

WOLFSON INSTITUTE OF POPULATION HEALTH NEWSLETTER ISSUE 85: 1 October 2025

In this issue of our Wolfson Institute of Population Health Newsletter, we celebrate the achievements and work of staff and students in the latter half of September.

FROM OUR DEPUTY DIRECTOR

Dear Colleagues

I hope you enjoy reading about the fantastic research published in another busy month at WIPH! It shows both the breadth and depth of our collective research expertise, and how it is reaching audiences and making an impact - through podcasts, science days, newspapers, academic papers, policy influencing and more. Natalie Brabben tells us about her role as Communications Officer for the Action on Salt and Sugar group, helping to ensure the vital work of this group influences government policy, and still finding time for an impressive range of hobbies!

Our enthusiastic and diverse cohort of MSc students, arriving for the 2025/26 academic year are certainly joining a vibrant and dynamic institute. Thank you to the MSc teaching and professional services teams for their exceptional efforts in delivering an engaging and inclusive Welcome Week, featuring a rich programme of lectures, interactive workshops, and networking opportunities, designed to familiarise students with our research, teaching ethos, and support services.

On the topic of teaching, we are still recruiting dissertation supervisors from across the Institute to support students on the MSc Psychological Therapies and MSc Cultural Psychology & Psychiatry programmes. Please get in touch with [Alex Burton](#) to discuss or submit a project idea by **Monday 6 October** [here](#).



Best wishes

Claudia

MEET WIPH

MEET- NATALIE BRABBen, Communications Officer (CPHP)

How would you describe your roles and responsibilities?

I am the Communications Officer for the Action on Salt and Sugar group in the CPHP Research and Action on Salt and Obesity Unit. My role varies, but it is mainly to ensure that all the research and activities of the unit are communicated effectively, through social media, newsletters, press releases, website stories, and policy calls. As part of the team, I help support government policy-making, and contribute to building a better understanding of the impact of salt and sugar on wider population health.

What has been your greatest professional achievement?

I'm still very early in my career, but I think my greatest achievement in this role has been leading our social media growth. The Action on Salt and Sugar charity is quite public facing, so having a strong social media presence is great for helping to amplify our work and research, and the new strategy I introduced has already seen fantastic growth in terms of engagement, followers and reach. Our online content is also much more varied now, and with an increasing level of industry conversation taking place online, my work has put the charity into a good position to help further inform policy and public awareness of salt and sugar.

What aspects of your role do you enjoy the most?

I really enjoy the variety of my work - it covers so much, and has taught me an immense amount, but I enjoy the writing element most of all. Writing for different media, especially when communicating about complex health and nutrition topics, can be quite challenging, but I really enjoy it. The unit's impact on nutrition policy and, by extension, the health and welfare of the population as a whole, is also very rewarding.

What would be your second choice as a profession?

My degree was in English Literature and Film Studies, so I would have loved to have gone into publishing, or something that still encompassed writing, but in a creative field.

What do you enjoy doing outside work?

Anything active - I enjoy the gym, hiking, and running, and recently went on my first snowboarding trip (see photo). You can't tell, but I was absolutely terrified the whole time! I also like going to gigs and baking.



Something most people don't know about you?

Up until 2 years ago, I couldn't swim. As part of a new year's resolution, I spent 6 months flailing around in a swimming pool, and can now comfortably swim multiple lengths of a pool (with below-average form!)

GENERAL INSTITUTE NEWS

CanTest International School for Cancer Detection Research in Primary Care
8-12 September (Fiona Walter, Suzanne Scott, Garth Funston. Centre for Cancer Screening, Prevention and Early Diagnosis)

A five-day residential course held in Cambridge by the CanTest International School for Cancer Detection Research in Primary Care hosted an international group of early career researchers (ECRs) in primary care cancer detection. Supported by Cancer Research UK, the course was designed to equip ECRs with knowledge of research innovations to enable them to develop further research skills in the field, evaluate innovative technologies, design impactful studies, communicate research ideas effectively, and foster collaborative networks.



Health economics and personalised medicine podcast

12 September (James Buchanan, Centre for Evaluation and Methods)

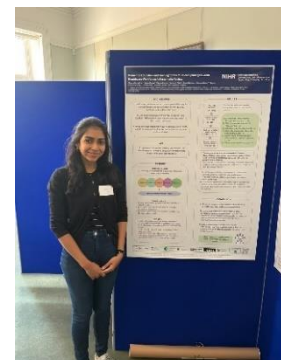
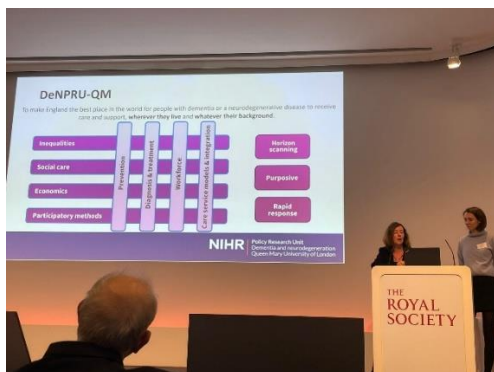
James Buchanan featured as an invited guest on an Oxford Centre for Personalised Medicine podcast on the health economics of personalised medicine. He covered topics including the challenges of undertaking economic evaluations in this space, what outcomes are important to patients and their families, gene therapies, genomic newborn screening, and reimbursement strategies.



Alzheimer's Research UK London Science Day 2025

15 September (Sara Calhas, Avinash Chandra, Claudia Cooper, Harriet Demnitz-King, Oliver Kelsey, Malvika Muralidhar. Centres for Psychiatry and Mental Health/ Preventive Neurology)

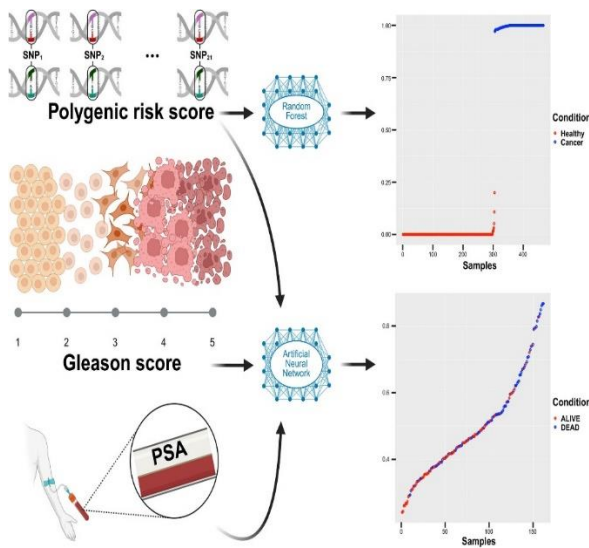
A team representing CPMH and CPN delivered presentations and displayed posters at the Alzheimer's Research UK London Science Day 2025, at the Royal Society. Claudia Cooper and Harriet Demnitz-King gave an overview of NIHR Policy Research Unit for Dementia and Neurodegeneration (DeNPRU-QM) projects, and presented findings on recommendations relating to public health policy for dementia risk reduction, the recently launched Delirium Matters report, and the DHSC secondment that highlighted inequalities in comorbidities and complex needs recorded on dementia-related death certificates. Oliver Kelsey delivered findings from a national survey on dementia diagnosis and care across English memory services, Malvika Muralidhar presented a poster on dementia education and training for the multidisciplinary student healthcare workforce, and Sara Calhas spoke on 'Individualised risk prediction for dementia with Proteomics and Metabolomics'. The event, co-organised by Avi Chandra, brought together researchers and clinicians for knowledge exchange in the Alzheimer's field.





Polygenic risk score + PSA predict prostate cancer mortality

16 September (Efthymios Ladoukakis, Belinda Nedjai. Centre for Cancer Screening, Prevention and Diagnosis)



To assess the potential of combining polygenic risk scores (PRS) and prostate specific antigen (PSA) to predict mortality from prostate cancer in men with low to intermediate risk, researchers constructed 2 novel PRS to develop 2 new machine-learning classifiers, one to detect prostate cancer, and the other to predict cancer aggressiveness and subsequent mortality. Authors say the two machine learning classifiers need further validation, but have potential to guide the clinical decision-making process and reduce costs of the clinical management of prostate cancer patients.

Dementia patients in England may be taking antipsychotics for too long

16 September (Claudia Cooper. Centre for Psychiatry and Mental Health)

Thousands of people with dementia are being prescribed powerful antipsychotic medications for longer and at higher doses than recommended, raising concerns about safety and quality of care. A study co-authored by Claudia Cooper, with researchers from UCL, Nottingham, and Keele, highlights a serious gap between NICE guidelines and practice. Using primary care data from $\approx 10,000$ patients aged 60-85 across English GP practices, results show that first treatment in 50% of patients lasted >7 months, more than double the recommended maximum, and that almost 1 in 5 patients started on doses higher than the minimum effective amount. Authors recommend integrating

INDEPENDENT

Powerful antipsychotic drugs given to dementia patients outside of guidelines, study finds

Storm Newton
Tue, September 16, 2025 at 11:39 p.m. GMT+1
2 min read



structured medication reviews into annual dementia check-ups, and better monitoring. The study also points to the potential of non-drug, psychological and social interventions, such as those used in the NIDUS-family programme, which can improve quality of life and reduce behavioural symptoms without the risks associated with antipsychotics. This story was widely covered in the media. Podcast available [here](#).



The screenshot shows the top portion of a Daily Mail article. At the top, there are links for 'UK Edition', 'Privacy Policy', 'Feedback', and a 'Follow 236' button. The 'Daily Mail' logo is prominently displayed. Below the logo, the article title is 'Dementia patients 'treated with powerful drugs for longer than recommended''. The byline reads 'By PA MEDIA', with 'PUBLISHED: 23:31, 16 September 2025' and 'UPDATED: 23:31, 16 September 2025'. A row of social media sharing icons (Facebook, WhatsApp, Telegram, Messenger, Email, Print) is visible. The main text begins with 'People with dementia are being treated with powerful antipsychotic medications for longer than guidelines recommend, according to researchers.' A sub-headline states 'Doses are also higher than recommended, and stopping and restarting drugs is "common", a study suggests.' Another sub-headline says 'Antipsychotic drugs can help manage the behavioural and psychological symptoms of dementia.' A quote from Dr Juan Carlos Bazo-Alvarez is featured: 'These insights from routine records can help clinicians make safer, more person-centred decisions about prescribing and reviewing medication'. At the bottom, a small text block mentions 'Analysis by experts from University College London (UCL) looked at data from 9,819 people living with dementia aged between 60 and 85, who received their first antipsychotic prescription between 2000 and 2023.'

Long-term cardiovascular risks after atrial fibrillation diagnosis

17 September (Mu Lan, Harriet Larvin, Jianhua Wu. Centre for Primary Care)



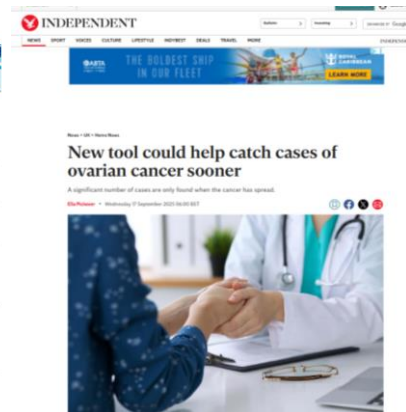
A systematic review of 73 studies quantifies absolute risk estimates of long-term cardiovascular complications after Atrial Fibrillation (AF) diagnosis, to inform outcome selection in future randomised clinical trials and improve health service delivery. Results showed incidence rates of cases of adverse cardiovascular events per 100 person-yrs (in descending frequency): heart failure (2.98), ischaemic stroke (1.76), cardiovascular death (1.66) and myocardial infarction (0.64). Over time, study outcomes (except for heart failure) declined, and sex differences diminished (and were not statistically significant in more recent studies). Authors conclude that, despite improvement in stroke prevention, heart failure incidence has not declined, highlighting the need for targeted strategies and guideline focus.

New OVATOOLS personalised risk score to improve ovarian cancer detection

17 September (Garth Funston, Kirsten Arendse, Fiona Walter, Runguo Wu, Boby Mihaylova. Centres for Cancer Screening, Prevention and Early Diagnosis/Evaluation and Methods)

A new tool to help GPs detect ovarian cancer earlier and improve patient outcomes cost-effectively has been developed and validated by WIPH researchers. OVATOOLS combines blood test measurement of Cancer Antigen 125 (CA125) and age, to provide a personalised risk score for ovarian cancer, and identify women at higher risk for further testing and referral. In two British Journal of Cancer papers

authors analysed data from >340,000 women in England. The first study demonstrated that OVATOOLS could improve ovarian cancer detection in women aged >50, identifying those at higher risk for urgent referral and specialist assessment, and the second study showed that adopting the tool for these women would be cost-effective, detecting more cancers earlier, while remaining within the NICE affordability threshold and representing good value for the NHS. The papers received wide press coverage.



Ovarian Cancer Academy workshop

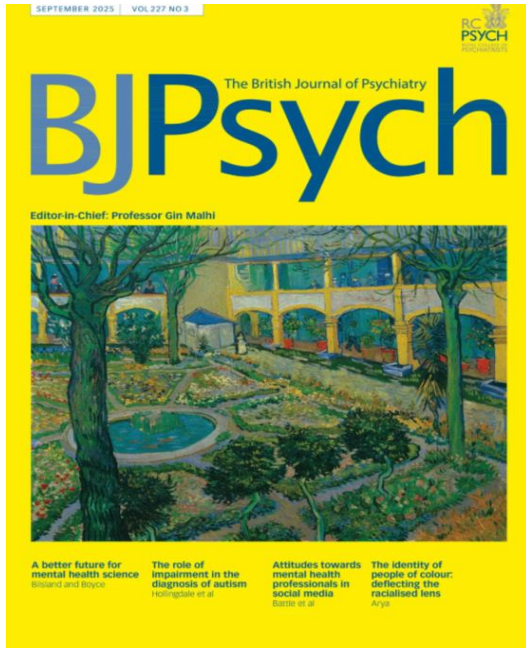
September 18 (Ranjit Manchanda. Centre for Cancer Screening, Prevention and Early Diagnosis)

Ranjit Manchanda presented an invited talk to the DOD Ovarian Cancer Academy workshop, held in Denver, Colorado. Ranjit spoke on the management of serous tubular intraepithelial carcinoma (STIC). The workshop was described by organisers as “another inspiring and successful DoD OCA workshop, where science collaboration and camaraderie come together to push research and care forward”.



Trauma and PTSD impact on refugee and asylum seekers

19 September (Julia Michalek. Centre for Psychiatry and Mental Health)



A systematic review of studies exploring the impact on social functioning of trauma and post-traumatic stress disorder (PTSD) among refugees and asylum seekers finds that trauma and PTSD have an impact on post-migration living difficulties, everyday functioning, acculturation and integration, social relationships, and employment and education. War-related trauma predominantly affected psychosocial functioning and integration, while interpersonal trauma had a greater impact on social relationships. Most findings indicated a negative influence of trauma and PTSD on these areas, but some evidence suggested potential for post-traumatic growth.

Stoptober Campaign Launch

19 September (Hayden McRobbie, Amol Bhoir, Dipul Ghosh, Sabir Ahmed, Shohaib Ahmed. Centre for Public Health and Policy)

A strong team from the Health and Lifestyle Research Unit attended the Stoptober Campaign Launch Event at the East London Mosque. Promoting the work of QuitRight Tower Hamlets, they spoke to around 200 residents, and recruited 57 people to the programme in just a two-hour slot. Organizers thanked the team, and congratulated them on a fantastic achievement: “a real credit to your energy, dedication, and teamwork”. A great start to this year’s campaign!



International Society for Bipolar Disorders (ISBD) 2025 Annual Conference

19 September (Georgina Hosang. Centre for Psychiatry and Mental Health)

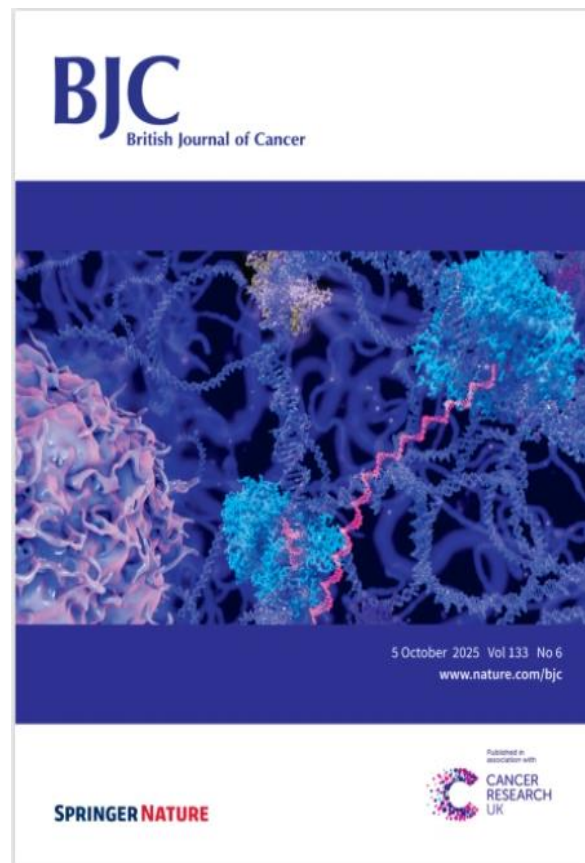


At the ISBD 2025 Annual Conference in Chiba, Japan, Georgina Hosang chaired the women's initiative event (*Rising Above: Women Thriving in their Careers and in Recovery with Bipolar Disorder*) and delivered oral and poster presentations. She spoke on 'Physical Multimorbidity patterns: Comparison between recurrent unipolar depression and bipolar disorder', and her poster dealt with childhood trauma and subclinical hypomania in early adulthood.

Oestradiol and breast cancer prevention: a 40 year history

19 Sept (Jack Cuzick. Centre for Cancer Screening, Prevention and Early Diagnosis)

In a *British Journal of Cancer* review, Jack Cuzick and Mitch Dowsett reflect on nearly 40yrs of work, tracing the development of oestrogen-targeted breast cancer prevention. They cover the findings on tamoxifen as an adjuvant treatment for breast cancer and subsequently as a preventive agent in women at increased risk, comparative trials of aromatase inhibitors (AIs) v tamoxifen and the extension of the use of AIs in trials for prevention, and the preventive effect of anastrozole in postmenopausal women. In conclusion, they speculate on the potential role of routine measurement of oestradiol in managing risk and achieving prevention of breast cancer, suggesting that this "may be the first opportunity to manage a potential cancer in the way cardiologists deal with heart disease by measuring cholesterol and using a statin to lower it when necessary".



European Hereditary Tumour Group meeting in Heidelberg

21 September (Ranjit Manchanda. Centre for Cancer Screening, Prevention and Early Diagnosis)

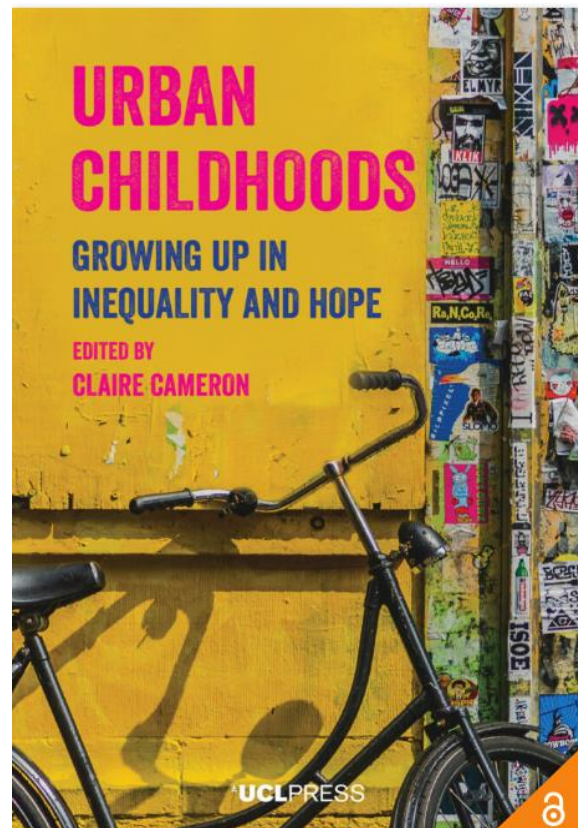


At the European Hereditary Tumour Group meeting in Heidelberg, Germany, Ranjit Manchanda delivered multiple presentations, including the keynote lecture on Population screening strategies and the implications of the PROTECTOR study. His other presentations included the PRESCORES study (Impact of risk reducing hysterectomy on health-related quality of life in women with Lynch syndrome), and lifetime endometrial cancer risk thresholds for and cost effectiveness of prevention of endometrial cancer.

Inequalities on a plate? Children’s voices from urban school food environments

22 September (Natalia Concha, Meredith Hawking, Liina Mansukoski, Carol Dezateux, Maria Bryant. Centre for Primary Care)

A new book exploring what makes the best start in life for children in England’s inner-city areas compiles research from the UKPRP-funded ActEarly programme, examining how housing, play, and food affect children’s health, wellbeing and opportunities. In chapter 9 (on school food) WIPH authors highlight children’s voices from school food environments in Bradford and Tower Hamlets. The researchers engaged with >500 children and young people who shared their lived experiences of school food, the structural barriers restricting choice, and their preferences towards prioritising free school meals for all and healthier and more sustainable meals. The featured work shows how partnerships embedded with public engagement practices can enable children’s voices to reach key policy audiences, strengthening the wider call for universal free school meal provision.

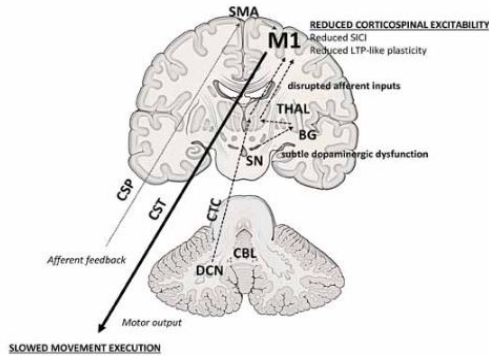


Role of COMT genetic variants in PD risk across diverse ancestries

23 September (Alastair Noyce, Maria Teresa Perrián. Centre for Preventive Neurology)

Movement Disorders

Volume 40 | Issue 8 | August 2025



WILEY

Investigating the relationship between catechol-O-methyltransferase (COMT) genetic variants and Parkinson's disease across diverse ancestries, researchers analysed COMT variants in people of European descent and 10 other ancestries, forming the largest case-control datasets to date. Results showed no significant enrichment of COMT risk alleles in PD patients across any ancestry group, after correcting for multiple testing. Among Europeans, no correlations with cognitive decline, motor function, motor complications, or time to levodopa-induced dyskinesia onset were observed. Authors say their study highlights the need for increased representation of diverse ancestries to better understand the role of COMT variants in PD.

Effect of US government policy on the CDC

23 September (Dominik Zenner. Centre for Public Health and Policy)

An Observer article on the US government ideological redirection of the US Centers for Disease Control and Prevention (CDC) reports that the CDC, "once the global gold standard for national health agencies", has been so damaged by the actions of Robert Kennedy that it is "no longer capable of protecting America from the next pandemic". The article cites comments from Dominik Zenner, who said "The implications are chilling. The CDC's expertise in disease surveillance and lab testing cannot be overestimated. I am in awe of what they do. In the west, they are by far the largest in expertise and capacity, operating in a different league to the rest. Could another country step up to build that capacity? I'm not sure that's possible."

The Observer

Kennedy's staff warn that he is dismantling US public health



Incorporating collaborative analysis and researcher reflexivity into a WPR analysis

23 September (Rebecca Muir. Centre for Primary Care)

“What’s the problem represented to be” (WPR) is a critical approach to policy analysis that questions how a policy defines a problem, rather than focusing on solving it, but research using this approach has not conventionally incorporated diverse knowledge-producers or collaborative analysis techniques. A new [paper](#) provides a worked example of how this can be done. By co-analyzing documents from the UK’s NHS ‘Help us Help You’ cervical screening campaign, authors demonstrate how involving co-analysts with lived and learnt experience heightens critical scrutiny during the WPR process, helping reveal new perspectives on problem representations and the lived effects of a policy. The paper introduces a new question for inclusion within the WPR framework: *How do different stakeholder knowledges align with or challenge your analysis of the problem representation?*



Early MS symptoms do not differ across ethnic and socio-economic groups
 24 September (Pooja Tank, Benjamin M Jacobs, Jonathan Bestwick, Ruth Dobson.
 Centre for Preventive Neurology)



A WIPH study of over 96,000 people finds that in the 5yrs before diagnosis, the early warning signs of Multiple Sclerosis (MS) affect all communities in similar ways. Analysis of English e-health records showed that in the 5yrs before diagnosis, people with MS were 8x more likely to report neurological symptoms such as vision changes or numbness, 2.5x more likely to have memory or concentration problems, twice as likely to report chronic pain or bladder/bowel issues, and 1.7x more likely to experience depression or anxiety. These patterns held true for people of White, Black, South Asian and mixed/other ethnicities, as well as those living in both rural and urban areas, The finding strengthens the case for these

Study identifies common 'early features' of MS

Experts said that if doctors know what to look for then treatment can begin sooner.

Ella Pickover • Wednesday 24 September 2025 10:00 BST



symptoms to be used to help detect MS earlier.

A Dialogue of Equals Podcast featured in The Guardian

24 September (Sara Paparini. Centre for Public Health and Policy)

An article in The Guardian highlights efforts to increase awareness of the higher risk of and mortality from prostate cancer among black men, and the Dialogue of Equals podcast series, which is calling for fundamental changes in the NHS approach to prostate cancer to prevent many more deaths. Dr Sara Paparini has been instrumental in launching the podcast, a collaboration between black men, community advocates, and academics working in the health system, aiming to raise awareness of health issues in the community and inform better research and services.



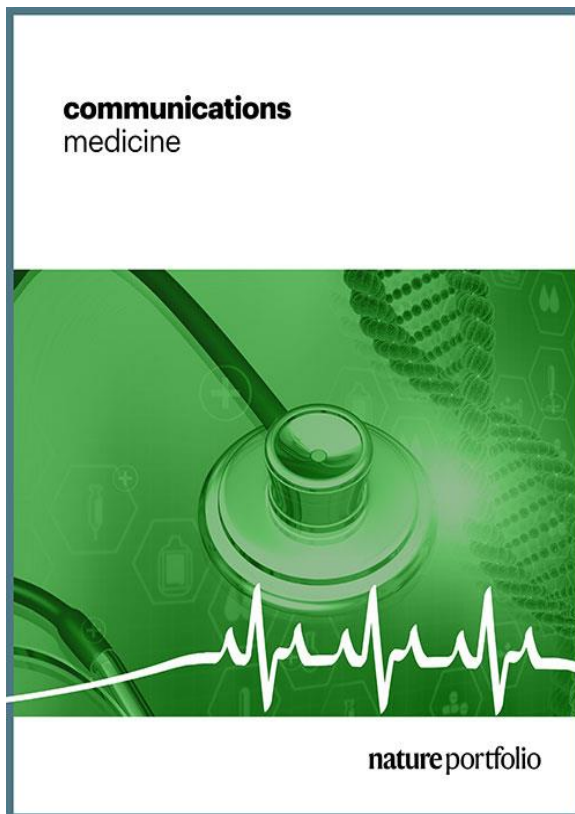
Change prostate cancer treatment for black men to avoid 'epidemic', NHS urged

Campaigners seek to raise awareness that twice as many black men are getting the disease than white men



XBP1 expression associated with poor glycaemic control in young non-obese onset diabetes across ancestries

24 September (Moneeza Siddiqui, Rohini Mathur. Centre for Primary Care)



Higher type 2 diabetes risk in people of South and East Asian ancestry is often due to insulin deficiency caused by impaired beta-cell function. A study evaluating the impact of a common change in the gene XBP1 finds that people with this change had poorer beta-cell function, worse blood sugar control when diagnosed with diabetes, and reduced response to the sulphonylurea medications used to treat diabetes. Results showed that changes in XBP1 are observed more often in people of South and East Asian or African ancestry, and the effect of the change is particularly strong in those diagnosed young and at a healthy weight. Authors say their findings highlight the need for ancestry-informed research, and suggest that boosting XBP1 expression in pancreatic cells could be a future strategy to improve diabetes care and outcomes.

41st ECTRIMS Congress

24-26 September (Ruth Dobson, Alison Thomson, Imogen Collier, Emily Tregaskis Daniels, Francesca Rios, Nicola Vickaryous. Centre for Preventive Neurology)

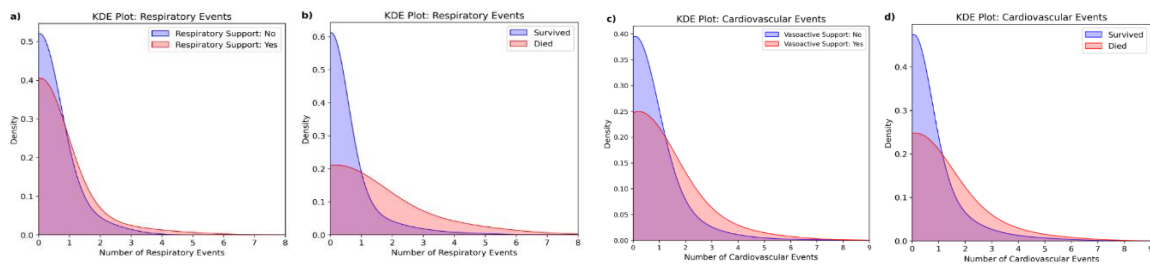
A CPN team delivered presentations and displayed posters at the 41st Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) in Barcelona. Ruth Dobson co-chaired sessions on Social determinants of health and MS, and MS symptoms and symptom management, and also presented on potential interventions. Congratulations to Imogen Collier, who won a best poster award for her work on Impact of menopause for people with MS in the MS register. Other displayed posters were from Alison Thomson (Participatory research into the experiences of ethnically minoritised people with MS, and Exploring the impact of digesting science on children and parents to support families affected by MS), Nikki Vickaryous (Feasibility of remote sampling methods for neurofilament light chain in MS), Emily Tregaskis Daniels (Insights into pregnancy and postpartum outcomes in MS), and Francesca Rios (Virally-modified extracellular vesicles in pwMS).



Monitoring vital signs during paediatric critical care transport

25 September (Zhiqiang Huo. Centre for Primary Care)

Transport of critically unwell children increases risk of deterioration, but identifying deterioration events during transport is difficult because defining normal vital sign ranges is impossible. In a retrospective cohort study of 1519 interhospital transports of critically unwell children with recorded vital signs at 1-second intervals, researchers used a technique borrowed from financial market analysis to dynamically establish stable ranges (eg. for heart rate, blood pressure, oxygen saturation) and flag adverse events when multiple parameters simultaneously fell outside expected ranges. Findings showed that 15.6% of transports had ≥ 1 adverse respiratory event and 21.5% had ≥ 1 adverse cardiovascular event. Each additional respiratory event was associated with increased odds of receiving in transport respiratory support and higher 30-day mortality, and each additional cardiovascular event was associated with increased odds of receiving in transport vasoactive support. Authors conclude that their method detects respiratory and cardiovascular adverse events in critically ill children during transport, and is readily adaptable to other high-resolution intensive care datasets.



MSc student presentation event celebrates pilot scheme with Newham

25 September (Fiona Samuels, Sara Paparini, Andreas Papamichail, Kawther Hashem, Lola Oyebode. Centre for Public Health and Policy)

MSc dissertation projects

A celebration event marked the culmination of a pilot scheme between QMUL and the London Borough of Newham Public Health Equity Programme, in which students on the MSc in Global Public Health and Policy course undertake dissertation topics on public health issues identified as pertinent to LBN. Five MSc students

Processing and Nutritional Quality of School Meals in Newham (2019 & 2024)

Exploring Barriers and Facilitators to MMR Vaccine Uptake in Newham, East London:
A Qualitative Study

Policy Output

Barriers and facilitators to continuing breastfeeding following discharge from hospital for South Asian women in Newham



Supporting South Asian Women with Gestational Diabetes in East London

Understanding community-specific health communication channels

presented their findings across a range of topics to QMUL and LBN supervisors, representatives from LBN, and study facilitators and participants. The scheme, led by Fiona Samuels and Andreas Papamichail, is now continuing into its second year. Organizers report interest in setting up similar schemes from both Tower Hamlets and City & Hackney.

Metabolic Dysfunction-Associated Steatotic Liver Disease in S. Asian Ethnicities

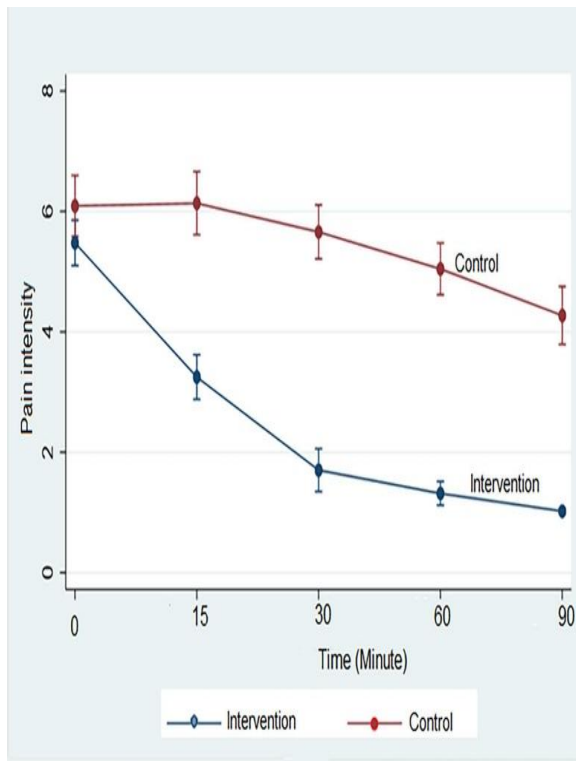
26 September (Georgia Black. Centre for Cancer Screening, Prevention and Early Diagnosis)

People of South Asian ethnicities are at increased risk of metabolic syndrome, but the epidemiology of metabolic dysfunction-associated steatotic liver disease (MASLD) in this population is poorly understood. A systematic review and meta-analysis of 62 studies (53 from India, 4 Sri Lanka, 3 Pakistan, and 2 Bangladesh) assesses the prevalence, cross-sectional severity, and clinically relevant endpoints of MASLD in this group. Pooled prevalence of MASLD was 34.7% in studies not selecting for T2DM status but 60% in studies with only T2DM patients, and was higher (47.1%) in urban than rural (18.5%) settings. Pooled average proportion of participants with advanced fibrosis was 14%; 4 studies reported on clinical outcomes of interest. Authors say high-quality longitudinal studies are needed to better understand the epidemiology of this cohort.



Impact of person-centred care on experiences of ED trauma patients

27 September (Yaser Mokhayeri. Centre for Preventive Neurology)

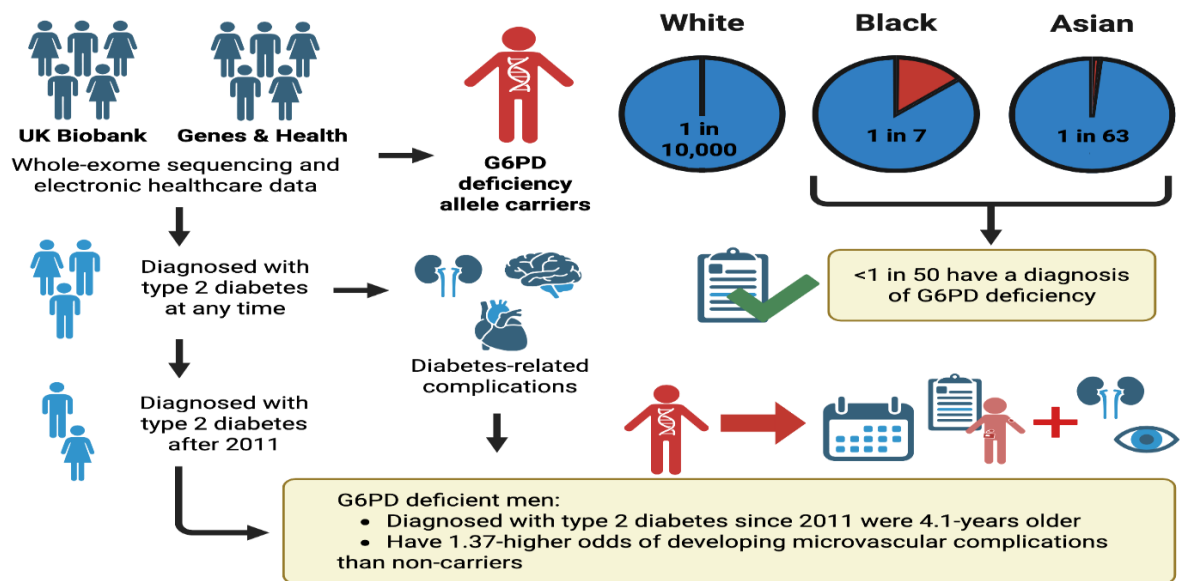


An RCT of 88 trauma patients admitted to emergency departments evaluates experiences and the impact of person-centred care (PCC) on pain control. The intervention group received PCC focusing on pain management and therapeutic communication/trauma-informed care; controls received routine emergency care. No statistically significant difference in pain intensity was found between the groups during triage, but mean scores for pain management satisfaction and patient experiences on discharge were significantly higher in the intervention group v the control group. The findings suggest that PCC (patient participation, attention to preferences, and nurse-led pain management) during triage, can enhance satisfaction and foster positive experiences among ED trauma patients.

Hidden genetic risk may delay diabetes diagnosis for Black and Asian men

30 September (Miriam Samuel, Daniel Stow, Veline L'Esperance, Sarah Finer. Centre for Primary Care)

A common but often undiagnosed genetic condition may be causing delays in type 2 diabetes (T2D) diagnoses, and increasing the risk of serious complications for thousands of Black and South Asian men in the UK, and potentially millions worldwide. A collaborative study by U. Exeter and WIPH shows that ≈ 1 in 7 Black men and 1 in 63 Asian men in the UK carry the G6PD deficiency genetic variant, which makes results on the widely used HbA1c blood test for diabetes appear artificially low. This can result in delayed diabetes diagnosis and treatment. Men with G6PD deficiency are diagnosed with T2D on average 4yrs later than those without the variant, but despite this, fewer than 1 in 50 have been diagnosed with the condition. The study also found that men with G6PD deficiency have a 37% higher risk of developing diabetes-related microvascular complications, such as eye, kidney, and nerve damage, compared with other men with diabetes.



Many thanks to all who so enthusiastically contribute. Please send any news items for the next newsletter to j.a.mackie@qmul.ac.uk