

WOLFSON INSTITUTE OF POPULATION HEALTH NEWSLETTER ISSUE 73: 20 March 2025

In this issue of our Wolfson Institute of Population Health Newsletter, we celebrate the achievements and work of staff and students in late February and the first half of March.

FROM OUR DIRECTOR

Dear Colleagues

It's a great pleasure to write this introduction to our WIPH newsletter on a sunny, warm equinox morning - wishing everyone a happy and productive Spring!

This newsletter is full of fascinating items, with a focus on evaluating interventions to improve the health of people with frailty, depression and anxiety in older age, Parkinson's Disease, COPD, polycystic ovary syndrome, and following cancer treatment. We can learn so much from our colleagues' work, so do consider whether novel interventions or approaches could be translated to your own research area, and reach out to people who are producing this excellent work across our Institute.

I also commend meeting Shamsia Begum from the CPH&P Health and Lifestyle Research Unit. She does outstanding work managing the Specialist Smoking Cessation Services and enabling high-quality studies among this population.

Finally, I would like to extend my grateful thanks to my deputy Institute Director Claudia Cooper, Sab, and all the team in the Director's Office, who did an excellent job while I was away on sabbatical leave - thank you!

With best wishes

Fiona



MEET WIPH

MEET - SHAMSIA BEGUM
(Specialist Tobacco Cessation Service Manager, CPHP)

How would you describe your roles and responsibilities?

I am responsible for the day-to-day operations of our three stop smoking services in the CPHP Health and Lifestyle Research Unit. I ensure that every smoker and tobacco user receives the best evidence-based treatment and support, through a dedicated team of 18 staff. I co-produce and implement effective approaches to reach and assist smokers from community groups with high smoking prevalence, which involves regular audits and reporting of service performance, and providing feedback to both the team and funders.

What has been your greatest professional achievement?

Our Tower Hamlets Specialist Stop Smoking Service has been recognised multiple times as the top service in London, with 2023/24 being our best year. Successfully launching the Newham and Waltham Forest services during the COVID-19 pandemic was a significant achievement. It is a niche position for a university to provide public health services, but we are regarded as one of the best service providers across Northeast London.

What aspects of your role do you enjoy the most?

This is my 25th year in tobacco cessation, and I enjoy the challenges presented by the evolving landscape of tobacco control. Meeting the demands of these changes is particularly rewarding, using research in the day to day support of tobacco users. With smoking prevalence decreasing, we now focus on supporting those smokers who are harder to reach, and I find this challenge the most fulfilling.

What would be your second choice as a profession?

I very much enjoy growing food and cooking, so I would love to run a plot to table establishment. A personality test I did at age 17 said I would be best suited to working in Forestry and Hospitality- perhaps it wasn't far off my second choice!

What do you enjoy doing outside work?

I love travel, enjoy street photography, and savour local cuisines. I also enjoy growing food, and helping with my mum's allotment and a local community garden when I can.

Something most people don't know about you?

I came to the UK aged 3, and grew up in Tower Hamlets (except for the 4 years I spent in Yorkshire as undergraduate)!

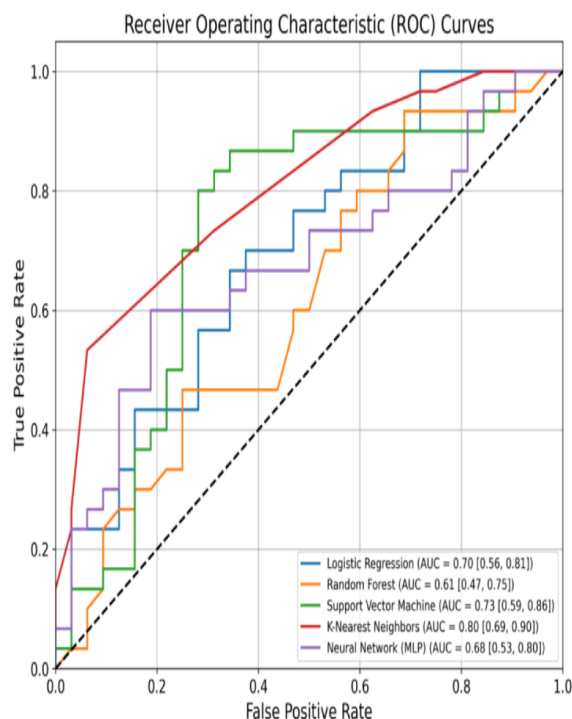


GENERAL INSTITUTE NEWS

Post-COVID condition prediction in hospitalised cancer patients in Russia

18 February (Sara Mahvash Mohammadi, Ekaterina Pazukhina, Oleg Blyuss. Centre for Cancer Screening, Prevention and Early Diagnosis)

Using a machine learning approach a new study predicts the incidence of post-COVID conditions (PCC) using data from hospitalised cancer patients in 4 university hospitals in Russia. From clinical data collected during hospitalisation and at 6 and 12 months post-discharge, 49 clinical features were evaluated for PCC prediction. Severe COVID-19 and pre-existing comorbidities were significant predictors of PCC. The most promising model was KNN (k-nearest neighbours), which showed the highest predictive performance, with an AUC of 0.80, sensitivity of 0.73, and specificity of 0.69. Authors say their findings show promise in predicting PCC in cancer patients, offering the potential for early intervention and personalised care.



Youth Matter: a theatre intensive

21 February (Heather McMullen. Centre for Public Health and Policy)



During February half term, Spotlight Creative Youth Service, Theatre Témoins and QMUL collaborated on a one-week theatre intensive for young people. Funded by the Arts Council, 'Youth Matter' used motion capture AI technology ('mocap') to explore themes of identity, safety, the online environment, and mental health. Participants created and imagined worlds and characters using Mocap, allowing them to embody and explore imagination, identity, relationships and technology. Led by internationally renowned artist Juan Ayala and Theatre Témoins lead Abbie Wilcox, with support from Janisé Sadik from Spotlight, over 25 young people engaged with the

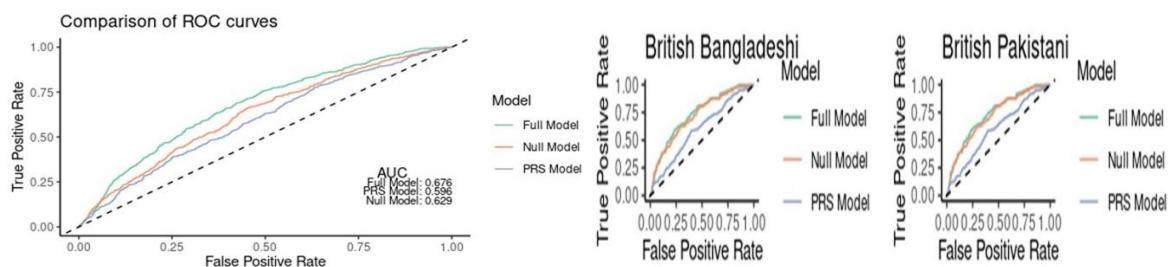


programme, which culminated in a performance for family and friends on 21 February. Heather McMullen formed part of the team, supporting with project evaluation and related themes emerging from the research with young people in East London.

Predicting progression from gestational to T2 diabetes in British Pakistani and Bangladeshi women

21 February (Julia Zollner, Binur Orazumbekova, Sam Hodgson, Matina Iliodromiti, Moneeza Siddiqui, Rohini Mathur, Sarah Finer, Jennifer Jardine and the Genes and Health Research Team. Centres for Primary Care/Public Health and Policy)

A Genes & Health cohort study finds that combining genetic and traditional clinical data significantly enhances risk prediction for British Pakistani and Bangladeshi women at high risk of developing type 2 diabetes after gestational diabetes (GDM). Using birth records for 10,931 women, study [results](#) showed that women with GDM were older and had higher BMI than controls. The optimal polygenic risk score (PRS) demonstrated a strong association with GDM risk, with women in the highest PRS decile having significantly increased odds of developing GDM. Risk of converting from GDM to type 2 diabetes was 30% in the highest PRS decile v 19% among all GDM cases, and 11% in the lowest decile. Authors say their findings support the implementation of targeted interventions and personalized monitoring strategies in this high-risk population.



Feasibility and effectiveness of the CUE1 device in Parkinson's disease

22 February (Viktoria Aziadou, Ellen Camboe, Kamallesh Dey, Alexandra Zirra, Alastair Noyce, Cristina Simonet. Centre for Preventive Neurology)

An evaluation of the CUE1 device to alleviate motor symptoms and reduce falls in patients with Parkinson's disease finds the technology to be a feasible, safe and well tolerated intervention for improving motor and non-motor features in this group. All 10 participants who used CUE1 for 9wks completed the intervention with 100% compliance and no adverse events. Comfort and usability were rated highly (80%). Immediate effects were observed for MDS-Unified Parkinson's Disease Rating Scale-III, Timed Up and Go (TUG), TUG with dual task (DT), and Functional Gait Assessment (FGA), and cumulative effects were also noted on MDS-UPDRS III, FGA, TUG DT, and MDS-UPDRS I, II, and IV.



HomeHealth intervention for older people with mild frailty

24 February (Claudia Cooper. Centre for Psychiatry and Mental Health)

THE LANCET Healthy Longevity



A multicentre, parallel-group, RCT assessing the clinical and cost effectiveness of a personalised, home-based, behaviour change, health promotion intervention (HomeHealth) for people with mild frailty shows the intervention to be cost effectively superior to usual treatment, with a negative point estimate for incremental costs and positive point estimate for incremental QALYs, but did not improve independent functioning scores at 12 months. Participants, mainly recruited from general practices in England, were individuals residing in the community, aged ≥ 65 , with mild frailty. Authors conclude that HomeHealth should be considered as a health promotion intervention for older people with mild frailty.

Global Ovarian Cancer Expert Advisory Group

26 February (Ranjit Manchanda. Centre for Cancer Screening, Prevention and Early Diagnosis)

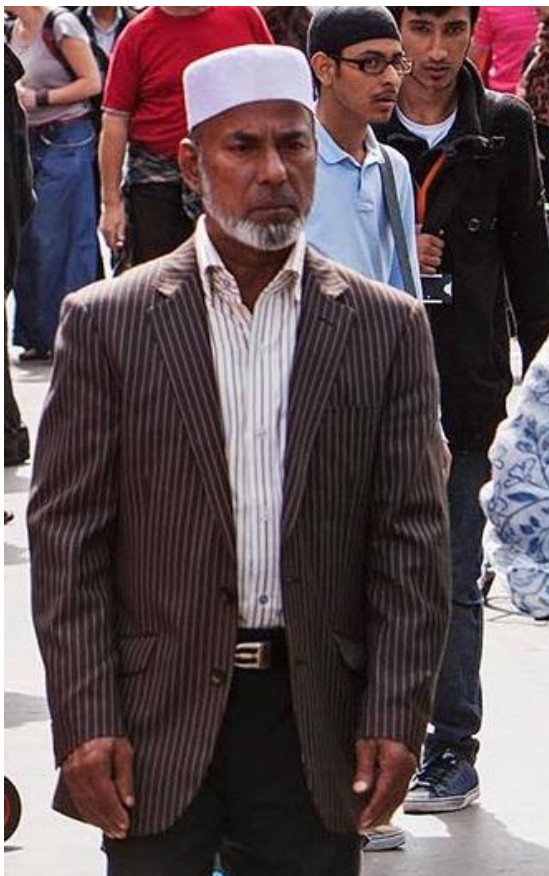
Ranjit Manchanda has accepted an invitation to join the Global Ovarian Cancer Expert Advisory Group, part of the World Ovarian Cancer Coalition. The group of advocates, clinicians and policy-makers will explore the feasibility of an ovarian cancer global initiative, with an initial focus on integration into existing global women's cancer (including cervical and breast) initiatives. Plans to commission research to assess the current global gynaecologic cancers landscape include reviews of current and projected incidence, survival and mortality trends, and overlaps in diagnostic and treatment pathways. The inaugural meeting was held on 26 February.



WORLD
OVARIAN
CANCER
COALITION

Reporting of early symptoms of dementia varies across ethnic groups

26 February (Sedigheh Zabihi, Jonathan P Bestwick, Mark Jitlal, Qiqi Zhang, Christine Carter, Moïse Roche, Ruth Dobson, Alastair J Noyce, John Robson, Fiona M Walter, Claudia Cooper, Charles Marshall. Centres for Preventive Neurology/Psychiatry and Mental Health/Primary Care/Cancer Screening, Prevention and Early Diagnosis)

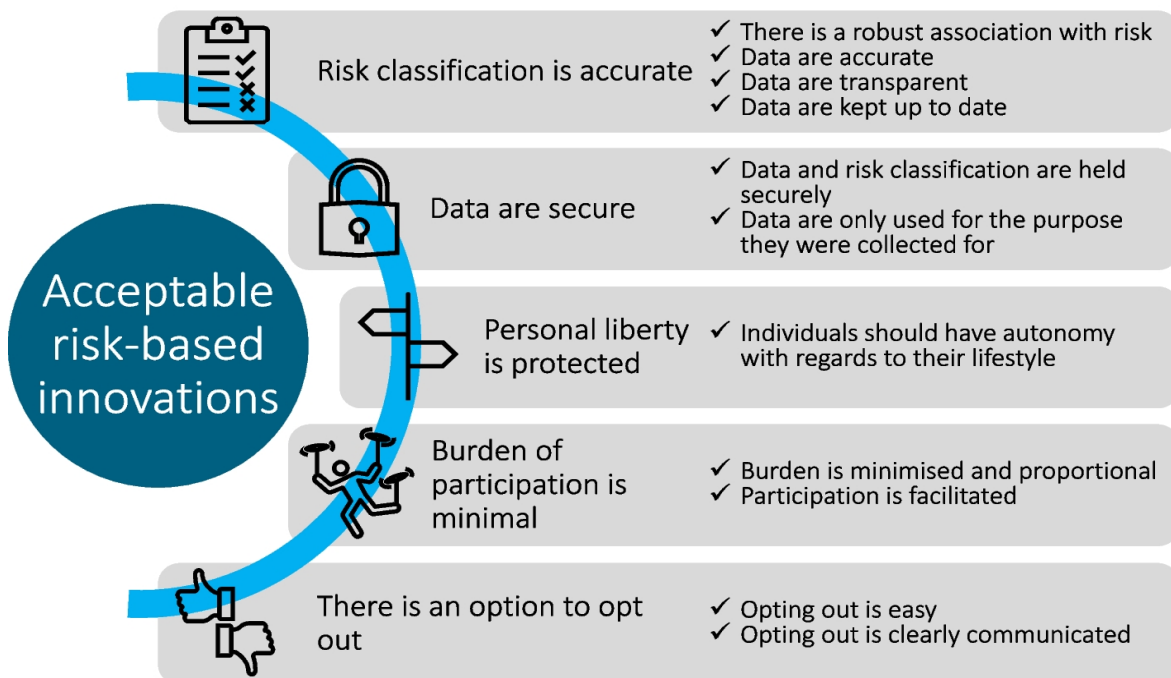


Dementia diagnosis is most commonly triggered by reporting memory difficulties to a GP, but the early stages of dementia can cause other physical symptoms. Studies of early symptoms of dementia have mostly used data from predominantly White patients, but new WIPH-led research finds that the symptoms people report to their GP before a dementia diagnosis differ according to ethnic background. Findings showed that several symptoms (constipation, incontinence, imbalance, dizziness, musculoskeletal pain and insomnia) were more commonly reported before a dementia diagnosis in Black and South Asian people than White people. A greater recognition of these non-cognitive signs and symptoms, and of the barriers that could lead to under-reporting of cognitive symptoms amongst particular groups, could help to reduce health inequalities in access to a dementia diagnosis.

Acceptability of risk-based innovations to inform cancer screening and referral

27 February (Jo Waller. Centre for Cancer Screening, Prevention and Early Diagnosis)

Exploring societal views on the use of risk-based innovations to identify people's cancer risk and allocating healthcare accordingly, researchers conducted 3 community juries. After being informed about potential novel risk-based innovations (eg: polygenic risk scores, geodemographic segmentation, continuous monitoring of biomarkers, minimally invasive tests, artificial intelligence analysis of medical records), juries deliberated over research questions and reported their verdicts on acceptability. The juries found the proposed risk-based approaches to cancer healthcare acceptable, but highlighted the need to use accurate and robust data with a well-evidenced association with cancer risk, and expressed concerns about unintended consequences (eg: insurance, scams or erosion of personal liberty, and the burden to participate in data collection across society). All agreed that opting-out must be straightforward.



Impact of primary care funding on health inequalities

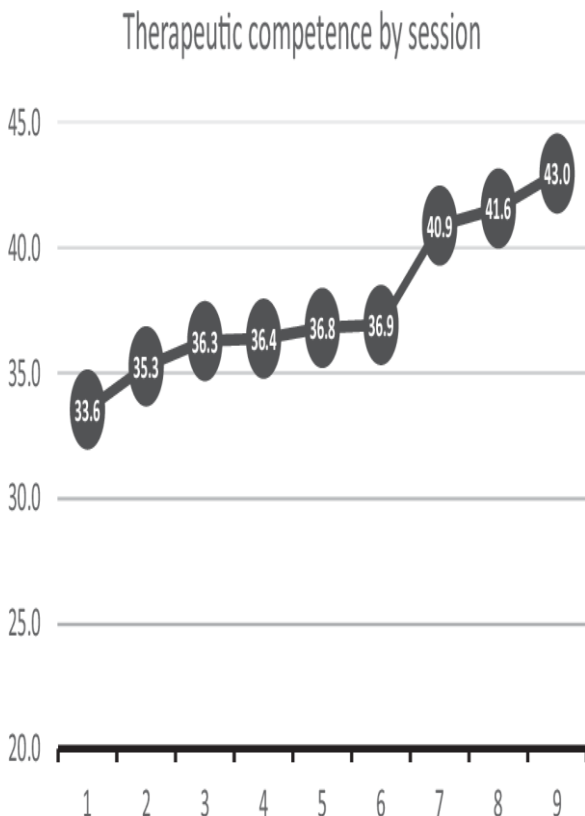
28 February (Ian Holdroyd, Lucy McCann, John Ford. Centre for Primary Care)

An umbrella review synthesizing evidence on the effects of funding on inequalities, evaluates all systematic reviews on the effect of different primary care funding models in high-income countries on inequalities in funding, access, outcomes, or experience from inception until 2024. From 14 identified articles, one compared reimbursement systems, and 12 reviewed the impact of the introduction of pay-for-performance models. Synthesised findings suggest that the introduction of the Quality and Outcomes Framework (QOF) in the UK coincided with reduced socioeconomic health inequalities (except in Scotland), and that while inequalities in age narrowed, inequalities measured by sex widened. One review found evidence that targeting funding for minority groups with poorer health was effective. Authors say they identify a range of gaps in the literature.



TANDEM study: delivering a psychologically-based intervention for COPD

2 March (Liz Steed, Moira Kelly, Ratna Sohanpal, Steph Taylor. Centre for Primary Care)



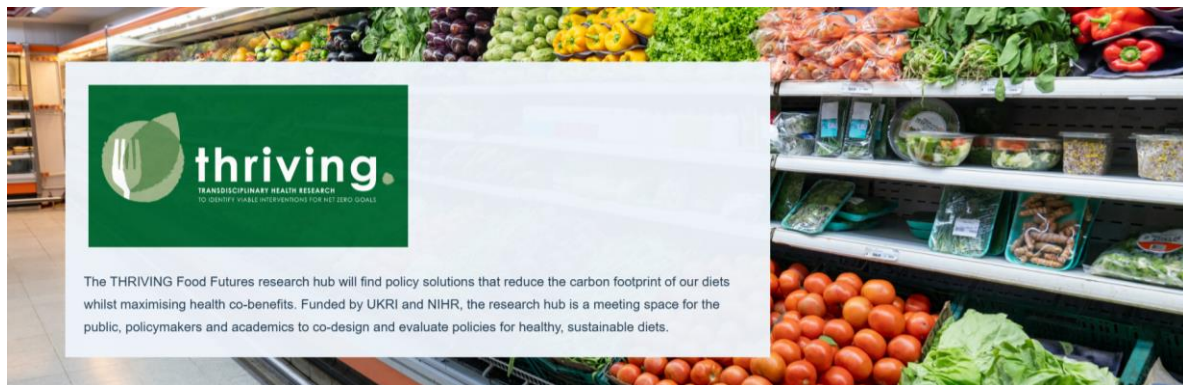
Assessing the competence of primary care respiratory nurses, physiotherapists and occupational therapists to deliver a psychologically-based behavioural intervention for people with COPD, researchers on the TANDEM study find that therapeutic competence was achieved and delivered with acceptable adherence, comparable with previous study results. Interpersonal skills and focus had higher competency, although guided discovery and application of appropriate change techniques was lower, but still adequate. Skills improved over time and with increasing client numbers. Researchers conclude that, with proper training and supervision, these healthcare professionals can deliver cognitive behavioural interventions with acceptable therapeutic competency, but that questioning and

change techniques may need particular focus in training and greater practice.

Thriving Food Futures: Tackling healthy, sustainable diets and Net Zero goals

3 March (Lola Oyeboode. Centre for Public Health and Policy)

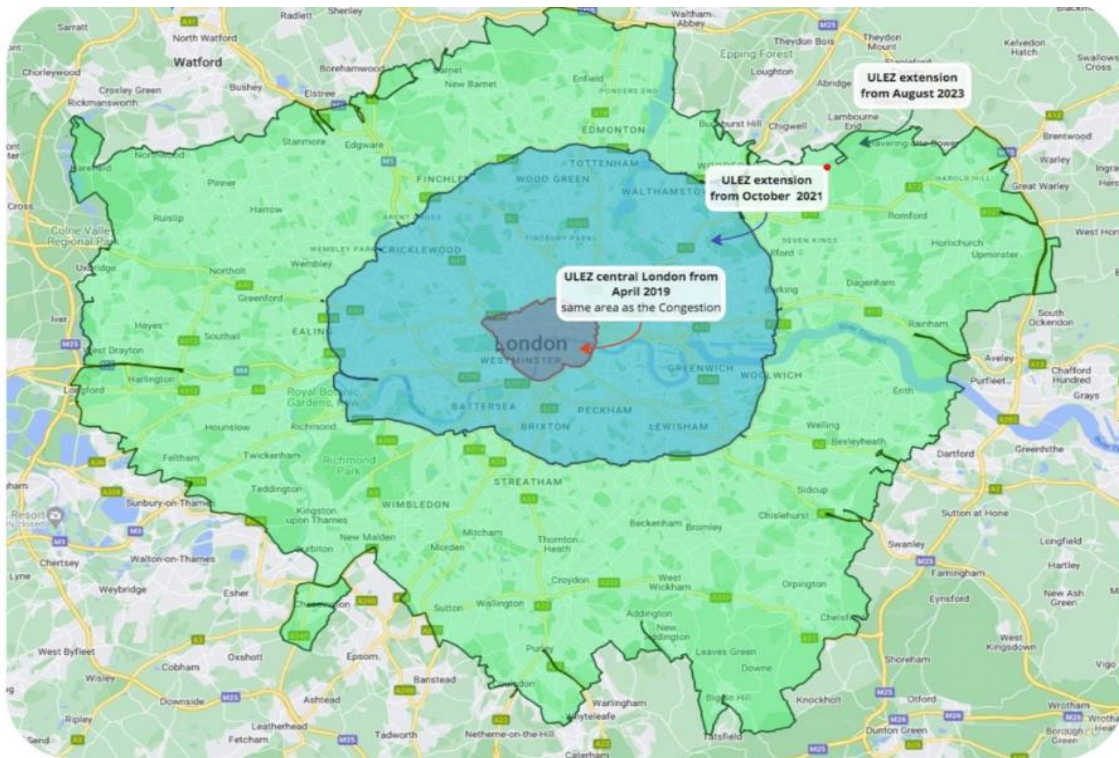
As part of a newly launched research initiative, the Thriving Food Futures project, Lola Oyeboode will co-lead on a work package with the Nuffield Department of Primary Care Health Sciences at U. Oxford). Funded by UK Research and Innovation (UKRI) and the NIHR, this innovative research package forms one of 7 sustainable hubs, and will design and evaluate new food policies to support healthy, sustainable diets across the UK. As well as helping the country meet its legal Net Zero targets, sustainable diets can address public health issues such as diabetes, cardiovascular disease, cancer, and health inequalities. The package being co-led by Lola will test interventions to promote food choices, while examining whether these have health benefits for people who do make more sustainable choices.



London's ULEZ and active travel to school

3 March (Rosamund Dove, Harpal Kalsi, Jessica Mitchell, James Scales, Helen Wood, Chris Griffiths. Centre for Primary Care)

A primary qualitative study embedded in the CHILL study examines how the London ULEZ changes behaviour to improve health in the context of the school journey. In interviews conducted with 21 families and 7 teachers from the schools of children aged 10-11 from ethnically and socioeconomically diverse backgrounds within the CHILL study, researchers identified 2 themes: the impact of travel mode and the role of socioeconomic position in experiences of the ULEZ. Participants highlighted the potential for the ULEZ to have a positive impact on their choice of travel mode to school, experiences of the journey, and their health, but the impact of the ULEZ differed inequitably by journey length, travel mode before implementation, and access to reliable and affordable public transport. Authors conclude that the capacity for the ULEZ to both narrow and exacerbate inequities across different travel contexts suggests that, in developing such schemes, more emphasis needs to be placed on providing accessible and affordable alternatives to driving.



Interventions for treatment-resistant depression in older patients

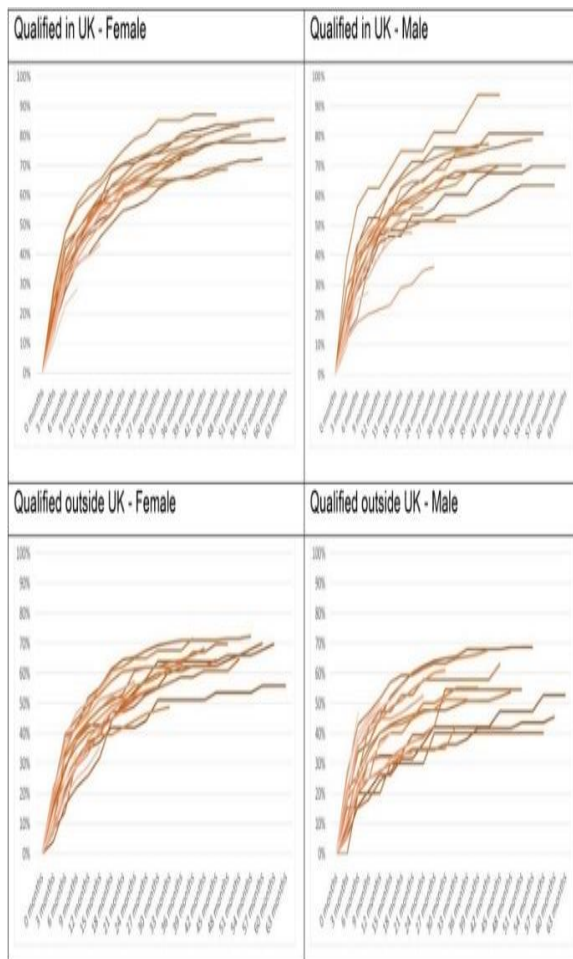
3 March (Rosario Espinoza Jeraldo, Claudia Cooper. Centre for Psychiatry and Mental Health)

Updating and synthesising evidence for the effectiveness of treatments for treatment-resistant depression (TRD) in older people, a review identifies 14 studies of 1196 participants. Results show that, relative to placebo, intervention participants were more likely to remit. The review identifies weak evidence that ketamine therapy and aripiprazole augmentation, and very weak evidence that transcranial magnetic stimulation, pharmacogenetic-guided prescribing, and cognitive remediation increased remission. Authors say the lack of evidence for routinely prescribed antidepressants and psychosocial treatments is problematic, requiring clinicians to extend evidence from younger populations.



A hole in the bucket? England's retention rates of recently qualified GPs

3 March (Victoria Tzortziou Brown, Giuliano Russo. Centres for Primary Care/Public Health and Policy)

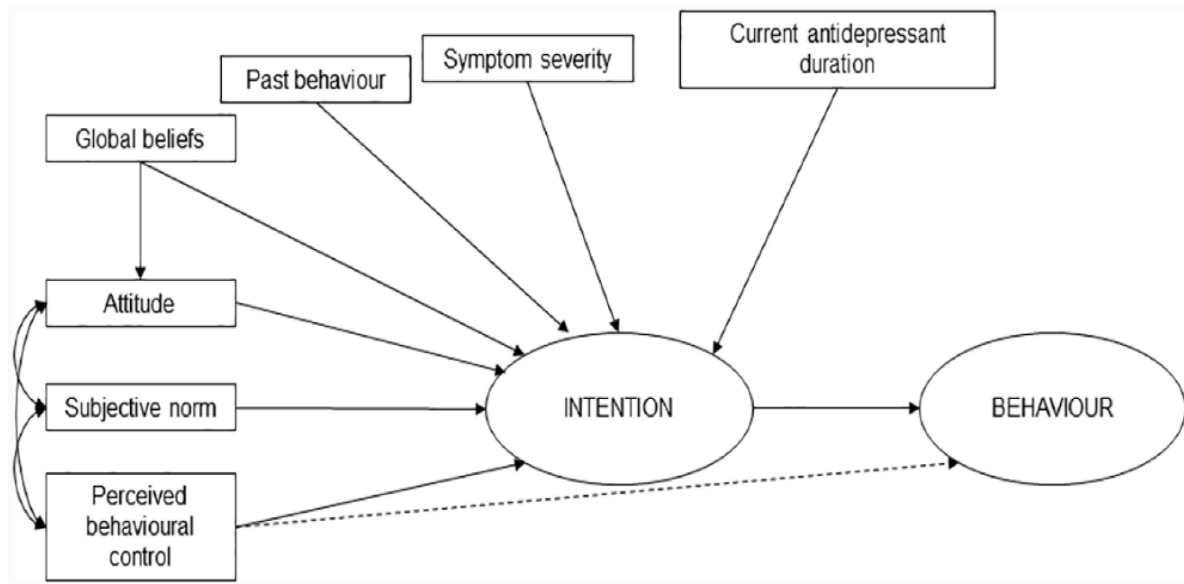


Examining the consistent fall in the number of GPs in England, researchers suggest that while focus has been on recruitment of trainee GPs and overall retention, the specific transition from ending training to joining the NHS may be key. Of doctors leaving their 3rd year of training since 2018, 34.3% had taken up a fully qualified GP role in NHS general practices 6 months after finishing training, rising to 47.5% within 1yr, and 62.2% within 2yrs. Joiner rates were lower for doctors with a non-UK primary medical qualification and, over a 2yr timeframe, both UK and non-UK trained male GP ST3s. Statistical modelling suggests a significant 'period effect' in connection with the pandemic but, while the GP pipeline is expanding, no evidence suggests that retention of newly trained GPs is improving. Authors note that existing data do not capture all destinations of GP ST3s, and that more work is needed to further explore changing career behaviours of subsequent cohorts and demographics of doctors completing GP training.

Predicting intentions towards long-term antidepressant use

4 March (Beth Stuart. Centre for Evaluation and Methods)

In the last 20yrs in the UK, antidepressant prescribing has increased due to more people staying on antidepressants for longer. Investigating whether beliefs and attitudes towards antidepressant treatment are associated with intentions to continue/discontinue long-term use, and whether intentions translate into actual discontinuation, researchers conducted a survey of people from 20 practices, with 10yrs median antidepressant duration. Primary outcome was participants' intentions to discontinue antidepressants with secondary outcome of behaviour change determined by a change in dosage at 6mths. Prescribing records from 175 participants 6mths after survey completion found 86% had not changed their antidepressant, 9% reduced the dose, 1% discontinued antidepressants, and 4% increased the dose. Authors conclude that primary care practitioners should make patients more aware of the importance of ongoing antidepressant monitoring and review.

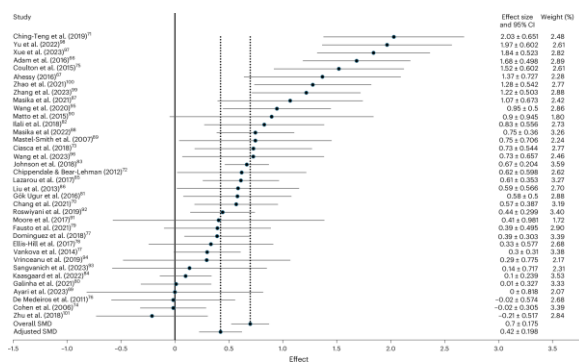


Group arts interventions for depression and anxiety in older adults

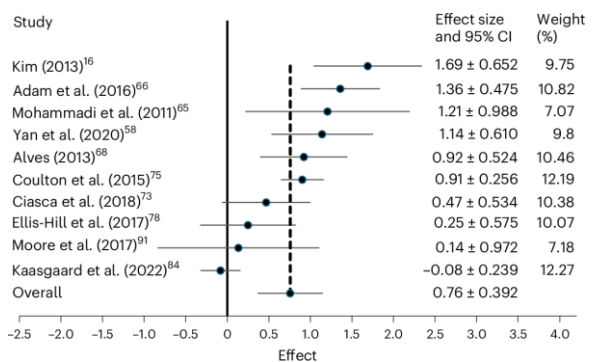
5 March (Emma Millard. Centre for Psychiatry and Mental Health)

A systematic review and meta-analysis of the efficacy of group arts interventions (engaging in shared artistic experience such as dance or painting) in reducing depression and anxiety among older adults examines 36 studies investigating impact on depression, and 10 investigating anxiety. Group arts interventions were associated with moderate reductions in depression and anxiety, although there was publication bias in the depression studies. After adjustment, the effect for depression remained. There was a greater reduction in depression when group arts interventions were delivered in care homes than in the community.

Depression:



Anxiety:



Africa Health Agenda Conference: 2025 Women in Global Health Award

5 March (Sandra Jumbe. Centre for Evaluation and Methods)

Congratulations to Sandra Jumbe, who was chosen from 128 nominees across Africa, to receive the 2025 Women in Global Health Award by the Africa Health Agenda International Conference. The award reflected Sandra's work in youth

mental health in Africa, with the selection committee noting that her work “not only drives meaningful change today but also inspires the next generation of leaders dedicated to transforming Africa’s health landscape”.



New Thinking In Between Podcast

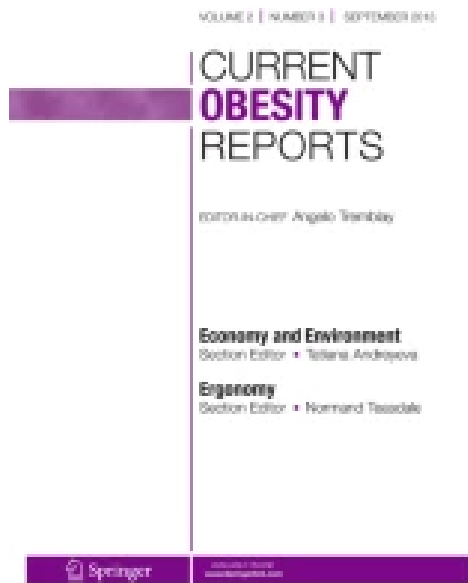
5 March (Stephen Hibbs. Centre for Primary Care)

The latest episode of the Thinking In Between podcast series, featuring Natassia Brenman and entitled ‘The normal and the pathological, Inventive Methods, and Cyborgs and Goddesses’ is now available on Spotify. Natassia is a senior qualitative researcher at the Nuffield Department of Primary Care Health Sciences, University of Oxford, whose research focuses on the challenges around improving access to healthcare and how technologies influence health practices.



Weight management to reduce metabolic morbidity in women with PCOS

6 March (Lola Oyebode, Priya Bhide. Centre for Public Health and Policy)



Current weight management strategies have limited effectiveness in reducing metabolic morbidity in women with polycystic ovary syndrome (PCOS). In a new review authors note that while evidence for Intensive Weight Management Programmes (IWMPs) and Glucagon-like peptide-1 receptor agonists (GLP-1 RAs) in this group is limited, emerging studies suggest GLP-1 RAs can improve weight, insulin sensitivity, and menstrual regularity for these women. They conclude that evidence for both interventions in PCOS remains insufficient, and that targeted trials are required to address this research gap.

Addressing the sex and gender gaps in Parkinson's research

6 March (Laura Smith, Centre for Preventive Neurology)

To mark International Women's Day, Cure Parkinson's and Parkinson's UK hosted a webinar featuring Laura Smith, who discussed how women are drastically underrepresented in Parkinson's research. Laura noted that our lack of understanding on sex and gender differences means people with Parkinson's are not receiving the highest quality of care possible, and spoke about the importance of considering sex and gender differences in Parkinson's research.



Webinar: Addressing the sex and gender gaps in Parkinson's research

Patient engagement interventions for people diagnosed with lung cancer

8 March (Rebekah Young, Jo Waller, Daisy McInerney, Sammy Quaife, Lucy Mitchinson, Centre for Cancer Screening, Prevention and Early Diagnosis)

Volume 201, March 2025

ISSN 0169-5002



LUNG CANCER



A systematic review of 34 studies to identify and synthesise evidence describing patient engagement interventions used to support people diagnosed with lung cancer finds a positive impact of interventions across a range of engagement outcomes, including patient and caregiver knowledge, patient activation, and decision making. Interventions were shown to reduce healthcare use and symptom severity, and improve psychosocial outcomes. Barriers to implementing interventions included timing/delivery of interventions, poor digital literacy, system/technical barriers, and poor uptake and adherence by advanced patients, while factors supporting intervention implementation included participatory research/co-production approaches, providing training and support for those delivering interventions, involving caregivers, and employing broad recruitment strategies. Author say the identified interventions demonstrate significant potential for enhancing patient engagement and improving outcomes for lung cancer patients.

East London Parkinson's Disease PPIE Event

10 March (Tejala Rao, Kamalesh Dey, Alexandra Zirra, Elen Camboe, Marta Patyjewicz, Brook Huxford, Alastair Noyce, Laura Smith. Centre for Preventive Neurology)

People affected by Parkinson's, charities, researchers, and community organisations were welcomed to the East London Parkinson's Disease Project (ELPD) PPIE event on 10 March. The ELPD team shared updates and opportunities to take part in projects on Parkinson's progression markers, oral health in Parkinson's, and platform clinical trials. Lively discussions were held around people's experiences of taking part in research, their priorities for research, and how to overcome potential barriers to research engagement.



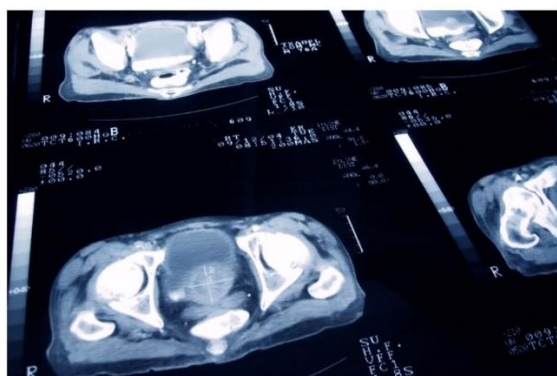
Avidity trial of new scanning technology for prostate cancer patients

11 March (Rhian Gabe, Adam Brentnall. Centre for Evaluation and Methods)



'Groundbreaking' scan for men with prostate cancer could save lives

Researchers hope the technology will help to create personalised treatment plans to prevent the disease becoming terminal



The announcement of the new £1.89 million AVIDITY clinical trial, evaluating whether PSMA PET-CT scanning can enable more accurate treatment decisions by identifying men with aggressive, or high-risk prostate cancer, was widely covered in the Media. Research has already shown that the technique can see more (and smaller) cancer that has spread than current imaging combining a CT and bone scan, but AVIDITY will determine if it can detect all of the cancer. The trial, being co-led by Rhian Gabe and Adam Brentnall, will recruit and scan up to 1000 men from over 30 UK centres. If the new scan proves more effective, it could become the standard method for staging high-risk prostate cancer and guiding more accurate treatment for men.

'Top' anti-smoking team visiting East London mosques to encourage people to use Ramadan to quit for good

11 March (Tobacco Cessation Service team. Centre for Public Health and Policy)

Hyphen, the leading media platform on Muslim life in the UK and Europe, has featured a [report](#) on the annual QMUL stop smoking campaign conducted during Ramadan across Tower Hamlets, Newham and Waltham Forest, home to some of the UK's largest Muslim populations: 'A top anti-smoking team is visiting mosques across east London to encourage people to use Ramadan to quit for good'. As well as abstaining from food and drink, fasting Muslims cannot smoke during the day. The article featured quotes from Shohaib Ahmed and Sabir Ahmed.

A screenshot of a news article from the website 'hyphen.'. The article title is 'Use Ramadan to quit, anti-smoking team tells mosques in east London'. The byline reads 'Weronika Strzyżowska - 11 March 2023'. Below the text is a photograph of a hand holding a cigarette holder with several lit cigarettes, positioned over a metal mesh ashtray.

hyphen.

Home **News** Culture Lifestyle Voices About

HEALTH

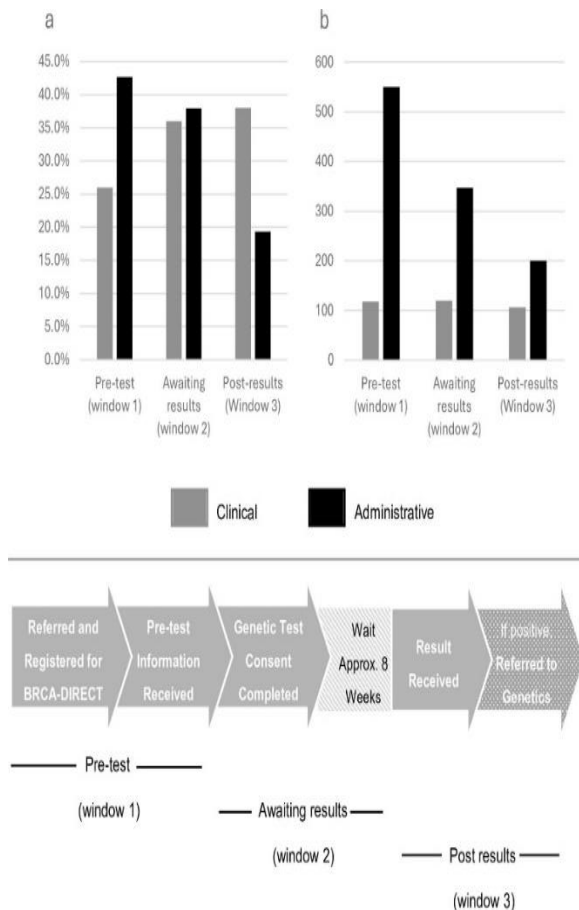
Use Ramadan to quit, anti-smoking team tells mosques in east London

Health outreach workers from Queen Mary University of London are visiting mosques to encourage people to beat the habit

Weronika Strzyżowska - 11 March 2023

Genetic counselling helpline for BRCA testing in breast cancer patients

12 March (Rhian Gabe, Ranjit Manchanda. Centres for Evaluation and Methods/Cancer Screening, Prevention and Early Diagnosis)



In trialling the first digital pathway (BRCA-DIRECT) to improve capacity for mainstreamed BRCA testing within UK breast oncology services, access to a clinical genetics professional via a telephone helpline (TH) was offered for individualised support. Using call logs and patient demographics, researchers found that calls were received from 201/1140 patients, with 84.6% of these relating to administrative support needs, and 15.4% requiring a clinical genetics professional; 26% were placed prior to test consent, 36% while awaiting results, and 38% post results. Researchers say the findings demonstrate that the 'BRCA-DIRECT' model of standardised information provision served most patients, with a minority using the helpline for supplementary clinical information or support, and that the modest per-patient requirement for clinical time supports the scalability of this model for expanding mainstream genetic testing in UK oncology services.

Exploring potential partnerships in youth mental health in Central Asia

5-12 March (Fiona Samuels, Jennifer Lau, Laura Paulauskaite, Aisling Murray. Centres for Public Health and Policy/Psychiatry and Mental Health)

From 5-12 March a group (including an ECR and PhD student) from CPHP and CPMH travelled to Kyrgyzstan and Uzbekistan to explore the potential for developing partnerships related to youth mental health in these countries and the wider Central Asia region. They met with NGOs, UN (UNICEF, UNFPA, WHO) representatives, researchers, and government agencies. The team is currently working on a scoping review and Comment for the *Lancet Child and Adolescent Health* on this topic, and discussing the possibility of doing some small pilot studies in these 2 countries, and possibly Tajikistan.



AI-Multiple project presentation in Berlin

13 March (Deborah Swinglehurst, Megan Clinch. Centres for Primary Care/Public Health and Policy)

Deborah Swinglehurst and Megan Clinch jointly presented their work with post-doctoral researcher Duncan Reynolds in the NIHR-funded AI-Multiply project, at the Science and Technology Studies-Hub 2025 conference 'Diffractioning the Critical'. Their presentation, entitled: *Ethnography for exnovation: interdisciplinary practices in the creation of 'AI-in-heath' technologies*, was part of a panel on innovation practices at the conference, held at Humboldt University, Berlin.



CVD burden and risk factor management in cancer survivors

13 March (Isabel Dostal, Rohini Mathur, Fiona Walter, John Robson. Centres for Primary Care/Cancer Screening, Prevention and Early Diagnosis)

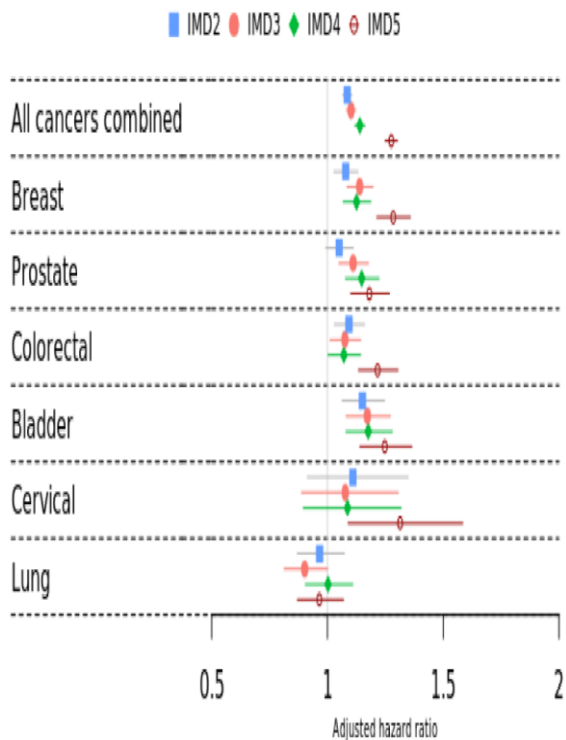
A study of cardiovascular disease (CVD) burden and risk factor control in 18,839 survivors of 20 cancer types in a diverse (48% White, 24% Black, 22% Asian) urban population with high deprivation levels finds that cancer survivors had elevated odds of all CVDs considered, independent of shared risk factors. Heart failure was more common in haematological and breast cancer survivors, patients with bladder and lung cancer had higher odds of ischaemic heart disease, and venous thromboembolism risk was highest in ovarian cancer survivors. The study concludes that despite comparable or slightly better control of major risk factors, a significant proportion of cancer survivors do not achieve guideline-recommended targets, highlighting the need for optimised management strategies, particularly in high-risk subgroups.



Comorbidity and mortality in cancer survivors: ethnic/socioeconomic variations

14 March (Tahania Ahmad, Steph Taylor. Centres for Cancer Screening, Prevention and Early Diagnosis/Primary Care)

Mortality by IMD (after adjustment)

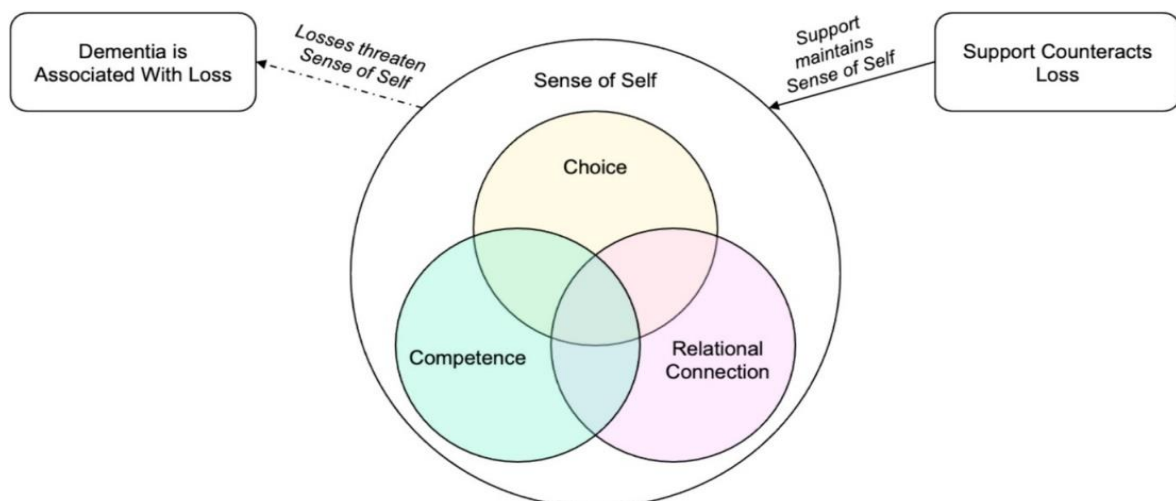


A UK population-based observational study examining health challenges and survival rates of cancer survivors from different ethnic and socio-economic backgrounds analyses data from >333,000 cancer survivors across 28 types of cancer. Findings show that, compared with White cancer survivors, people from Asian, Black, and Other ethnic groups had a higher prevalence of type 2 diabetes, but lower prevalence of depression and anxiety. Asian survivors had the highest overall health problems and highest risk of dying from lung cancer, while Black survivors had the highest death rate, particularly for breast, prostate, and colorectal cancers. Death rates worsened with increasing social deprivation, regardless of ethnicity. Results highlight the need for tailored healthcare strategies for cancer survivors from diverse ethnic backgrounds.

Views and experiences of dementia in people with intellectual disabilities

16 March (Afia Ali. Centre for Psychiatry and Mental Health)

A review of views and experiences of dementia among people with intellectual disabilities suggests ways to build on this research, including methodologies to facilitate inclusion of people with intellectual disabilities and dementia in further research. Findings highlighted loss of ability, relationships and connection associated with dementia, counteracted by support from others, and maintenance of a sense of self through choice, relational connection and competence. A range of methodologies were identified to enable participants with intellectual disabilities and dementia to participate in research.



Most crisps, nuts and popcorn fail healthy test ahead of UK Junk Food Ad Ban

18 March (Research and Action on Salt and Obesity team. Centre for Public Health and Policy)

With less than eight months until the introduction of the landmark UK junk food advertising ban, a new report reveals that most savoury snacks on supermarket shelves fail to meet the government's 'healthier' criteria, due in part to excessive salt and sugars. The report calls for tougher government action on the food industry, including new mandatory salt and sugar reduction targets. This story received wide media coverage.

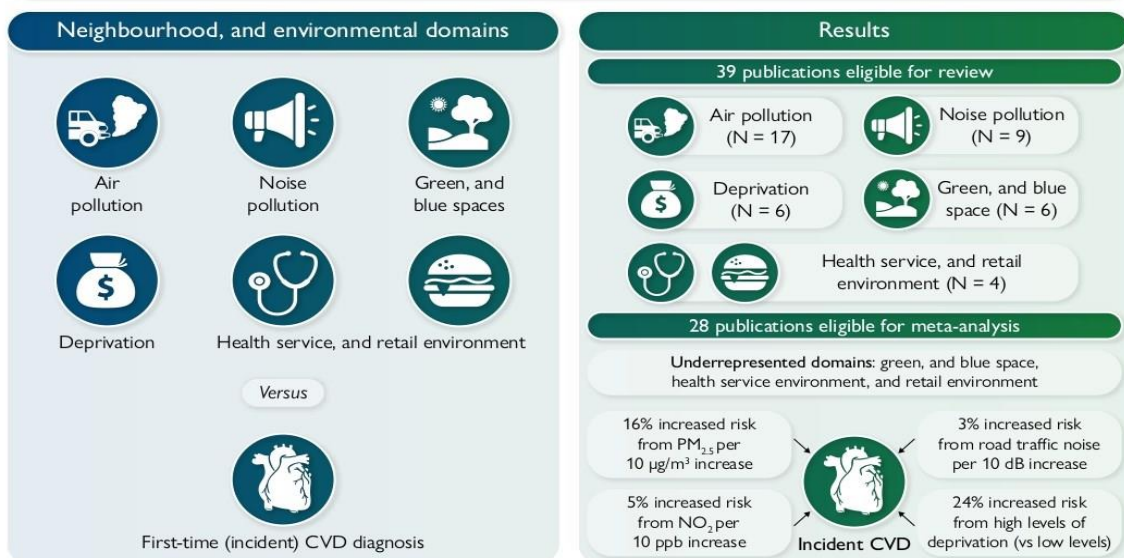


Neighbourhood exposures and risk of incident CVD

19 March (Jack Brown, Paris Baptiste, Hajar Hajmohammadi, Jianhua Wu. Centre for Primary Care)

Investigating the association of neighbourhood exposures with risk of incidence (first time) cardiovascular disease, a systematic review identifies 5 exposure domains: retail environment; health services; physical environment; pollution; and neighbourhood deprivation. Of 39 studies included in the review, 28 qualified for meta-analysis, representing over 41 million people. Results showed that higher concentrations of particulate matter 2.5, higher nitrogen dioxide, road traffic noise, and high neighbourhood-level deprivation were each associated with increased risk of incident CVD development. Authors say these exposures are targets for policy intervention.

Neighbourhood, and environmental factors, and risk of incident CVD: a systematic review, and meta-analysis



Comments on new trial of anti-amyloid drug that may reduce Alzheimer's risk

20 March (Charles Marshall. Centre for Preventive Neurology)

Comments from Charles Marshall on results of a new trial, in which an experimental drug appears to reduce the risk of Alzheimer's disease in people destined to develop the condition in middle age, have been widely quoted in the media. Charles said: 'It seems from these results that if treated for long enough with a drug that reduces amyloid beta protein in the brain, we can delay the development of symptoms in those who will go on to develop Alzheimer's disease, and this is very exciting....a limitation is that gantenerumab is not nearly as effective as some of the other amyloid-reducing treatments that are now available, suggesting that we may be able to do even better than these results suggest.' Quoted in the Times, he noted that the research would give 'tremendous hope to the families that have these rare genetic mutations, and these results suggest that in years to come we may have preventive treatments to offer them'.

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

THE  TIMES

New drug could stop slide into early dementia

Experimental drug may PREVENT Alzheimer's in potential breakthrough

Major Alzheimer's disease breakthrough as drug 'delays onset of symptoms'

Researchers find hint at how to delay Alzheimer's symptoms