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# Summer News 2008

## Welcome to our Summer Newsletter for 2008.

It has been an exciting time since our last newsletter in January this year, and we hope that you enjoy this and find it of interest.

### Patient and Carer Involvement Workshops

We held two workshops recently, one for patients and carers interested in Type 1 diabetes research which was held in Torbay, and the other for those interested in Type 2 research, held in Truro. Both workshops were successful with a good attendance. The afternoon of each workshop involved group work to gain feedback and discussion of possible research ideas, where everyone had the opportunity to make a contribution. There were many new possible research ideas suggested as well as questions for further information, and these will be explored further by the Peninsula Diabetes Local Research Network.

We plan to run further research events in the autumn with workshops and also follow-on forums for people to want to further explore research ideas suggested in the workshop. It might be possible to hold an research evening too, to enable people who are interested to attend if they cannot attend during the day. We will keep you posted!

### Volunteering with our local research network

We have had several kind offers to volunteer with us, to help with the collation of research inserts and retinal screening information booklets, from people in the Exeter area, and so we would like to express our thanks to them. As our diabetes research studies progress, we may have further volunteering opportunities, in Exeter as well as in Truro, Torbay and Plymouth.

Watch this space for further news!

Thank you to all who volunteer to help diabetes research too by partaking in the numerous studies that are running in the Peninsula.

### Research studies in progress

Clinical trials and research studies that have been adopted by the UK Diabetes Research Network are currently taking place within our Peninsula area. These include: ASCEND (A study of cardiovascular events in Diabetes, with Aspirin versus a placebo); the 3L study (researching the effectiveness of

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Diabetes Research Network **Director**  
Professor Desmond Johnston

Levemir in Later Life), and OCT (the Macular thickness and metabolic syndrome study). Other studies also running and open for recruitment include: ADDRESS (a study on the After Diabetes Diagnosis Research Support System), and DARE (the Diabetes Alliance for Research in England study, which aims to build a data-bank for future research).

There are two new drug trials soon to open, one is a monoclonal antibody treatment in newly-diagnosed Type 1 diabetes; the other is a new renal glucose transporter medication in type 2 diabetes.

If you are interested in taking part in one of these studies, or would like to be considered for new studies that arise, please contact either your local diabetes research centre, or call us in Exeter on 01392 406984. We would be very pleased to hear from you.

#### Around the Peninsula:

In our Winter newsletter we included a report on the diabetes research team in Truro. In this month's newsletter we report from elsewhere in the Peninsula Diabetes Research Network.

#### Diabetes Research in Plymouth:

##### New Life at Plymouth!

Life has been very busy at the Plymouth site in the last 6 months! We are pleased to have appointed Michelle Taggart as a Senior Research Nurse to the unit to support Joy and the others. Michelle comes with many years' experience of having been a Renal Ward Sister and Diabetes Specialist Renal Nurse. We welcome Fliss Coates back this month and, as the unit has expanded, have decided to support all the activity with 2 part time health care assistants, Kerry and Theresa. The team has been working on a study of the use of different types of insulin in pregnancy in Type 1 diabetes. We have done well with the recruitment and had the study's first baby (and recruited most patients for the DRN!). Jacqui and baby Isaac have helped Oxford make a DVD for the DRN which explains all about diabetes research to people who might want to take part (pictured below). Whilst this has been very positive, the team has also had to work very hard to recruit for 2 other studies – the 3L study is putting older people with Type 2 diabetes on insulin and the PRADO study aims to give people with a weight problem who have pre-diabetes help with diet with or without a new weight reducing drug. GPs and patients have seemed reluctant to take part, so we are redoubling our efforts!



We are also delighted that one of our home grown studies has been adopted by the network. **DIPMAB - Diabetes in Pregnancy – focussing on Mothers and Babies** is looking at the effect of the mother's blood glucose during pregnancy on the possible development of insulin resistance and diabetes in their offspring by 10 years of age. We have also found so far a large number of mums who still have pre-diabetes or diabetes and so we are beginning to plan how we might be able to prevent this in the future.

With best wishes to you all, and I hope you enjoy the summer.

Alison Foden  
Peninsula Diabetes Research Network Administrator



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