



Volume 03, 2015

In This Issue

Note from Leadership.....	1
Meet D2d Participants.....	2
Share your D2d experience with us!	2
Q&A.....	3
Featured Recipe.....	3
Reminders	3
D2d Clinical Sites	4

A Note from the D2d Leadership Partners in Research

Dear D2d participant & Partner,

As the Chair of the Recruitment and Retention Subcommittee of the D2d study, I would like to extend my own welcome and thank you for your involvement and ongoing contributions to this important study.

D2d is well under way, and, thanks to your participation and partnership, we are confident that at the end of the four year study period, we will learn the answer to the study's key question: Can vitamin D help prevent or delay diabetes in people at high risk for diabetes?



If there is one message that I want to share, it is that so much of what we know in the field of medicine, we know because of dedicated research participants like you. Clinical research directly informs best practices in health care – from screening, to prevention, to treatment. Ensuring a diversity of representation in the D2d study will allow the results of this study to be meaningful for your own communities.

To quote an interview conducted with a D2d research participant, Donald Brew, by a local TV station in the DC area (<http://www.wusa9.com/story/news/2015/04/23/vitamin-d-insulin-type-2-diabetes/26258671/>), "It's amazing how it [D2d] motivates you... If others benefit, that is the greatest to me." Donald is motivated to complete D2d, not only to improve his own health, but to help others prevent diabetes. I encourage you to visit d2dstudy.org/participants to read quotes from other participants and contribute your own stories.

Thank you for your continued involvement and participation. Your participation and commitment makes it possible to advance health!

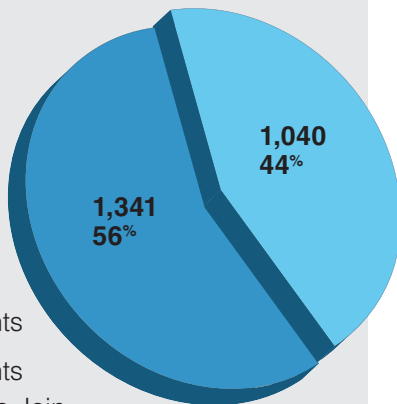
Sincerely,

Vanita Aroda, MD

Chair, D2d Recruitment and Retention Committee

Scientific Director, MedStar Community Clinical Research Center

MedStar Health Research Institute



Current Participants

Participants Needed to Join

Be Social, Follow D2d:



D2dstudy



D2d study

D2dStudy.org

Meet D2d Participants who are shaping The Future of Diabetes Prevention



Michael Bloukas was diagnosed with pre-diabetes in 2010 and was told by his primary care doctor that he needed to take measures to reduce his risk for type 2 diabetes. He lost a considerable amount of weight, studied up on diabetes, and changed his lifestyle, which improved his elevated blood glucose levels. Bloukas's doctor at Tufts Medical Center took notice of the progress and suggested he join the D2d trial. He didn't have to think too hard about enrolling. He agrees that the experience has been positive. "I was pleasantly surprised by the research that is done and the people in the program," he says. "So far it has been a very good experience, and I appreciate the people that I deal with." ■

For more stories, visit d2dstudy.org/participants.

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 enjoy reading this issue of the Participant Newsletter? Do you have a healthy recipe you'd like to share for a future issue of the newsletter?

How did your visit go? Was it what you expected?

Were you nervous for your visit? Did the staff at your D2d site ease your worry and make you feel prepared for your visit?

Have you attended a D2d Participant Event? How did it go? Was it fun and informative?

Q&A

The Vitamin D story is evolving and the D2d study will contribute to the evidence.

The U.S. Preventive Services Task Force, an independent, volunteer group of experts, recently evaluated the evidence on whether to screen for vitamin D deficiency. The evidence report reviewed by the task force was written by a team of researchers led by D2d investigator Erin S LeBlanc, MD, MPH of the Kaiser Permanente's Center for Health Research in Portland, Oregon.

The goals of the report were to determine whether (1) to test people for vitamin D deficiency if they don't have symptoms and (2) vitamin D supplementation is needed in people with low vitamin D levels. The conclusion of the task force was that there is not enough evidence to recommend for or against screening for low vitamin D level among adults without symptoms of vitamin D deficiency. The task force stated that more research is needed to determine the benefits and harms of screening for vitamin D deficiency.

Dr. LeBlanc and colleagues also examined whether treatment of people with low vitamin D levels leads to improved health. The team found that treatment of vitamin D deficiency may be associated with lower risk of death in elderly people living in nursing homes and lower risk of falls, but there seemed to be no effect on risk of fractures. There was not enough evidence about the effect of vitamin D on other important conditions, such as type 2 diabetes or cancer. Vitamin D supplementation did not appear to be associated with increased risk of harm, although there was limited information on harms.

Several issues made the review difficult. First, the studies used different methods to measure vitamin D, and the results of the vitamin D blood test can vary quite a bit depending on the type of test and laboratory doing it. Another issue is that experts do not agree on what level of vitamin D should be considered too low. Additional challenges included that different studies used varying dosages of vitamin D and sometimes it was given alone while other times it was given with calcium.

The task force's conclusions and research by Dr. LeBlanc and others encourage future studies to clarify the effects of treatment of vitamin D deficiency and identify the people most likely to benefit. The D2d clinical trial is expected to answer some of these questions. ■

[Annals of Internal Medicine on November 11th, 2014](#)

Featured Recipe



Water infused with fruit, herbs and even vegetables makes a tasty, colorful, refreshing beverage. The D2d study encourages you to consider choosing infused water instead of a soda or other sugary beverages. The D2d Study team at the University of Southern California/LA Roybal Comprehensive Health Center suggests the following combinations and encourages you to come up with some of your own.

Instructions: In a large pitcher or container add the fruit and vegetables, gently squeeze, muddle or twist the herb leaves to release the oils (you do not want to tear the leaves), and place them on top of the fruit. Add ice and water and let sit in the refrigerator for at least 2 hours for the flavors to infuse.

Strawberry, Orange, and Mint:

- 1 Orange
- 10 Strawberries, sliced
- about 8-10 mint leaves

Raspberry, Cucumber, and Lime:

- A handful of raspberries
- 2 limes, thinly sliced
- 1 large cucumber, thinly sliced

Blueberry Orange:

- 6 cups water
- 2 mandarin oranges, thinly sliced
- handful of blueberries

Grapefruit, Cucumber and Mint:

- 2 large grapefruits, thinly sliced
- 1 large cucumber, thinly sliced
- 4-8 mint leaves

REMINDERS

- Please notify your research team immediately (see page 4) if you are told you have diabetes and before starting any medication for diabetes.
- 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).
- The next Participant Event will be held this spring/summer. The topic is Physical Activity.

Please Keep in Touch!

D2d Clinical Sites

California

Stanford University CTRC

Palo Alto, CA
(650) 427-0785
jhau@stanford.edu

University of Southern California

Los Angeles, CA
(323) 980-8446
D2d@usc.edu

Colorado

University of Colorado- Denver

Aurora, CO
(720) 848-5146
Emma.Hulseberg-Dwyer@ucdenver.edu

Denver VA Medical Center

Denver, CO
(303) 399-8020 ext. 3435
Jean.schleski@ucdenver.edu

Florida

Florida Hospital Translational Research Institute

Orlando, FL
(407) 303-7193
TRI@flhosp.org

Georgia

Atlanta VA Medical Center

Atlanta, GA
(404) 321-6111 ext. 7368
rincy.varughese@va.gov

Illinois

Northwestern University

Chicago, IL
(312) 503-3413
d2d@northwestern.edu

Kansas

University of Kansas Medical Center

Kansas City, KS
(913) 588-6052
d2dstudy@kumc.edu

Louisiana

Pennington Biomedical Research Center

Baton Rouge, LA
(225) 763-3000
clinicaltrials@pbrc.edu

Maine

Maine Medical Center

Scarborough, ME
(207) 661-7624
D2d@mmc.org

Maryland / District of Columbia

MedStar Good Samaritan Hospital

Baltimore, MD
(443) 444-6137 / (443) 444-6136
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MedStar Health Research Institute

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(919) 668-7863
D2dstudy@dm.duke.edu

Ohio

Cleveland Clinic

Cleveland, OH
(216) 444-3955 / (216) 444-8942
Cleveland@d2dstudy.org

Oregon

Kaiser Permanente

Portland, OR
(866) 356-0211

South Carolina

Medical University of South Carolina

Charleston, SC
(843) 792-5427
kuker@musc.edu

Tennessee

University of Tennessee Health Science Center

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Texas

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