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### D2d funding provided by:



National Institute of  
Diabetes and Digestive  
and Kidney Diseases



Office of  
Dietary Supplements  
National Institutes of Health

### Be Social, Follow D2d:



D2dstudy



D2d study

**D2dStudy.org**

**Tufts** Medical  
Center

## A Note from the D2d Leadership Partners in Research

Dear D2d participant,

D2d has been a long journey that started in 2002 when the idea that vitamin D may play a role in diabetes prevention was conceived. After many smaller studies showed encouraging results, the D2d study was born to definitely answer the question: does vitamin D supplementation lower risk of diabetes in people at risk for diabetes? D2d has now entered the final stretch and I remain impressed with your dedication to the study. Some of you have been in D2d, contributing valuable data, for nearly 5 years! On page 2, you can see the demographics of the participants. This snapshot of D2d highlights the diverse nature of the D2d population.



As the study is nearing the finish line, we recognize that D2d is made up of a special group of people and the study has great potential to continue providing important information about diabetes and other health issues. We have been thinking of ways to continue your involvement with the study and have applied for a grant for a D2d follow-up study to continue collecting health information for approximately 3 more years. If this follow-up study is funded and you decide to join, you will receive a short questionnaire twice a year with questions about your health, focusing on diabetes, cancer and heart disease. There will be no pills to take and no visits. As you are completing D2d, we are asking all of you to consider signing up for the D2d Registry, which will allow us to contact you and invite you to be part of the D2d follow-up study. We are very excited to see that, so far, nearly all participants who have completed the last D2d visit have signed up. For additional information about the D2d Registry, please see page 2.

We all look forward to the results of D2d and we plan to keep you informed of what happens next, as described in the Timeline section (see page 3).

I would like to extend a BIG “THANK YOU” to all of you for your deep commitment to D2d. The study would not have been possible without each and every one of you, and I hope that we are successful in securing the funds to give you the opportunity to continue your involvement in a follow-up study. Please visit [www.D2dstudy.org](http://www.D2dstudy.org) for important updates.

On behalf of the D2d study

*Anastassios Pittas*

Anastassios G. Pittas, MD MS

Principal Investigator, D2d study, Professor of Medicine - Tufts Medical Center

# The D2d Registry A look into the future of D2d



At your last study visit, you will be provided with information about the D2d Registry. The objective of the Registry is to provide information to you about future research opportunities related to the D2d study. If you are interested, you will be given a card to complete (see below). You may also sign up online at [www.d2dos.org](http://www.d2dos.org).

Signing up for the D2d Registry does not mean you are committing to any future research studies — it simply allows Dr. Pittas (the study’s principal investigator) at Tufts Medical Center to inform you about future follow-up studies to D2d that are currently being planned. Your information in the D2d Registry will be kept confidential by Dr. Pittas’ research team. If you change your mind and would like to remove your name from the Registry, you can do so at any time by contacting Dr. Pittas’ research team ([d2dos@tuftsmedicalcenter.org](mailto:d2dos@tuftsmedicalcenter.org); phone 617-636-2843).

During the follow-up study, you will be contacted twice per year and asked questions about your health, focusing on diabetes, cancer, and heart disease. The study will have no pills to take and no visits. Once the study becomes active, Dr. Pittas’ research team will contact you by the method (phone, letter, email, or text) you indicated on the card or online form when you signed up. A member of the research team will describe the study in detail and ask you if are interested in participating. While it is not yet certain that a follow-up study will happen, we hope that it will start in 2019. If you agree to be in the Registry, you can take part in any other research study you wish. ■

**Thank you for participating in the D2d study.** Your commitment to diabetes prevention research is unique and greatly appreciated.

We are planning a follow-up study to D2d, which will have no pills to take and no visits. Participants will be contacted twice per year and asked questions about their health.

If you are interested in learning more about the follow-up study, please complete and return this form using the self-addressed envelope. You may also sign up online at [www.d2dos.org](http://www.d2dos.org). We expect to contact you within the next year.

Your contact information is going to Tufts Medical Center, Boston, MA and will be kept in a secure database. If you have any questions or you would like to remove your name from future contacts, please email [d2dos@tuftsmedicalcenter.org](mailto:d2dos@tuftsmedicalcenter.org)

D2d Site Name: \_\_\_\_\_ D2d Study ID: \_\_\_\_\_

**Tufts Medical Center**

By completing and mailing this form, you are granting permission for researchers at Tufts Medical Center to contact you and tell you about future research opportunities related to the D2d study. By submitting this form, you are not making any commitment to participate in a study.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

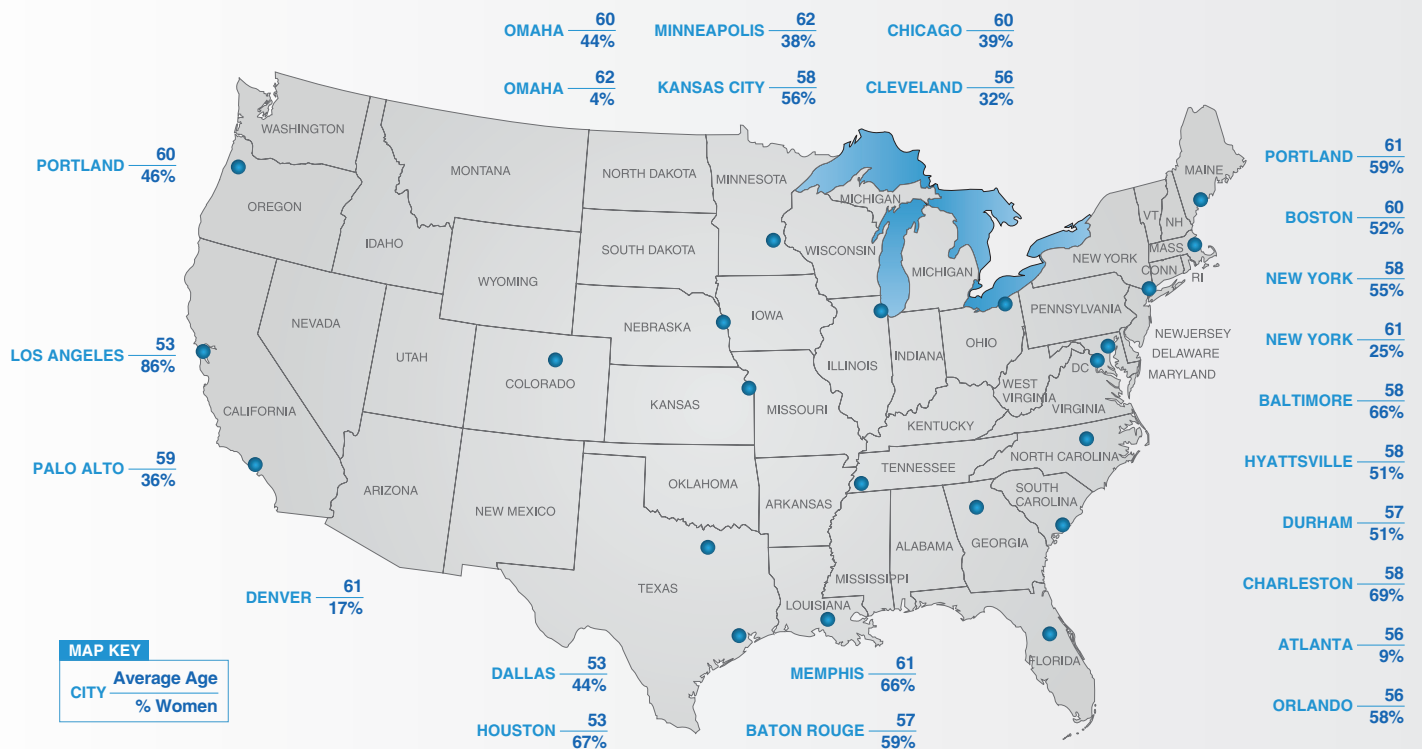
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Preferred contact (check all that apply):  Postal Mail  E-Mail  Home phone  Cell phone  Work phone  Text message

**IMPORTANT:** If you did not have a chance to sign up for the D2d Registry at your last visit, you can sign up at any time at [www.d2dos.org](http://www.d2dos.org). If you have any questions about the D2d Registry, please contact your local D2d staff or the team at Tufts Medical Center ([d2dos@tuftsmedicalcenter.org](mailto:d2dos@tuftsmedicalcenter.org); phone 617-636-2843).



## Participant Newsletter Timeline

We are all excited to see what the results of the D2d study show and we know many of you are curious about how and when you will find out the results.

Below is the *approximate* timeline for study completion and next steps.

End of study period		Data analysis & preparation of main paper	
	D2d participant visits completed	Participants notified of study pill assignment	Participants sent summary of study results Study results presented at national scientific meeting and published in a major medical journal
April 2018	Fall 2018	Early 2019	June 2019

We have entered the End of Study phase of the D2d study. This is a very exciting time for both participants and researchers alike! D2d participants will have been in the study for an average of 3.5 years (range 1.5 - 4.5 years), and more than 29,401 study visits will have occurred nationwide since we began in the fall of 2013. Participants will have contributed a vast amount of information (data) that will be analyzed to answer the main question: can vitamin D prevent type 2 diabetes in people with pre-diabetes? In addition, we will test other questions related to diabetes, cancer, and heart disease. Below are a few questions and answers related to the end of the study. ■



### When will I find out if the pills I have been taking contained vitamin D or placebo?

**A:** Soon after all participants complete their study visits, we will “unmask” the study pill assignment. In early 2019, your site staff will send you a letter notifying you whether the study pills you were taking contained vitamin D or placebo. Please ensure that the coordinator has your correct contact information (mailing and/or email address).

### I have been diagnosed with diabetes. Why do I need to return for a last study visit?

**A:** The overall success of D2d depends on participants completing all their visits, and the

last visit is as important as the first one. If you have been diagnosed with diabetes, we are interested in finding out whether vitamin D slows the progression of diabetes. We are also very interested in learning about the effects of vitamin D on conditions beyond diabetes, such as cancer, heart disease, high blood pressure, and bone health. So, even if you have been diagnosed with diabetes during D2d, stopped study pills, or missed a few visits, it is very important to return for the last visit to provide as much additional information as possible to answer these questions.

### What happens after my last study visit and when will we know the study results?

**A:** After your last study visit, the data you contributed is compiled into the database and any discrepancies or other issues are resolved. Once the data

from all 2,423 participants has been entered and discrepancies resolved (a process called “cleaning” the data), the database is “locked.” Over 1 million data points have been generated during the 5 years of the study and your site staff and the Coordinating Center have been working hard behind the scenes to “clean” the data so that we can lock the database as soon as possible after the last participant is seen. We will then analyze the data and prepare a manuscript (article for a medical journal) with the main results and submit it for publication to a major journal. We plan to time the publication with a presentation at a national conference in June of 2019. At the same time, we will notify you of the results by sending you a letter (or a newsletter). A summary of results will also be available at [www.d2dstudy.org](http://www.d2dstudy.org). ■

# Please Keep in Touch!

## D2d Clinical Sites

### California

Stanford University  
Palo Alto, CA  
(650) 485-3910  
Stanford@d2dstudy.org

University of Southern California  
Los Angeles, CA  
(323) 980-8446  
D2d@usc.edu

### Colorado

University of Colorado, Denver  
Aurora, CO  
(720) 848-1816  
Abtin.Kiany@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. 7638  
John.Varghese@va.gov

### Illinois

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

### Kansas

University of Kansas Medical Center/  
Truman 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  
Research Institute  
Scarborough, ME  
(207) 661-7624  
D2d@mmc.org

### Massachusetts

Tufts Medical Center  
Boston, MA  
(617) 636-2842  
tufts@d2dstudy.org

### Maryland / District of Columbia

MedStar Health Research Institute  
Hyattsville, MD  
(301) 560-2943  
studies@medstar.net

MedStar Good Samaritan Hospital  
Baltimore, MD  
(443) 444-6137 / (443) 444-6136  
D2d.Baltimore@medstar.net

### Minnesota

Health Partners Research Foundation  
Minneapolis, MN  
(612) 341-1950

### Nebraska

Omaha VA Medical Center &  
University of Nebraska Medical Center  
Omaha, NE  
(402) 995-3924 / (402) 559-6244

### New York

Lenox Hill Hospital  
New York, NY  
(212) 434-3715  
kziskovich@northwell.edu

### North Carolina

Duke University Medical Center  
Durham, NC  
(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  
harleyma@musc.edu

### Tennessee

University of Tennessee Health  
Science Center  
Memphis, TN  
(901) 448-8405

### Texas

University of Texas Southwestern  
Dallas, TX  
(214) 648-2971  
brenda.brightman@utsouthwestern.edu

Baylor College of Medicine  
Houston, TX  
(713) 798-5757  
VitDstudy@bcm.edu

## 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).**
- **If you did not have a chance to sign up for the D2d Registry at your last visit, you can sign up at any time at [www.d2dos.org](http://www.d2dos.org).**
- 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.