

William Harvey Clinical Research Centre

Newsletter June 2015



Barts Health Research Presentation evenings

The next meeting will be held on Thursday 16 July. This event will be held at Whipps Cross Lecture Theatre from 6-7.30pm.

Dr Manish Saxena will be giving a talk entitled 'The Rox AB Coupler, a novel intervention for Hypertension'. A summary of the talk is below.

High blood pressure is a leading cause of heart attacks and strokes. Patients at the Barts Hypertension clinic who were not well controlled on guideline based treatment were offered a novel device based treatment known as the ROX coupler. The device developed by ROX Medical and named the 'Coupler' is a paper clip sized implant which is inserted between the artery and vein in the upper thigh, in a procedure lasting around 40 minutes under local anaesthetic.

The ROX Coupler creates a passageway between an artery and a vein in the thigh. This allows blood rich in oxygen to flow from the artery into the vein which results in oxygen rich blood returning to the lungs. It also lowers the resistance of flow in the blood vessels. Lowering resistance in the blood vessels helps in lowering blood pressure. The ROX Coupler has been used in

over 250 patients so far but it is not yet routinely used for treating hypertension.

This treatment was delivered as part of a multicentre, randomised controlled trial with a cross over design. The study published in the Lancet Journal early this year compared the effects of the Coupler versus usual medical treatment in 83 patients of whom 44 received the ROX Coupler device. Patients who received the Coupler experienced a clinically significant and durable reduction in blood pressure. There were also a reduced number of hypertensive complications and hospital admissions for high blood pressure crises. However, the Coupler, like all therapies, can have side effects.

The study findings show that blood pressure treatment with the ROX Coupler can give both patients and doctors an alternative option for treating high blood pressure in the future – particularly when standard therapies have failed.

To find out more about the research evenings and to register visit:

www.bartshealth.nhs.uk/takepart

Study update:

The CARMELINA Study is a Phase 4 clinical trial. The purpose of the CARMELINA Study is to look at the impact of linagliptin on the long-term occurrence of selected complications of cardiovascular disease (e.g. stroke or heart attack), as compared to placebo, in people with type 2 diabetes mellitus receiving standard of care. Dr Manish Saxena is the PI on the study at the CRC. Other team members working on the study include research nurses Anne Zak and Patrizia Ebano. The study will remain open to recruitment for some time yet. For further information:

<http://www.whri.qmul.ac.uk/clinical-activities/william-harvey-clinical-research-centre>

CRC Staff Profile: Achilles Radinos

Achilles Radinos is a clinical research scientist, who has been working with us at the CRC since June 2014. Achilles graduated from the University of Patras in Greece with a BSc (Hons) Pharmacy in 2011 and from UCL with an MSc in Clinical and Experimental Medicine in 2013. At the CRC Achilles is co-ordinating the Tommorrow study which is researching a new investigational test to see if it can help identify individuals who are at higher risk of developing memory problems due to Alzheimer's disease in the next 5 years, and testing a new investigational treatment to see if it can delay the memory problems due to Alzheimer's disease. Outside of work Achilles favourite activity is packing his things and traveling around the world. He also enjoys all different kinds of movies and the company of thrilling books! In his spare time he will usually be either at the gym or with friends enjoying a cup of iced coffee. His goal is not only to improve the health and wellbeing of patients, but long term to implement changes in the healthcare sector that will impact public health.

