



diabetes prevention research matters

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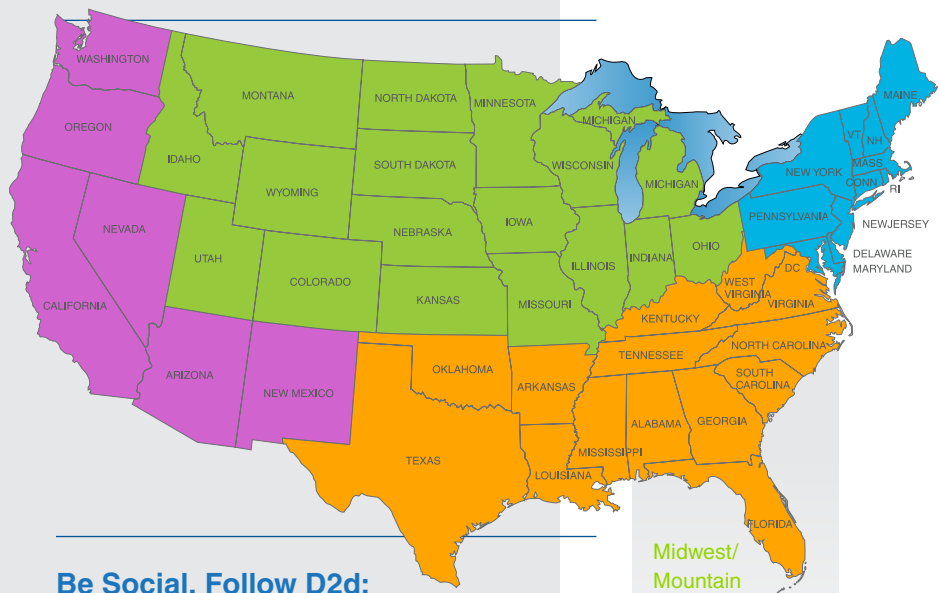
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A Note from the D2d Leadership Partners in Research

Dear D2d participant,

Recruitment for a large study is very challenging and I am very happy to report that 2,423 men and women throughout the United States have joined D2d, slightly exceeding our goal of 2,382. Participants come from all corners of the country (see map) and are divided about evenly between men and women. There is a wide range in age (30 to 86 years old) and the group is racially and ethnically diverse. What all D2d participants have in common is their dedication to the study. Since the first participant joined D2d in November 2013, 99% of all participants continue in the study. This is a remarkable achievement and speaks volumes of your deep commitment to the study.



As you all know, D2d is expected to provide very valuable information about the role of vitamin D on prevention of type 2 diabetes. Beyond diabetes, we are also interested in finding out whether vitamin D may influence other common conditions, such as heart disease and cancer. This is one of the reasons we are asking you to continue taking the study pill even if you have been diagnosed with diabetes. In the next few months, expect your study coordinator to be asking you specific questions about heart disease and cancer.

The D2d research team is fully committed to answering these important questions about the effect of vitamin D on various common conditions but we cannot achieve any of these goals without your help. On behalf of the D2d Research Group, I want to thank you again for joining D2d, the first such study of its kind, and for your continued contributions to this landmark study.

Anastassios G. Pittas, MD MS -
Principal Investigator, D2d study
Professor of Medicine - Tufts Medical Center

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D2d study

D2dStudy.org

Jump Start your Activity Routine

Research shows that losing 5-7% of your body weight (about 10-14 lbs. for a 200 lb. person) and getting at least 150 minutes each week of physical activity can help delay the onset of diabetes. Have you made progress but find yourself slipping back into the old habit of not being active? Here are some ideas to get you started and to help you find something you love to do!



- Seek variety: Try something completely new that you've never done before.
- Buddy up: Physical activity can be a lot more fun when you do it with others. Take a walk with a co-worker, your family, your dog, or a neighbor.
- Seek support: Check your local newspaper or search the web for information on walking or hiking clubs in your area. Many places have group workouts tailored to certain interests (singles, families, older adults, etc.) that keep you inspired.
- Seek pleasure: Combine physical activity with something else you enjoy, like music, walking the beach, or being out in nature.
- Keeping track of your physical activity can be used to motivate you in the future.
- Don't expect perfection: If you get off track, use your experience to find ways to deal with similar situations in the future. Know that you can always get back on track.
- Note the benefits: Recognize the benefits you experience from your increased activity, such as more energy, a more positive outlook, or a slimmer waistline. When the going gets tough, refocus on these benefits. ■

Derived from National Diabetes Prevention Program, American Diabetes Association, and Mayo Clinic materials

Share your D2d experience!

We'd love to hear or see anything you'd like to share with us about your D2d experience so far! Please visit www.d2dstudy.org/share/ to tell us about your experience.

Do you have a fun, creative or interesting D2d related photo you could share with us?

Did you travel with your D2d item and have a picture to share?

Do you have a healthy recipe you'd like to share for a future issue of the newsletter?

Q&A

Participant FAQs

The research coordinator asked me to stop taking the study pills because my calcium level was high. Should I continue to come back for the visits?

A: Absolutely. To make sure that the study results are valid, we need to account for the diabetes and health status of every person who was assigned to one of the two groups at the beginning of the study. Therefore, it is very important that all participants return for all their visits even if you are not taking the study pills.

I am in overall good health but my doctor told me to take 2000 units of vitamin D every day because “it can’t hurt and may help.” Is this acceptable?

A: According to the Institute of Medicine report in 2011, the recommended dietary allowance (RDA) for vitamin D is 600 units per day for people younger than 70 years old and 800 units per day for people who are 70 years old or older. The D2d study permits the out-of-study use of vitamin D supplements up to 1000 units per day. If your doctor feels that you should be taking a higher dose, please let your coordinator know. Please make sure you always tell the research staff about all supplements and medications you are taking. ■

Featured Recipe

Strawberry Salad with Mozzarella and Balsamic Vinaigrette

The strawberry salad with mozzarella and balsamic vinaigrette is a light, refreshing salad, perfect for early summer weeknight eating.

Recipe notes: If you’re planning on having leftovers the next day, leave strawberries whole and keep mozzarella separate until ready to eat. Otherwise, the toppings might turn soggy.

Makes 4 servings

Total time: 15 minutes

Ingredients:

- 6-8 cups loose salad greens
- 24 small strawberries
- 8 ounces fresh mozzarella
- 8 big leaves of basil

Dressing Ingredients:

- 1/4 cup olive oil
- 1/8 cup balsamic vinegar
- salt and pepper

Method:

1. Whisk together olive oil, balsamic vinegar, and salt and pepper to taste.
2. Rip clean and dried salad greens into bite sized pieces.
3. Roll the basil leaves into a little tube and slice thin (chiffonade).
4. In a large bowl, toss lettuce greens and basil strips with most of the dressing (you may have to do this in two batches so as not to overfill the bowl), reserving a little to drizzle over the top at the end.
5. Portion greens out onto serving plates.
6. Remove the stem of the strawberry, slicing thin from top to point. Spread evenly over the four servings of salad.
7. Cut mozzarella into bite sized pieces. I used the ovoline (little mozzarella balls in water) and quartered them. Spread evenly over the four servings of salad.
8. Drizzle remaining dressing over the top and enjoy!



Like this recipe? Check out Ellen Vickery’s food blog at <http://www.nothingbeetsfresh.com/> for more great recipes!

Please Keep in Touch!

D2d Clinical Sites

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REMINDERS

- **Please notify your research team immediately if you are told you have diabetes and before starting any medication for diabetes (e.g. metformin, Saxenda).**
- At your next visit, please remind your primary care doctor that you are participating in D2d.
- Please notify your research team if you plan to take more vitamin D or calcium than what D2d allows (vitamin D - 1,000 units per day; calcium - 600 mg per day).
- Please call your research team if you have any study related questions or to report changes in your health, medications, or supplements.