

Diabetes means that the glucose (sugar) level in the blood is too high. Cells in the body use glucose for energy and the hormone insulin is needed to bring the glucose from the blood into the cells. In type 2 diabetes, blood glucose is too high because the body does not produce enough insulin or the cells ignore the insulin that is produced. People with high blood glucose levels have an increased risk for many serious complications, including heart disease, blindness, nerve damage, and kidney damage. According to the Centers for Disease Control and Prevention, about two million adults are diagnosed with diabetes in the United States every year.



Vitamin D is a hormone with many actions throughout the body. Humans make vitamin D in the skin upon exposure to sunlight. Vitamin D is also found naturally in some foods, such as salmon and eggs, but in very small amounts. Because

of limited exposure to natural sunlight and suboptimal diet, many people have lower vitamin D levels than in the past. Preliminary studies have suggested that a low vitamin D level in the blood may be associated with development of many chronic diseases, including diabetes. However, whether supplementation with vitamin D is beneficial for diabetes and other medical conditions is not known.

What is the D2d study?

Physicians across the United States are conducting a research study in adults with prediabetes to see if taking a daily vitamin D pill can delay the development of diabetes. Understanding whether vitamin D has an effect on glucose (sugar) metabolism may lead to new treatments for diabetes.

Who qualifies for the study?

Men and women older than 30 years who are at risk for diabetes qualify.

You must agree not to take nutritional supplements or other preparations containing vitamin D in excess of 1,000 units per day, or calcium in excess of 600 milligrams per day, from all sources combined.

Persons with diagnosed diabetes, kidney stones or kidney disease are not eligible. Other exclusions also apply.

Call **301-560-2935** or email **d2d@medstar.net** to see if you qualify.

What is involved?

If you qualify, you will be assigned randomly (by chance) to receive a study pill containing either vitamin D or a placebo (a substance with no known effects). You will be required to take one pill every day for the duration of the study and will need to come to the medical clinic for study visits. You will be compensated for time and travel related to the study visits.

Study Visits

After the screening visit, qualified participants will come to the clinic for four study visits during the first six months and then once every six months for approximately four years. Additional visits may be required. Visits will be scheduled in the mornings. Participants will be required to fast (no food or drink except water) overnight for eight hours before each visit.



Study visits will include the following:

- Answering questions about your health, diet and physical activity
- Measurement of height, weight and blood pressure
- Blood draw and collection of urine
- At the beginning of the study and every year (or more often if needed), an oral glucose tolerance test

Potential Benefits

During the screening visit, participants will have access to the results of the medical examination, including results of certain blood tests, which they can share with their doctors. During the study, participants will be followed to determine if diabetes develops. At the end of the study, participants will be provided with a copy of the overall study results.



Are you at risk for developing diabetes? Have you been diagnosed with pre-diabetes?

You may qualify for a research study.

What is the D2d study?

The D2d study is a clinical trial for adults at high risk for diabetes (who have pre-diabetes). They will be followed for up to four years to see if they develop diabetes.

The study will determine if vitamin D reduces the rate of progression from pre-diabetes to diabetes in adults at risk.

Contact us with questions or to find out if you qualify:

301-560-2935 **PHONE**

d2d@medstar.net **EMAIL**

D2dStudy.org



**MedStar Health
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**Are you at risk for
type 2 diabetes?**

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**MedStar Health
Research Institute**

6525 Belcrest Rd., Suite 700
Hyattsville, MD 20782-2031
301-560-2935 **PHONE**
d2d@medstar.net **EMAIL**
D2dStudy.org

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