

[Date]

Dear [Insert Patient Name],

I am writing to inform you of a medical research study for people who have risk factors for developing diabetes. The National Institute of Diabetes and Digestive and Kidney Diseases and the National Institutes of Health have funded a research study to investigate the effect of vitamin D on preventing development of type 2 diabetes. The title of this study is **“Vitamin D and type 2 diabetes study”** or **“D2d study.”**

MedStar Health Research Institute is conducting this study and is inviting interested people to participate. You are receiving this letter because I thought you might be interested in learning more about the study.

The goal of this medical research study is to determine whether taking vitamin D can prevent people who are at high risk for diabetes from developing diabetes. The study will include about 2,300 people across the United States.

Many factors may put a person at risk of developing diabetes. These factors include previously elevated blood sugar tests, age, weight, and having family members with diabetes. Simple blood tests can determine your current level of risk for developing diabetes.

This study will provide free screening blood tests to determine diabetes risk level. If your blood test results show you are at high risk for developing diabetes, you may qualify to participate in this study. Eligible study volunteers will receive nutrition education, diabetes education, attend study-related visits, and have blood and urine tests, all at no charge. Parking and travel expenses will be reimbursed.

Half of the people who participate in this study will be given vitamin D supplements, and half will not. This research study is a randomized trial. This means that you will be assigned by chance—like a flip of a coin—to either take vitamin D or not. Neither you nor the study team will have a choice as to which group you will be in if you decide to participate.

If you volunteer to be in this study you could be enrolled for 3-5 years. The study team will manage your participation, and will report your lab test results and any other concerns to me.

Your participation in this study is entirely up to you. Whether or not you participate will have no effect on the medical care you receive at MedStar Health. If you wish to learn more about the study or would like to participate, please contact the **MedStar D2d Study Team** by phone at [REDACTED] or by email at [REDACTED]. You may also receive a phone call from the D2d Study Team to inform you about the study. Please feel free to contact me with any questions about the study and your participation.

Sincerely,

[Principal Investigator], MD