

NIHR Exeter CRF, Exeter 10,000 & Potential Collaboration with LDA

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- Partnership between University of Exeter
- Funded by NIHR since July 2007



REMIT

**To help improve healthcare through
experimental medicine research**

What does that mean?


The Domino Analogy

Healthy




Unhealthy





Traditional Medicine

*Trying to understand
the mechanisms of
disease in individuals*



Experimental Medicine

NIHR Exeter CRF

facilitates the relationship between patient, clinician and scientist
to help improve healthcare for the future


DOCTOR

SCIENTIST

NIHR EXETER
CRF

PATIENT

Health: the big picture



Exeter 10000 – a cohort of 10000 volunteers



What Data and Samples do we Collect?

Questionnaire (8 mins to complete)

- Female-specific questions
- Medical History
- Medication
- Family Medical History
- Dental Questions
- Demographics
- Diet & Lifestyle



Clinical Measures

- Blood pressure
- Waist:Hip ratio
- Body Fat %
- BMI
- MOCA



Blood & Urine Biochemistry

- Cholesterol/HDL/LDL/
- Blood Glucose /HbA1C
- LFTs/Us&Es/FBC

STORED SAMPLES FOR RESEARCH

Blood sample (for DNA, RNA, serum, plasma) & Urine Sample



Who are the Exeter 10,000?

58%
women

<1%
BME

average
age = 56

35%
educated
to degree
level



9500 participants recruited in first 6 years

Who can use this cohort?

Exeter 10000 samples, data and volunteer contact details are managed by the Peninsula Research Bank Steering committee (comprised mainly of lay representatives), who meet monthly.



Applications for any research that aims to improve healthcare or study the mechanisms of disease and healthy ageing may apply for access to samples, data or pre-screened volunteers.

Who has used Exeter 10000 so far?

In the first six years Exeter 10,000 has provided over 40,000 samples to over 40 different research studies and has helped identify pre-screened volunteers for over 80 studies.



How can Exeter CRF work with LDA?



Long term aim: to help understand the mechanisms of Lyme Disease and how it manifests in individuals. Hopefully leading to improved prevention, diagnosis and treatment

How can Exeter CRF work with LDA?



Long-term relationship with several potential phases that can develop with external funding

1. LDA volunteers join Exeter 10,000 (no extra cost)
2. Lyme-specific questionnaire added to Exeter 10,000 (needs additional ethical approval and small amount of funding).
3. Analysis of Lyme Markers in Exeter 10,000 (cost of analysis needed).
4. Collaborative funding applications for mechanistic studies into Lyme Disease, based on pilot data obtained above.

What can I do?

LDA will announce when this project is ready to launch and will invite participation.

[Although the project is geared towards people living in Exeter, we are happy to accept volunteers who can visit Exeter for appointments, we don't have funding for any participant travel].

