

Keeping you up-to-date with AccessCMD & research opportunities.



Welcome to the Spring edition of the AccessCMD update!

In these quarterly newsletters, you can expect updates on new sub-studies, real-life experiences shared by participants living with CMD, interesting insights gathered from aggregated anonymous participant data, and a roundup of noteworthy CMD research that's been hitting the headlines.

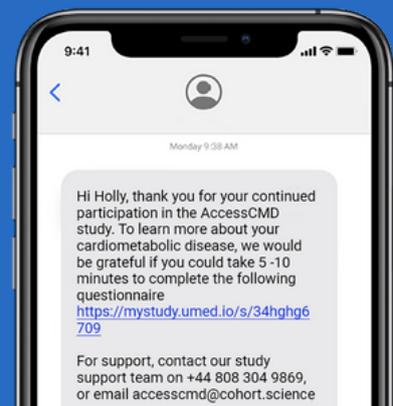
We are excited to share that there are now 997 patients participating within AccessCMD, and 95 healthcare providers from across the UK have now signed-up to provide their patients access to the study. This is amazing news for the research community!

We'd like to thank you again for taking part in AccessCMD. Your involvement is vital in advancing our understanding of this group of diseases, and will play a huge role in the development of new treatments.

We hope you enjoy this update and as always if you have any questions about the content of this newsletter or about your participation in AccessCMD please don't hesitate to get in touch.

Reminder to complete the Baseline Questionnaire

Just a gentle reminder to complete the baseline questionnaire if you haven't done so already. You will have received a text message and an email with a link to the questionnaire. The information you provide will be combined with data from other participants in the study and will be anonymised, meaning you will not be identifiable from this information.



If you have any questions or require support with the completion of the questionnaire, please contact our study support team at accesscmd@cohort.science

Welcome from the Chief Investigator of AccessCMD!

We'd like to introduce you to Dr Mark Toshner, Chief Investigator for AccessCMD. Dr Toshner is responsible for the overall design and conduct of the study.

Dr Mark Toshner

AccessCMD Chief Investigator



Dr Mark Toshner is the Director of the Victor Phillip Dahdaleh Heart & Lung Research Institute Clinical Research Facility at the University of Cambridge, as well as an Associate Professor in Translational Respiratory Medicine, and an Honorary Consultant at Royal Papworth Hospital.

“ I'd like to say a big thank you to everyone that has so far signed-up to take part in AccessCMD, your involvement will be invaluable to advance research within this field.

To be able to develop better treatments and improve the lives of patients for these diseases, we need the data and insights that only you as a patient can provide.

As a practising physician specialising in heart and lung disorders, I see how cardiometabolic disorders affect my patients everyday, so I am excited to see the outcomes of the research that is being made possible by AccessCMD. ”

Share your story

Our mission is to provide every patient with the opportunity to participate in studies that could change the lives of future generations.

Therefore we'd value hearing about your experiences of living with Cardiometabolic Disease and your reasons for participating in AccessCMD, so that we can share with others and encourage more involvement in research.

Interested to share your experiences?

Chat to our patient services team. 

Meet the helpdesk

Our patient services team is available to answer any questions you have about your participation in AccessCMD. Please don't hesitate to contact us at accesscmd@cohort.science Alternatively you can contact our helpdesk number on **+44 (0) 808 304 9869**.



“ Your support team were extremely helpful, friendly and professional, and were available to answer any questions I had. This made me and my wife feel completely at ease with taking part. ”

Kevin Quinn
Study Participant

Baseline data roundup



348

completions of the
baseline questionnaire



63.1

average age at
enrollment



188

report a family
history of CMD



47%

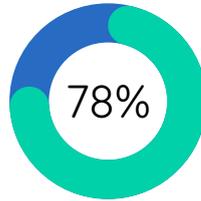
Female



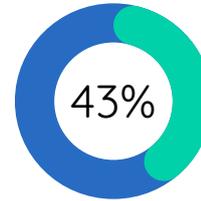
53%

Male

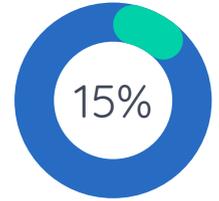
Breakdown of disease type



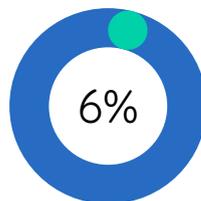
Diabetes



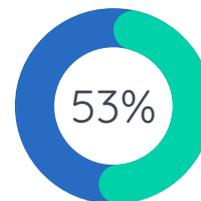
Hypercholesterolemia



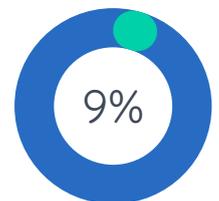
Cardiovascular
Disease



Congestive Heart
Failure



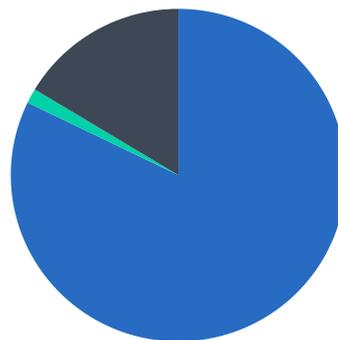
Hypertension



Other

Please note that participants may be diagnosed with multiple diseases

Care & support



■ 286: no carer

■ 57: unpaid carer

■ 5: professional carer

A huge thank you to all the participants who have already completed our health survey. Your insights are shaping our path forward. To those who haven't had a chance yet, we'd love to include your voice too. Filling out the survey only takes a few minutes, but your feedback can make a lasting impact. Join us in reaching our goal of 100% participation!

In the news: research round-up

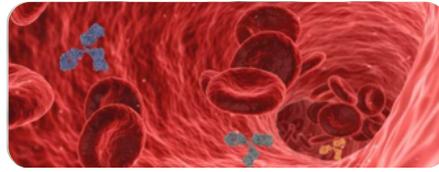


Shared from: [BBC News](#)

Weight loss jab could reduce heart attack risk

Obesity jabs could cut the risk of heart attacks and strokes in people even if they fail to lose much weight, and the weekly shots could also benefit the cardiovascular health of millions of adults.

[Read more +](#)



Shared from: [MedicalXpress](#)

Researchers report clear shift in arterial diseases in diabetes

There has been a redistribution in the risk of arterial disease in type 1 & 2 diabetes. Risk of heart attack and stroke have decreased significantly, while complications in more peripheral vessels have increased in relative importance.

[Read more +](#)



Shared from: [University of Toronto](#)

Study finds new roles for gut hormone GLP-1 in the brain

Findings show for the first time that there is a GLP-1-brain-immune axis that controls inflammation – even in peripheral organs that lack GLP-1 receptors

[Read more +](#)



Shared from: [BBC News](#)

One million have undiagnosed type 2 diabetes in England

Experts warn about a million adults in England have type 2 diabetes but do not yet know it, putting their health at risk. The data, from the Office for National Statistics also suggests many more are on the cusp of developing it.

[Read more +](#)

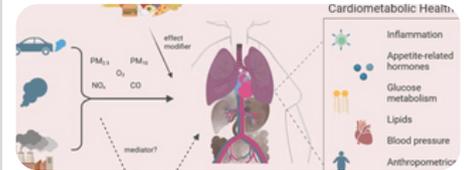


Shared from: [NIH](#)

Gut bacteria may reduce cholesterol and lower heart disease risk

Researchers pinpointed gut bacteria that affect levels of cholesterol and other compounds linked to heart disease, suggesting that the risk of heart disease might be lowered with strategies to alter the levels of specific gut bacteria.

[Read more +](#)



Shared from: [MedicalXpress](#)

Air pollutants can affect cardiometabolic health even at low levels, but diet may mitigate the outcomes

Exposure to air pollutants, even at very low concentrations, was associated with adverse changes in cardiometabolic risk factors in a recent Finnish study.

[Read more +](#)

If you have any questions about any of the information presented in this update please don't hesitate to contact us at accesscmd@cohort.science or helpdesk number on **+44 808 304 9869**.