



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

*diabetes prevention research matters*

## News and Information for Collaborating Clinical Sites

### Study Progress

D2d met its enrollment goal of 2,382 participants on 12/16/2016, and the very last participant was randomized on 02/08/2017 for a final tally of 2,423. Congratulations to all – this is a major milestone and you deserve all the credit!



The D2d Annual Meeting will be held on  
**October 22-23, 2017** in Washington, D.C.

### Vitamin D and Quality of Life

To find out if D2d participants on vitamin D will have better mood and quality of life (QOL) than participants on placebo, a questionnaire has been added as a protocol supplement, to be administered at a single time point (Month 24). The PROMIS-29 is a global measure of overall perceived health and health related QOL. It specifically measures physical function, fatigue, pain interference, pain intensity, sleep disturbance, depression, anxiety and constraints to social roles and social activities, and includes an additional global health question. Assessment of these domains in D2d will add to the knowledge base and will provide informative data when designing future studies.

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

### D2d Site | Tufts Medical Center



Left to right: Lisa Ceglia, Kim Vo, Taso Pittas, and Erin Casey



Boston, Massachusetts is not only the home of the Super Bowl 51 champions but also a proud clinical site for D2d. The study is based at Tufts Medical Center, the main teaching hospital for Tufts U. School of Medicine. Tufts Medical Center was established in 1796, when a group of Bostonians, including Paul Revere and Samuel Adams, established the Boston Dispensary as the third permanent medical facility in the country and the first in New England. Sitting at the entrance to Tufts Medical Center is the FAO Schwarz teddy bear, donated to the city of Boston when the iconic store closed in 2004.

The Tufts D2d site is led by Drs. Anastassios Pittas and Lisa Ceglia; however, the driving force behind our success with recruitment and retention is study coordinators Kim Vo and Erin Casey. Kim joined D2d in early 2015 and has since welcomed the first “Tufts site D2d” baby, Olivia! Erin joined D2d full-time in the summer of 2015 after working on the study part-time. We have recruited 155 participants, and we are excited that all of them continue in D2d. The Tufts site is successful because of the energy, passion, enthusiasm, and persistence of Kim and Erin. We are sad to see Erin departing in May but also happy because she is doing so to continue her career path and attend PA school. The staff at Tufts feels privileged to be part of D2d, and we look forward to many more follow-up visits, collaboration with other sites, and exciting results.

**Questions?** Please contact D2d Coordinating Center at [D2d@tuftsmedicalcenter.org](mailto:D2d@tuftsmedicalcenter.org) or 617-636-D2d2 (3232)



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### Inspiring Participant Stories

D2d has many dedicated participants. There is a particularly exceptional participant at the HealthPartners site who has never missed a visit or been out of window. During his M21 phone call, he informed the site that he had been diagnosed with stage 4 metastatic cancer. As the due date for his M24 visit approached, the site was anticipating that he might not feel well enough to attend the visit due to his new diagnosis and treatment (not to mention the hour-plus drive from his home). Just as they were preparing to offer to do a phone visit in lieu of the clinic visit, he just showed up at the research clinic because he knew his visit was due soon (he had an oncology appointment earlier that day, and felt well enough to stop in). His participation in D2d is very important to him, and his study pill adherence was over 95% in spite of the difficult circumstances he had been going through. When the coordinator told him he was the “ultimate D2d participant,” he just gave her a big smile!

*~ Tell us about the inspiring participants at your site!*

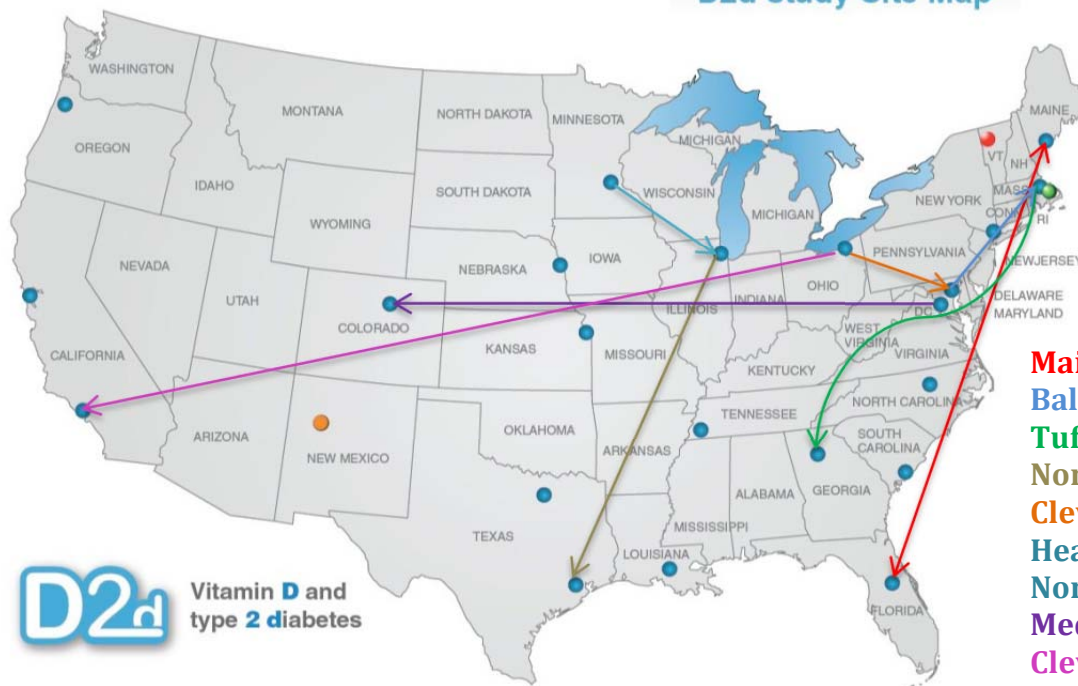
### Don't forget about D2d True Blue!



Does someone at your site embody what it means to be truly dedicated to D2d? Is this person creative, innovative, and passionate about D2d? Do they bleed D2d blue? D2d True Blue recognizes individuals or teams who have gone above and beyond in their contribution to D2d. Nominations should be submitted to the Coordinating Center describing the qualities that make this person or team an excellent candidate to receive the True Blue award. The Executive Committee then reviews nominations and selects those worthy of recognition.

## D2d site hopping: a flexible option to stay in D2d

D2d study Site Map



**Maine to Florida**  
**Baltimore to Tufts**  
**Tufts to Atlanta**  
**Northwestern to Baylor**  
**Cleveland to Baltimore**  
**HealthPartners to Northwestern**  
**MedStar to Denver**  
**Cleveland to Los Angeles**



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