



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

NEWS

diabetes prevention research matters

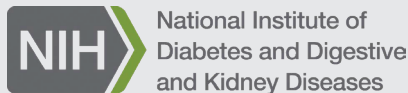
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D2d funding provided by:



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D2dstudy



D2d study

D2dStudy.org

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A Note from the D2d Leadership Partners in Research

Dear D2d participant,

Happy New Year!

At the dawn of a new year, I wanted to thank you again for your continued contributions to D2d. As the study entered its final stretch at the end of last year, my colleagues and I have remained impressed with your willingness to stay engaged and see the study to its completion. The last D2d participant completed his visit on November 2, 2018 which marks a remarkable journey since the idea was conceived in July 2012. Since then, D2d has met all its goals because of your deep dedication and commitment.

As you know, we are planning for a follow-up study to continue collecting health information through a short questionnaire, sent twice a year, with questions about your health, focusing on diabetes, cancer, and heart

disease. The data collected through these additional questionnaires will be important to determine the long-term effects of vitamin D supplementation. There will be no pills to take and no visits. As D2d was coming to an end, we asked all of you to consider signing up for the D2d Registry, which allow us to contact you and invite you to be part of the D2d follow-up study. If you have not signed up yet for the D2d Registry, you may do so at <https://d2dos.org/>. Please note that signing up for the D2d Registry does not mean you are committing to any future research studies, it simply allows the D2d team at Tufts Medical Center to inform you about a future follow-up study.

We wish you a healthy, fun, productive, and meaningful New Year and will continue to provide you with updates on study results and the potential follow-up study. On the next page, we provide a timeline of what to expect in the next year, including when to expect results. As always, feel free to reach out with any questions and please let us know if there is anything we can do to enrich your experience.

All the best,

Anastassios G. Pittas

Anastassios G. Pittas, MD MS

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The Future of D2d: 2019 Timeline

JANUARY 2019



You will receive a letter from your site staff to let you know whether the study pills you were taking contained vitamin D or placebo. ■

FEBRUARY 2019



If you haven't had the chance to sign up for the registry, you can still sign up but time is running out! ■

JUNE 2019



Once the data are analyzed, we will prepare an article and submit for publication to a major journal. At the same time, we will notify you of the results through a newsletter. ■

New Year, New Website:

To stay up to date with D2d news, please make sure to check out d2dstudy.org for important updates to come in 2019!

The D2d website is getting a makeover.

