



Vitamin **D** and
type **2** diabetes

diabetes prevention research matters

News and Information for Collaborating Clinical Sites

Study Progress [5/1/2016]

Screenings	5970
Baselines	3196
Randomizations	1869 April: 64

Congratulations!

The **Tufts** site reached its enrollment target of 112 participants in March!

Five more sites have reached the 100 randomization mark and they are still going strong: **Atlanta, Nebraska, Duke, Northwestern, and Kansas!**

Meet the D2d study team | D2d individuals, sites, components that make a difference

D2d Site | University of Colorado Denver and Denver VA Medical Center

Shared between the University of Colorado Anschutz Medical Center (AMC) in Aurora and the Denver VA Medical Center, D2d is just better at a mile-high! Even though our sites are separated by 15 miles, our close knit team closes that distance with collaboration and teamwork, making for seamless site-to-site interaction.

The AMC staff is made up of the clinical coordinator powerhouse of Victoria Haggett and Abtin Kiany. Victoria received her MS degree from the University of Delaware, with a focus in kinesiology and applied physiology. She makes coordinating a clinical study look easy, juggling the regulatory support of D2d along with performing participant visits. Abtin is a foreign grad physician from Shadhi Beheshti University of Medical Sciences in Tehran. His medical knowledge is a real asset to our team. The VA staff is represented by Reema Alsayegh. Reema received her BA from the University of Denver and went to law school in San Diego for a year before realizing that medicine and clinical research are her true passions. Reema brings three years of clinical research experience and know-how that has proven very valuable to D2d. Chantal Underkofler bridges both sites and serves as our Research Encyclopedia and manager. She received her MS with a focus on clinical drug development and regulatory affairs from Johns Hopkins University, showing a passion for merging science and business.

Dr. Elizabeth Thomas (Co-PI) received her MD from the University of Colorado, did her internal medicine residency at the University of North Carolina, Chapel Hill, and completed her fellowship in endocrinology at the University of Colorado. Our PI, Dr. Neda Rasouli, received her MD degree from Tehran University of Medical Sciences, performed her internal medicine residency at Michigan State University, and her endocrinology fellowship at the University of Arkansas. Dr. Rasouli is able to juggle multiple investigative studies along with clinical patient care. Both investigators are closely involved with the study and support the coordinating team.



L to R: Abtin Kiany, Reema Alsayegh, Victoria Haggett, Chantal Underkofler, Elizabeth Thomas, and Neda Rasouli

Questions? Please contact D2d Coordinating Center at d2d@tuftsmedicalcenter.org or 617-636-D2d2 (3232)



Study progress:

- Recruitment is at 78% of target (1869 out of 2382)
- Retention: 18 participants in total have gone “off study”, i.e. withdrew consent
- Baseline characteristics:
 - 46% women
 - 36% non-white
 - 10.3% Hispanic or Latino
 - Average Age 59 years
 - Average BMI 32.2
- The proportion of participants meeting all 3 glycemic criteria (A1c, FPG, 2hPG) at baseline is 33%
- Visit completion >96%
- Outcomes: 97 (out of 508 needed)

Study pill adherence is essential for the success of D2d!

✓ **Before the visit:**

Adherence can only be determined if the participant returns her study pill bottle. In addition to the usual reminder the day before the visit, it may be necessary for some individuals to get an extra reminder on the morning of their visit before they leave home.

✓ **During the visit:**

The pill count and visit date should be entered in EDC while the participant is still present at her visit. If the rate is <80%, discuss the importance of adherence with her, identify any barriers, and offer suggestions to improve adherence.

We appreciate your efforts!

Adherence to study pills

