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## A Note from the D2d Leadership Partners in Research

Dear D2d participant,

Happy New Year!

As the Project Manager of the D2d study, I wanted to give you an update of the study and to thank you for joining what we expect to be a landmark study on diabetes prevention.

I am very excited to report that the study currently has over 1600 dedicated participants in 23 medical centers across the United States. To achieve our goal of completing enrollment by the fall, D2d has added a new site in Denver, CO and the study has also expanded operations at two existing sites (Kansas City, KS and Orlando, FL). In addition, last fall, many of you participated in our first multisite Participant Education and Appreciation event that was conducted via a web/broadcast. Other sites had fun sessions with excellent speakers and delicious, healthy food.

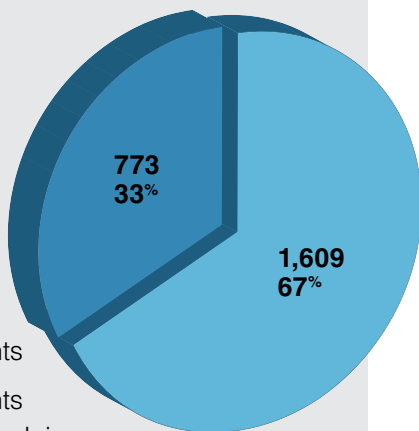


In this issue of the Newsletter (page 2), a D2d participant shares her D2d experience. To read about the experience of other participants, please visit [www.d2dstudy.org/participants](http://www.d2dstudy.org/participants). **We would love to hear about your experience** and encourage you to share your motivation for joining D2d, a lifestyle change you made, or any other D2d related experience. You can share a picture of yourself (e.g. pose with D2d memorabilia while on vacation). If you prefer, your name can be withheld and not be shown with your comments. In the recipe section (page 3), we provide a squash and white bean soup contributed by Ellen Vickery, our data guru. I can tell you from personal experience that the soup is both delicious and healthy. In the Q&A section (page 3), we answer your questions related to use of diabetes medications and the diagnosis of diabetes.

As a nurse who has worked in clinical research for many years, I am continually inspired by research participants. One commonality I have seen in all participants, young, old, healthy and sick is their willingness to go above and beyond the normal. I am very proud to report that 99% of participants have returned to complete all scheduled D2d visits, which is a remarkable accomplishment and a testament to your dedication to D2d. Thank you!

Best wishes for a healthy, productive, and meaningful 2016.

Patty  
Patty Sheehan, RN, MPH, MS  
D2d Coordinating Center  
Tufts Medical Center  
Boston, MA.



- Current Participants
- Participants Needed to Join

### Be Social, Follow D2d:



D2dstudy



D2d study

[D2dStudy.org](http://D2dStudy.org)

## Meet D2d Participants who are shaping The Future of Diabetes Prevention



**JoAnne and her husband are both first time research participants at the D2d site in Maine.**

**Is this the first research study you've participated in? How has your experience been so far?**

**JoAnne:** This is the first research study that I've participated in. It has been a wonderful experience. The staff is terrific. I've learned so much about preventing diabetes from the staff. I have an UP 24 Jawbone now and keep track of my steps everyday. My goal is 7000 steps per day. I'm working on improving my diet with more proteins than carbs. Natural sugars are easy now with all the summer produce. Guess you can tell that I'm really into this.

**Did you feel informed about what was going to happen at your visit? Did the staff answer all your questions?**

The staff is wonderful. They are great at answering questions, making suggestions, and keeping us informed about what to expect at each visit. Dr. Brodsky spoke to a group of patients about how important our diet and exercise is in preventing diabetes. He's a natural teacher.

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

Yes, an event was held at the gym, where I work out. The trainer spoke about the importance of exercise to help keep your blood glucose under control. He was so informative in telling us how just a small amount of exercise can make a difference. Everything helps. ■

For more stories, visit [d2dstudy.org/participants](http://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/](http://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?

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

## Why don't you want me to take any diabetes medication (for example, metformin) before the D2d study makes the diagnosis of diabetes?

- The goal of the D2d study is to find out if vitamin D prevents diabetes. It is absolutely essential to avoid the use of any diabetes medication before the diagnosis of diabetes is made by D2d. If you take a diabetes medication before we test you, this will affect the results of the tests and we will not be able to answer the most important question of the study: Does vitamin D prevent diabetes?
- If your primary care physician tells you to start metformin or another diabetes medication, please contact your study coordinator before you start taking the medication. It is very important that we speak with you before you start any diabetes medication.
- By participating in D2d, we are closely monitoring you for diabetes every 6 months. The monitoring and testing that we do are much more extensive than what most primary care physicians do. We use the highest standards to determine if you have developed diabetes: the guidelines of the American Diabetes Association.

## Why can't I get the results of my hemoglobin A1c and blood sugar tests during the study?

- Hemoglobin A1c and blood sugar levels can vary from day to day, and we will collect many tests over the course of the study. Therefore, D2d does not provide the actual values of the diabetes tests to participants or research staff before the diagnosis of diabetes is confirmed.
- The central D2d laboratory reports whether the test is "negative," meaning the result is below the diabetes range. If the results are confirmed to be "positive," meaning that the test results are in the diabetic range, we will share the glucose levels with you and your primary care physician.
- We expect that by not getting the actual glucose values, participants can focus on following a healthy diet and staying active and not be distracted by small changes in glucose levels.

## If I develop diabetes during the study, do I need to start taking medication right away?

- A diagnosis of diabetes does not mean that you have to take medication. It is very important for you and your primary care physician to discuss the best treatment for you if you do develop diabetes during the study. ■

## Featured Recipe

### Spiced Pumpkin White Bean Bisque

Yield: 4-6 servings

#### Ingredients:

- 1 tablespoon of butter or canola oil
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 1 tablespoon of freshly chopped sage (or a little dry)
- pinch of ground nutmeg
- 1/2 teaspoon of ground cumin
- 2 and 1/2 cups of low-sodium vegetable stock (or chicken broth) — divided into a 1/2 cup and 2 cups
- 1 can cannellini beans (white kidney beans); well rinsed OR use 2/3 c dry beans\*
- 1 can (15oz.) of pumpkin purée (not pumpkin pie filling) OR a small fresh squash\*\*
- 1 cup milk
- 2 tablespoons apple cider vinegar
- salt and pepper
- Dollop crème fraîche (optional — you could substitute plain low fat/no fat yogurt or sour cream)
- 4 pieces of crusty bread, cut into 1 inch cubes
- 1-2 tablespoon olive oil

#### Method:

1. Melt butter or heat oil in a large pot over medium-high heat.
2. Add onions, garlic and sage. Sauté for 5 minutes or until the onions are translucent.
3. Add pinch of nutmeg and the ground cumin. Sauté for about a minute.
4. Add 1/2 cup of vegetable stock. Scrape down the pan to loosen up the browned bits.
5. Combine the onion/spice mixture, up to 2 cups of stock (depending on how thick you like it), white beans and pumpkin purée in a blender. Process until smooth. Use caution when blending hot liquid. Note: if you don't have a blender, you can use a hand immersion blender or food processor.
6. Return mixture to the pot. Stir in the milk then bring to a simmer. Season with salt and pepper.
7. Cook through for about 5 minutes and then stir in the apple cider vinegar. Garnish with a swirl of crème fraîche (optional) and croutons.

#### Croutons

1. Toss bread cubes with 1-2 tablespoons of olive oil and salt to taste.
2. Spread in a single layer on a baking tray. Toast in oven (350° F) until lightly browned. (warning: they can go from untoasted to burned quick so keep an eye on them!)

\* If using dried beans: soak in water overnight, drain, place in a pot with water (3 times as high as beans), bring to boil, reduce to a simmer, and simmer 35-45 minutes until tender.

\*\* If using fresh squash (butternut, acorn, sunshine, carnival), cut in half, and roast (350°F), cut side down on pan until tender (approximately for 45 minutes), cool, then scoop out flesh and add to recipe.

Adapted by Ellen Vickery from the original recipe: <http://thefigtreeblog.com/2013/11/>



# 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  
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D2d@usc.edu

### Colorado

**University of Colorado, Denver**  
Aurora, CO  
(720) 848-7710  
Victoria.haggett@ucdenver.edu

**Denver VA Medical Center**  
Denver, CO  
(303) 399-8020 ext.3435  
Reema.alsayegh@ucdenver.edu

### Florida

**Florida Hospital Translational Research Institute**  
Orlando, FL  
(407) 303-7193  
TRI@flhosp.org

**Orlando VA Medical Center**  
Orlando, FL  
Lake Baldwin 407-629-1599 ext. 7129  
Lake Nona 407-631-4005  
Susann.Nagel@va.gov

### Georgia

**Atlanta VA Medical Center**  
Atlanta, GA  
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### Illinois

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### Kansas

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**Truman Medical Center**  
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### Louisiana

**Pennington Biomedical Research Center**  
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### Maine

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### Massachusetts

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(617) 636-2842  
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### Maryland / District of Columbia

**MedStar Health Research Institute**  
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studies@medstar.net

**MedStar Good Samaritan Hospital**  
Baltimore, MD  
(443) 444-6137 / (443) 444-6136  
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### Minnesota

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

### Nebraska

**Omaha VA Medical Center & University of Nebraska Medical Center**  
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### New York

**Beth Israel Medical Center**  
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### North Carolina

**Duke University Medical Center**  
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### Ohio

**Cleveland Clinic**  
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### Oregon

**Kaiser Permanente**  
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### South Carolina

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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. meformin, 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).
- The next Participant Event will be held in the spring. The topic for this event will be "Keeping Your Cool in a Stressful World".