

Volunteer Newsletter

December 2017 | Newsletter #4

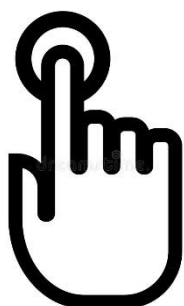
Thank you

We would like to say a big thank you to all volunteers who took part in our research studies this year. Your help is invaluable in conducting our human studies.

This newsletter outlines some exciting unit updates, as well as findings from some of our recently completed studies.

Visitor doorbell

Our Unit Manager's office has moved from just inside the entrance to the unit, to room 2-10, next door to the volunteer waiting room (Dils Lounge).



To ensure we are still able to greet you when you arrive, we have set up a new doorbell, which is located on the table in the unit corridor. Please feel free to ring

the bell to let us know you have arrived, before proceeding to the waiting room or the Unit Manager's office.

Car park closure

During the summer, the nearby Engineering building was demolished and with it car park 12, to make way for the University's new Health & Life Sciences facility.



Alternative parking is still available in car parks 10 and 13, which are both within easy walking distance to the Harry Nursten building.

Please allow a little time before your visit for parking and ask on arrival if you require a parking permit. Alternatively, if you wish to cycle to your visit, please let your researcher know in advance and access can be arranged to the locked bike shed in car park 10. As cycling may not be appropriate directly before some visits, please discuss this first with your study contact.

New vascular suite

Those of you who have been to the unit recently will know that we have been busy redecorating, reorganising and developing our clinical rooms. We have a brand new suite set up for vascular measurements to be performed.



The room is already being put to good use.

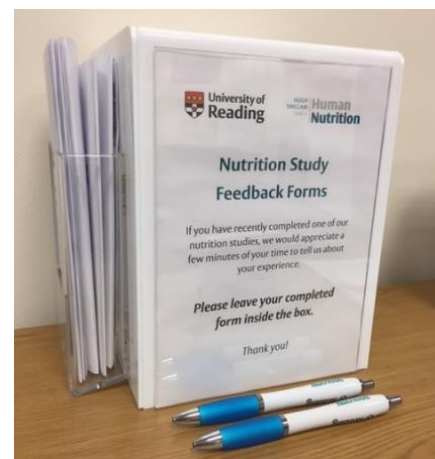
We also have some new equipment and new furniture throughout the unit and many of the rooms have been redecorated.

Website update



We are currently in the process of updating our Hugh Sinclair Unit website to bring it in line with the new University of Reading site. We will be including information about current studies and recruitment opportunities. We hope to make the new website live over the next few weeks, so keep your eyes peeled for more information.

Volunteer feedback



We would love to hear about your experiences of taking part in our studies and value any feedback that you may have.

You can find anonymous feedback forms and post box in our volunteer dining area (Walker Lakin Suite), so do let us know your thoughts. Alternatively we can send you a form to complete if you prefer, so do let us know.

Study bites

With Christmas fast approaching, we thought the findings from two topical studies would be of interest.

PROGRAIN 1



With the cold frosty mornings upon us, a bowl of warming porridge is a popular choice at breakfast time. Wholegrain oats, which are used to make porridge, are high in fibre, vitamins, minerals and naturally occurring plant compounds called polyphenols. Initial findings from the PROGRAIN1 study have shown that oats contain 12 different types of polyphenols (specifically phenolic acids) which are broken down into a further 30 different polyphenol metabolites in the body. The study researchers have recently reported in the journal of Molecular Nutrition and Food Research that just under a quarter of polyphenols present in wholegrain oats are absorbed and processed by the body within 8 h of eating a bowl of porridge. In the journal article, Dr Manuel Schar and the PROGRAIN team concluded that these oat polyphenols may have potential health benefits, in particular when porridge is consumed regularly. We hope to announce further findings shortly on health outcomes from the PROGRAIN2 and DEVOAT studies.

Vit D

With the shortening days as we approach Christmas, getting enough vitamin D can

be a challenge. Vitamin D deficiency is now increasingly common, with just under a quarter of UK adults presenting with a low vitamin D level. Vitamin D is a fat soluble vitamin which helps absorb calcium from the diet which is important for bone health. During the



winter months, we rely heavily on dietary sources of vitamin D (in particular eggs and oily fish) as we do not get enough sun exposure to make vitamin D (in particular vitamin D3) in our skin. To counteract low vitamin D levels in the population, some countries such as the US and Canada add vitamin D to foods such as milk to increase the amount of vitamin D obtained from the diet. At the moment, the UK does not fortify (or add) milk with vitamin D.

The VITD study compared the addition of two different types of vitamin D (vitamin D3 and 25-hydroxy-vitamin D3) to a milk-based drink on day long vitamin D levels in the blood of 17 healthy men. The drink containing 25-hydroxy-vitamin D3 was more effective at raising blood vitamin D levels than the drink containing vitamin D3. The findings from this study published in the Journal of Nutrition may be important in relation to addressing low vitamin D levels in the population. Sarah Guo and the research team concluded that more studies are needed to determine if the addition of vitamin D to milk products could improve blood vitamin D levels in the long-term.

(Guo et al., 2017 J Nutr doi: <https://doi.org/10.3945/jn.117.254789>).

Contact us

If you would like to find out more about any of our current studies or would like to refer a new volunteer, contact us on:



nutritionvolunteers@reading.ac.uk



0118 378 7771

Or follow us:



@UniRdg_HSU



HughSinclairNutritionUnit

Currently recruiting

Let us know if you would like to hear more about any of the studies below.

BODYCON: Investigating how age and lifestyle factors influence our body composition and where we distribute fat around the body. Looking for healthy men and women aged 18-70 years.

CABALA: Determining how consumption of foods that enhance the growth of friendly gut bacteria can influence heart health. Looking for non-smoking men and women aged 25-70 years.

DIGI: Comparing the effects of ordinary cow's milk and A2 milk on gastrointestinal function. Looking for 18-56 year old men and women with self-reported milk intolerance.

FLAX: Determining the effect of flaxseeds on bone and gut health. Looking for non-smoking post-menopausal women aged 50-70 years.

HI-FIVE: Looking at the effect of fish oil supplements on heart health. Looking for non-smoking men and women aged 25-70 years.

MPOL: Investigating the effects of health status on blood composition. Looking for non-smoking men aged 25-55 years.

RISSCI: Exploring into how dietary fat influences heart health. Looking for healthy men, non-smokers, aged 35-65 years.

METPLAR: Determining how different factors within the blood can affect blood vessel function. Looking for healthy non-smokers aged 30-65 years.



From all of us here at the Hugh Sinclair Unit of Human Nutrition.