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2019-Nov-7

Investigator-initiated research at BCDiabetes

These studies were developed or are under development in-house at BCDiabetes and are not-for-profit. * indicates actively recruiting

[CGM observational study in Type 1 diabetes](#) - a real-world study addressing specific benefits of [CGM](#) use by British Columbians living with Type 1 diabetes. Dexcom is expected to give in-kind support for the CGMs, but not to support the study otherwise.

[myBCD](#) - testing the benefits of a diabetes smartphone app developed in-house at BCDiabetes: partially funded by an arms-length unencumbered grant from Boehringer-Ingelheim

*[Mindfulness](#) - testing the benefits of Headspace, a meditation app for smartphones

*[Ustekinumab RCT](#) - This study will test the benefits of ustekinumab, a biologic treatment used in psoriatic arthritis, in causing regeneration of insulin-secreting islet cells in individuals with newly diagnosed Type 1 diabetes

[Feast & Famine diet](#) - protocol under development: this study will test the benefits of alternating 5 days of modified fast and 26 days of usual diet over the course of 3 months.

[Love and Support](#) - testing the benefits of group therapy (without diabetes-specific education) for individuals with high levels of diabetes distress & social isolation. Group therapy will promote vulnerable communication skills

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