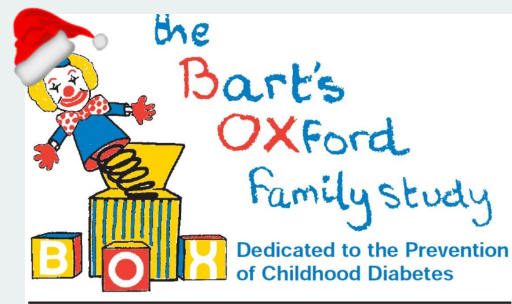




Winter Newsletter 2019



Thank you once again for continuing to take part in the BOX study, the longest running study of children with diabetes and their families. We have been continuing our work on why some people develop type 1 diabetes in early childhood while others first have symptoms in their 50s or 60s.

There are quite a few families in the BOX Study with both early and late onset type 1 diabetes within the same family and we are comparing their samples in lots of different tests. This research is only possible with your continued support and generosity in volunteering repeated follow up blood samples over the years.

In addition, samples from the BOX Study have been used to develop some new tests which are better at working out who will develop type 1 diabetes in the future. If you would like more details about any of our studies, please do contact us.



Professor Kathleen Gillespie
Chief Investigator

Did you help BOX Study research between 1985-2015 by volunteering a blood sample? If yes, and you are happy to help again, we would love to hear from you.

Contact us: 0117 414 7915 Email: box-study@bristol.ac.uk

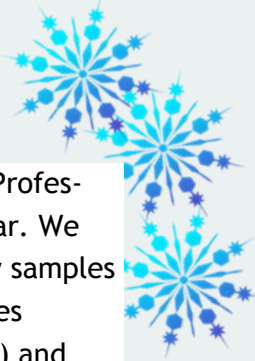
Diabetes UK Fundraisers Event

We recently held an open day for Diabetes UK fundraisers to demonstrate how some of the money they help to raise is spent in the day-to-day running of a research laboratory. The day included talks about the type 1 diabetes research that is taking place. They had a laboratory/bio-resource tour with demonstrations of some of our research techniques.



Fundraisers were able to try out some of the techniques themselves including a masterclass where they were all put through their paces in pipetting races. They also tried extracting DNA from a kiwi and learnt how to count blood cells using a microscope. We are pleased to report that this event was very much enjoyed by those who attended, we plan to run other event days in the future. Watch a video of local news recording of the day [here](#)





Diabetes UK Professional Conference 2019



Our researchers presented at the Diabetes UK Professional Conference in Liverpool in March this year. We reported findings generated by using BOX study samples to develop better biomarkers for type 1 diabetes (markers that tell us who will develop diabetes) and better ways of measuring them. We are continuing to work with other researchers in the UK and internationally towards future prevention.

Why we collect post meal urine samples from people with T1D

Measuring the levels of C-Peptide in urine collected 2 hours after a main meal tells us about insulin production in the pancreas.

Many people with type 1 diabetes have no detectable C-peptide (insulin) production a few years after being diagnosed. However, some people who have had type 1 for many years still appear to produce a small amount of their own insulin which helps glucose control.

We would like to find out why this is and what effect this has on the immune system. Please keep sending back your kits, the more samples we have at different time points the better.

Urine C-peptide levels in someone with newly diagnosed type 1 diabetes



Congratulations.....

To Kathleen our Chief Investigator on becoming a Professor of Molecular Medicine.

Well done Kathleen!

To Thato from Botswana who has spent three years studying BOX Study samples and has shown that it is important to study the whole pancreas in type 1 diabetes and not only the cells that make insulin.

To Fatma from Kuwait who obtained her PhD last year working with BOX Study samples. Fatma is setting up a laboratory in Kuwait to try to understand why levels of type 1 diabetes are so high in the Middle East.

Christmas closure dates:

20 December 2019 to 5 January 2020

Please do NOT post samples during this time

Contact Us:

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Email: box-study@bristol.ac.uk

Web: bristol.ac.uk/translational-health-sciences/box-study/

Freepost RTKH-ASKE-GSBX, Diabetes and Metabolism - The BOX Study

Learning and Research Building, Southmead Hospital, Bristol BS10 5NB

We wish you all a very Merry Christmas and a Happy New Year