

2011-2012



**Thank you too  
to all the staff  
at the clinics  
and hospitals,  
who've made  
doing this  
research  
possible.**

## PARENTS and CARERS

Thank you for being so generous  
with your time and for sharing  
your experience and expertise of  
diabetes which is invaluable to the  
CASCADE study

**Please contact us if you have any feedback or questions about the study**

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As we come to the end of collecting the first batch of follow up data..... the whole CASCADE research team would like to say a really big THANK YOU for all the questionnaires, blood tests and interviews that you've taken the time to do so far. Every single one counts, as every piece of information makes a difference, and all your time and effort is very much appreciated.

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*Just to remind you... **The CASCADE study is testing a group education programme delivered by diabetes teams to young people aged 8-16.***

*Its known that dealing with diabetes can be challenging. We want to help young people feel more confident and to live their lives the way that they want to. We also want to reduce the likelihood of people having long term health problems. This means finding out what helps people manage their diabetes better. We hope that the CASCADE study will provide important information that will help other young people with diabetes and families in the future.*

University College London Hospitals  
NHS Foundation Trust



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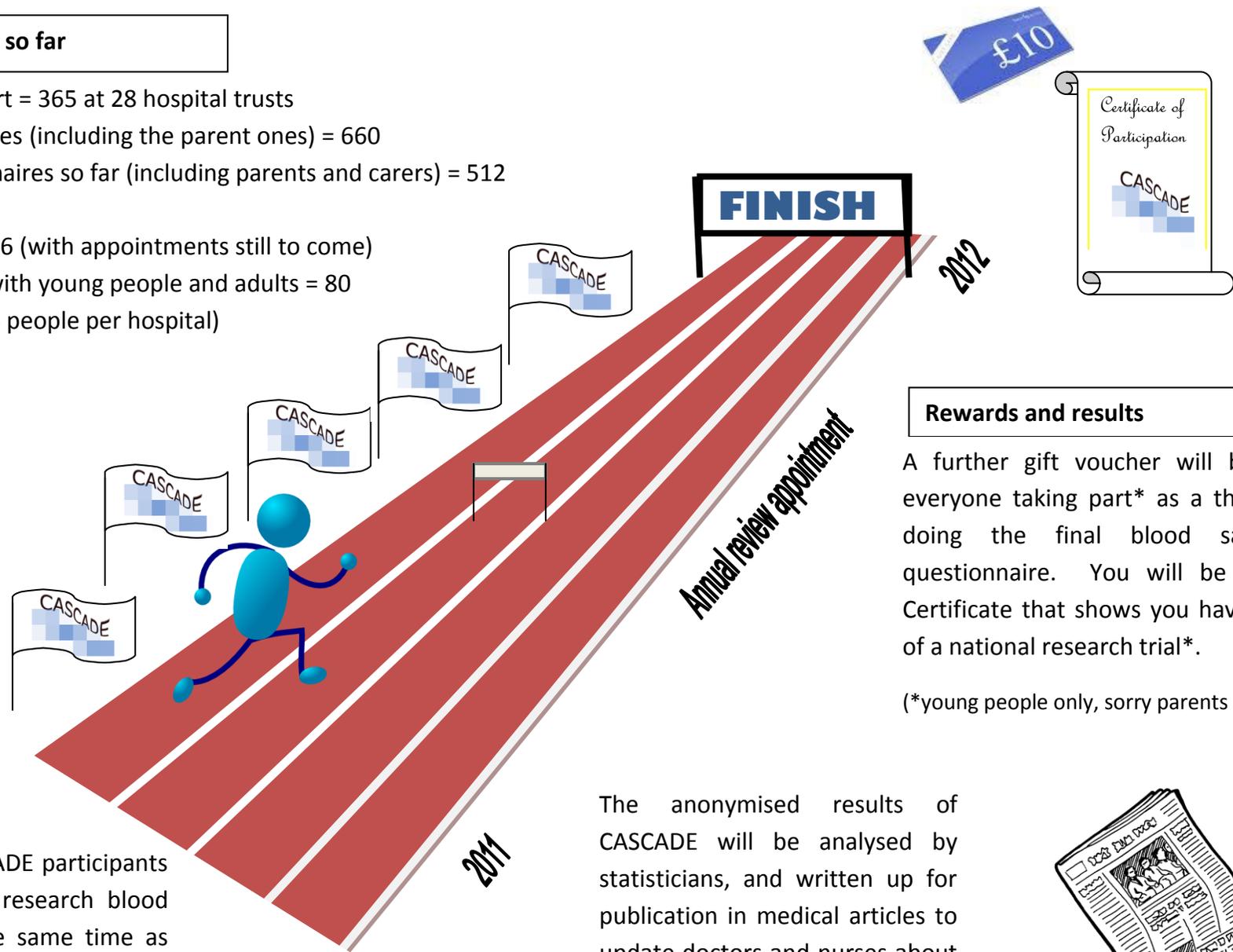
## The vital statistics ..... so far

Total number taking part = 365 at 28 hospital trusts  
First set of questionnaires (including the parent ones) = 660  
Second set of questionnaires so far (including parents and carers) = 512  
First blood tests = 330  
Second blood tests = 266 (with appointments still to come)  
Number of interviews with young people and adults = 80  
(we only asked 4 people per hospital)

## The final hurdle

The final stage of the study is one last questionnaire and blood test.

It seems that most CASCADE participants would prefer that their research blood sample was taken at the same time as their annual review. To save you having additional tests, please make sure that the nurse collecting your annual review sample also takes 4ml for the CASCADE project HbA1c test..... its loads easier that way!

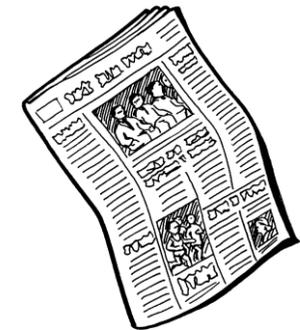


## Rewards and results

A further gift voucher will be given to everyone taking part\* as a thank you for doing the final blood sample and questionnaire. You will be awarded a Certificate that shows you have been part of a national research trial\*.

(\*young people only, sorry parents and carers)

The anonymised results of CASCADE will be analysed by statisticians, and written up for publication in medical articles to update doctors and nurses about our findings. We'll also publish our results on our website. This will be in 2013.



<http://cascade.lshtm.ac.uk>