

Congratulations to Dr. Hood

Gillian Hood has been the NE London Diabetes Research Network Manager since April 2007. She qualified as a nurse at The Royal London Hospital in 1984. She specialised early on in her career in endocrine investigations, and diabetes management and has been involved with the diabetes research since 1997. In year 2000, she was appointed as the Clinical Research Centre Manager for Barts and the London NHS Trust. She is a member of the Federation of Diabetes Nurses in Europe and the RCN forums on Diabetes and Research.

Gillian has recently completed her PhD, looking at older adults with type 2 diabetes, as there is a lack of qualitative research into the experiences of older people. Her thesis examined the psychosocial perspectives which may account for this lack of research focus, and seeks to give voice to older adults who have lived with Type 2 diabetes for approximately two decades, thereby completing a diabetes biography for older adults.

Study portfolio update

Studies starting in 2009

- A therapeutic vaccine candidate which has shown clinical trial efficacy in preserving beta cell function in patients with type 1 diabetes. This study will be starting in January 2009.
- A type 2 diabetes study researching the effects of a newer class of injectable medication (GLPs), which have been previously shown to improve diabetic control and help with losing weight.
- A study to investigate the effects of vitamin D supplementation on metabolic parameters in people at risk of type 2 diabetes.

Studies ended in 2008

- Rimonabant: A Pan-European, Phase IIIb/IV randomized, parallel group, two arm placebo-controlled, double blinded multicentre study of Rimonabant 20mg once daily in the treatment of abdominally obese patients with impaired fasting blood glucose with or without other comorbidities.
- Levemir: A seven-month open-labelled, phase 4, randomised multi-centre two-group parallel trial comparing administration of insulin detemir once daily in the morning versus NPH insulin once daily in the morning in ageing subjects with type 2 diabetes.

Local News

NHS Open Day

This year's open day at the Royal London Hospital was held on Wednesday 10th September, and incorporated the careers fair and the launch of multicultural week.

NELDRN as a team offered free blood glucose and blood pressure checks. People requesting tests included those with known diabetes or hypertension and those who wanted to be tested for these conditions. Anyone who was found to have an abnormal reading was advised to see their GP to have a repeat test.

Throughout the open day, a total of **121** people participated in the event of which **76** females and **45** males had their blood glucose and blood pressure checked. They were of mixed ethnic origin. During the day, one patient was identified with hyperglycaemia and advised to visit her GP for further investigation.

The event was also another opportunity for The Barts and The London NHS Trust to celebrate the 60th anniversary of the NHS. There was live music from Amanes, a group of instrumentalists and entertainment from balloon-modellers and a close-up magician.



William Harvey Day in Barts and the London NHS Trust

A highlight in the academic year, the William Harvey Day showcases some of the most cutting-edge research currently underway at Barts and the London School of Medicine and Dentistry, and our partner NHS Trusts. At the day, we presented a poster about a current study amongst the Bangladeshi population entitled: *Screening for participants in a pilot study for the prevention of diabetes in the local Bangladeshi population.*

World Diabetes Day

NEL Diabetes Research Network celebrated 'World Diabetes Day' on Friday 14th November 2008 in the outpatient department at the Royal London Hospital. It was an opportunity for patients, staff and the general public to find out more about diabetes as a chronic disease and the Diabetes Research Network in general (DRN).

World Diabetes Day

We provided free blood glucose monitoring and distributed NHS booklets; 'Your weight, Your Health', Diabetes UK leaflets; 'Measure up- are you at risk of diabetes', and DRN leaflets; 'Getting involved with the Diabetes Research Network' in Bengali and English. We also gave out fruit and freebies such as DRN logo pens and mugs.

Over the day, 98 people participated in this public event with 67 females and 31 males having their blood glucose tested. Their ethnic origin was varied. Amongst these, we identified two people at high risk of diabetes. They were advised to see their GP for further investigation.

Thanks to the team of NELDRN, especially the support from Dr. Gillian Hood, the DRN Manager; Tosh Denholm, the Out-patient Department's Matron; Alison Low Madigan, the Head of Internal Communications; Richard Cornish, Porter.



“Life for a child”, IMAX premiere show in London

On 12th November, Lilly supported the UK premiere of the Life for a Child documentary film in the IMAX cinema in London. The well-attended event brought together key diabetes stakeholders such as the International Diabetes Federation (IDF), Diabetes UK and the Juvenile Diabetes Research Foundation to share information with the invited guests. Four members of the DRN staff managed to attend this event. An auction after the film raised funds for the IDF's Life for a Child Programme. At the event, Lilly announced the donation of £15,000 to the programme.

Source: Article date: 13/11/08; Retrieval date: 13/11/08 from

Url: <http://www.worlddiabetesday.org/news/lilly-partner-at-local-national-and-global-level-for-world-diabetes-day>

London Eye first to light up the skyline!

“On 9th November, the British Airways London Eye and Shell Tower became the first of the world's iconic landmarks to light up in blue to mark the first United Nations World Diabetes Day. Over 190 more will light up on 14 November and in the remaining days leading up to it.”

Source: article date 25/04/08; Retrieval date: 13/11/08 More details:

Url: <http://www.worlddiabetesday.org/news/london-eye-first-to-light-up-the-skyline>



Do you know that?

Diabetes aspirin use questioned?

“The British Medical Journal reported that in 1,300 adults with no symptoms of heart disease the drug, which can cause stomach bleeds, had no benefit. In the latest study in adults over 40 years with type 1 or type 2 diabetes and no symptoms of cardiovascular disease, there was no difference over seven years in heart attacks or strokes between those given aspirin and those given a dummy pill.”

Source: Article date: 27/10/08; retrieval date: 13/11/08

More details: [Url http://news.bbc.co.uk/2/hi/health/7673587.stm](http://news.bbc.co.uk/2/hi/health/7673587.stm)

Depression increases mortality rate in people with diabetes

A new study of Medicare beneficiaries with diabetes discovered individuals who were depressed experienced a higher death rate than diabetics who were not depressed. Lead author Dr. Wayne K, professor of psychiatry and behavioural sciences at the University of Washington (UW), noted that previous research indicates that depression and diabetes is a potentially lethal mix among young to middle-aged patients. Depression also puts patients at greater risk of complications from their diabetes.

Source: *Katon W, Fan MY, Unützer J, et al. Depression and Diabetes: A Potentially Lethal Combination. J Gen Intern Med. 2008 Oct; 23(10):1571-1575*

BT Helps is 8,000 employees with diabetes to tackle growing problem for UK business

“BT today launched a campaign to try to help thousands of its people avoid developing Type 2 diabetes or manage it better if already diagnosed - by changing their lifestyle. Around 8,000 of BT's 112,000 employees suffer from the life-threatening condition, which is predicted to increase dramatically worldwide in the next 20 years, partly due to people being overweight and taking too little exercise. BT decided to act to help its people change their lifestyle by signing up to Work Fit - Diabetes. BT launched the latest initiative under the Work Fit banner, which has previously highlighted the importance of exercise, good mental health and how to protect against cancer. “

Source: Article date 29th Oct. 2008. Retrieval date: 28/11/08

More details: [Url: http://www.medicalnewstoday.com/articles/127246.php](http://www.medicalnewstoday.com/articles/127246.php)

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