

INSIGHT

LENS trial newsletter

December 2022 – Number 4

Welcome to the fourth edition of **INSIGHT**, the newsletter of the LENS Trial.

Thank you very much for your interest and ongoing participation in the trial. Please let us know if there are topics that you would like to see discussed, or feel free to send in an interesting picture or story for us to include in future editions.

Associate Professor David Preiss and the LENS team



An update on the LENS trial—not long to go!

When we designed LENS, we knew that the trial needed to include enough participants and continue for long enough to reliably tell us whether treatment with fenofibrate is beneficial—in other words, if fenofibrate reduces the number of people with diabetic retinopathy who go on to develop significant eye disease. The trial will continue until approximately **July to September (Q3) 2023** to achieve this, so less than a year from now!



LENS research nurses will continue to call you every 6 months as usual until then. In Q3 2023, you will have your final LENS call with one of the research nurses. We will also send you the two paper questionnaires (about your vision and quality of life) by mail and ask you to complete them one last time.

The trial is therefore entering one of its most important phases. The more participants that remain on study treatment in the coming months, the better the chance we have to show whether fenofibrate treatment works or not. When the final calls for all participants have been completed, we will analyse the data collected both from you during the calls and from NHS retinal screening to see if fenofibrate is beneficial or not.

At the end of the trial, you will have the chance to find out whether you received fenofibrate or placebo.

Please stay in touch and attend for NHS retinal screening

Deliveries of study treatment: We are aware that there have been occasional delays in the delivery of LENS study treatment by Royal Mail to some participants. If you are expecting your next delivery and it has not arrived, please do let us know. However, if there is a delay for some reason, you can be reassured that there is no problem with restarting the study treatment when you receive it, even if there is a gap.

Change of contact details: Please let us know if your address, phone number or email address change.

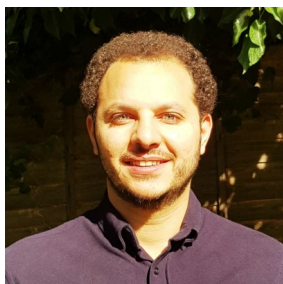
Follow up calls: It is very important for LENS that we know about your health during the trial, regardless of whether you are taking study tablets or not. These calls only take about five minutes to complete.

NHS retinal screening: Retinal screening provides crucial data for LENS. It is also vital for your eye health that you attend NHS retinal screening. Please try your best to attend all retinal screening appointments.



Meet the Team

In this edition of **INSIGHT** we are introducing Mohammed and Kate.



Mohammed Zayed



Kate Sawyer

- **What is your role in LENS?**

Mohammed — I am a clinician based at the University of Oxford. I work closely with my colleagues in Oxford, Glasgow and our participating hospitals around Scotland to support the delivery of various aspects of the LENS trial including maintaining safety of participants throughout the study, reviewing available blood results from tests taken at GP practices, ensuring trial participants are on the appropriate dose of the study medication and training new staff members joining our team.

Kate — I am the LENS trial administrator and help with the day to day management of the trial. This includes managing the email inbox and responding to both participant and research nurse enquires, either by phone or email. I also oversee the outgoing participant letters and incoming post, including logging the all-important participant questionnaires about quality of life and vision that you return to us by post.

- **What attracted you to this role?**

Mohammed — As a GP, patient safety and quality of care is at the core of my practice. I am particularly interested in diabetes management, appropriate medication usage, eye care and clinical trials, all of which are relevant to LENS. LENS is a unique study in the way it is integrated within diabetes care in NHS Scotland in an efficient and streamlined way, and it is exciting to be part of the team delivering the trial!

Kate — A year ago I decided it was time for a change and moved from working as a British Heart Foundation research scientist to working in clinical trials. This role allows for me to get a good grounding and training in how clinical trials are designed, implemented and managed. I enjoy working as part of a lovely team of people who are all working towards the same goal.

- **What do you enjoy doing in your spare time?**

Mohammed — I enjoy spending time with family and friends, I am a big football fan and a coffee lover!

Kate — I love singing in the Oxford City Singers choir, enjoy socialising with family and friends, going to Zumba and for walks in the countryside.

Thank you for your continuing support!



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Freefone 0808 164 5090



lens@ndph.ox.ac.uk



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