance that sitagliptin could be used safely to improve blood glucose levels in a wide range of people with type 2 diabetes who were at high cardiovascular risk without increasing or decreasing rates of cardiovascular complications. Importantly there was no evidence for any increase in hospitalization for heart failure, which had been a potential concern with two similar drugs. There was no increased risk for severe hypoglycaemia, and no significant differences in the small number of patients who developed acute pancreatitis or pancreatic cancer.

The full results are available via the following link: <http://tinyurl.com/TECOS-results>



As of 20<sup>th</sup> August these slides have been downloaded an impressive **16197** times!

### Public Involvement

The TRG team joined many other members of our research centre on 31<sup>st</sup> May to showcase our research and clinical work at the Headington festival. We were delighted to talk to so many members of the public. To find out more about the festival please visit: <http://www.headingtonfestival.co.uk/>



### Date for your diary!

**OCDEM open day 21<sup>st</sup> January 2016**