

Diabetes Research

Depression and Diabetes questionnaire : For patients newly referred to bcdiabetes.ca, we are conducting a survey to see if there is any relationship between diabetes and clinical depression

A1c blotter Study : Together with Lifelabs, a study is being conducted to see whether a drop of blood applied to some blotting paper and mailed into the lab gives A1c results equivalent to going to the lab for a blood test in the usual way. This may revolutionize the way you get your 3-monthly A1c test. You may well only have to go to the lab every 12 months (to have your cholesterol & kidney function measured).

Investigational new medication for diabetes

bcdiabetes.ca is currently studying 3 different classes of medication for Type 2 diabetes (and one class in Type 1 diabetes) in a total of 12 clinical trials. Most clinical trials include a randomization to active therapy or placebo. Active therapy is the research medication being tested. Placebo is a tablet (or injection) that has no active ingredient but which is required to prove whether or not the active therapy is truly effective.

The chances of getting placebo are 33-50%. Most clinical trials involve “blinding” of active agent vs placebo. This means that neither bcdiabetes.ca staff nor the study volunteer knows whether active agent or placebo has been dispensed. At the completion of the study “unblinding” occurs - at this time all become aware of whether active drug or placebo was prescribed.

Regardless of whether volunteers receive active drug or placebo, all Individuals who are involved in clinical trials derive some benefit. This is because the interaction between the study participant & the medical director Dr. Elliott and his staff as well as VGH Diabetes Centre staff improves motivation & adherence to existing therapy.

New DPP-4 inhibitors: these drugs are related to drugs from this class already on the Canadian market – these include sitagliptin (“Januvia”), saxagliptin (“Onglyza”) & linagliptin (“Trajenta”). These study medications appear to be very safe & are at least as effective as sitagliptin & saxagliptin & linagliptin. They are being testing in combination with other treatments including insulin as well as other investigational drugs such as the SGLT-2 inhibitors discussed below.

New GLP-1 agonists: these medications are closely related to liraglutide (“Victoza”) & exenatide (“Byetta”) drugs on the Canadian market already that are associated with significant weight loss – the investigational drugs have the potential advantage of being more potent, of being given as infrequently as once weekly or in combination with insulin.

SGLT-2 inhibitors: this is a brand new class of drug. Such medications work by increasing the loss of sugar in the urine. This has the effect of lowering the blood sugar and promoting weight loss. For more information see <http://en.wikipedia.org/wiki/Canagliflozin>

Ranolazine: this medication is used for the treatment of angina and has been found to lower blood sugar moderately & without side-effects. The study will test its effectiveness in a large-scale trial.

Investigational Cholesterol-lowering treatments

bcdiabetes.ca is studying a new class of powerful cholesterol-lowering agents that lower LDL cholesterol by up to 70%, on top of existing statin therapies. This agents are given by injection twice monthly. For more information see <http://clinicaltrials.gov/ct2/show/NCT01288469>