

WOLFSON INSTITUTE OF POPULATION HEALTH NEWSLETTER ISSUE 64: 15 October 2024

In this issue of our Wolfson Institute of Population Health Newsletter, we celebrate the achievements and work of staff and students in late September and the first half of October.

FROM OUR DIRECTOR

Dear Colleagues

Despite these beautiful sunny October days, we are well into Autumn now, with the new academic year starting very well for our new students. Thank you to all our education team who work so hard to deliver all our excellent programmes.

We were delighted to host the launch of the Tommy's National Centre for Preterm Birth Research at QMUL last month. Matina Iliodromiti and team are developing fascinating workstreams around pre-term birth, with a particular focus on reducing inequalities in outcomes and access to care in East London.

This adds to our developing portfolio of embedded equity research across a wide range of conditions and settings, and is very welcome.

Addressing inequalities also underpins Sarah Finer's work, so do please join us for her inaugural lecture on Tuesday 12 November, when she promises to be 'Looking east to discover the finer things in life and diabetes' (details in Forthcoming Events below).

With best wishes

Fiona



MEET WIPH

MEET - HIBA MOHAMMED ADAN (Centre for Preventive Neurology)

How would you describe your roles and responsibilities?

I am a new PhD student at CPN, so my current role and responsibilities involve a lot of reading (and more reading) to develop my research questions and methodology. I hope to work more on PPI, and develop my data collection methods as I progress.

What has been your greatest professional achievement?

As part of a team working on a project to develop a digital fatigue intervention for Multiple Sclerosis (MS) at King's, I co-led the recruitment phase, engaging in community outreach and social media activities to include people living with MS who were typically underrepresented in research. I also ran training for the broader department on community engagement and partnership in research. Our outreach methods were highlighted in a Commentary published in Multiple Sclerosis Journal.

What aspects of your role do you enjoy the most?

I enjoy having the time to focus intensely on research questions that interest me, and the opportunity to continuously grow and challenge myself. In a typical job, it's rare to have the opportunity to pursue your research interests, day in and day out.

What would be your second choice as a profession?

Growing up, I always dreamt of being an interior designer, but that dream was quickly quashed when I realised interior design required much more than just being able to decorate a room nicely!

What do you enjoy doing outside work?

I enjoy reading fiction, mainly fantasy. I will read anything written by Sir Terry Pratchett, Robin Hobb, James Islington, and Brandon Sanderson. I also cook in my free time and enjoy making traditional Somali dishes and spending quality time with family and friends.

Something most people don't know about you?

I come from a (very!) large family, with seven siblings and many nieces and nephews. It's one of the most fulfilling parts of my life.



GENERAL INSTITUTE NEWS

Vitamin D supplementation and exercise capacity in S. African school children

26 September (Neil Walker. Centre for Evaluation and Methods)

An RCT among South African school children finds that a 3yr course of weekly oral 10,000 IU vitamin D₃ supplementation improved vitamin D status but had no effect on grip strength, standing long jump distance, peak oxygen uptake or risk of exercise-induced bronchoconstriction (EIB). Authors say their results do not suggest that supplementation exerts clinically significant effects on muscle strength or exercise tolerance in schoolchildren.



Launch of the Tommy's National Centre for Preterm Birth Research at QMUL

26 September (Stamatina Iliodromiti, Elena Greco. Centre for Public Health and Policy)

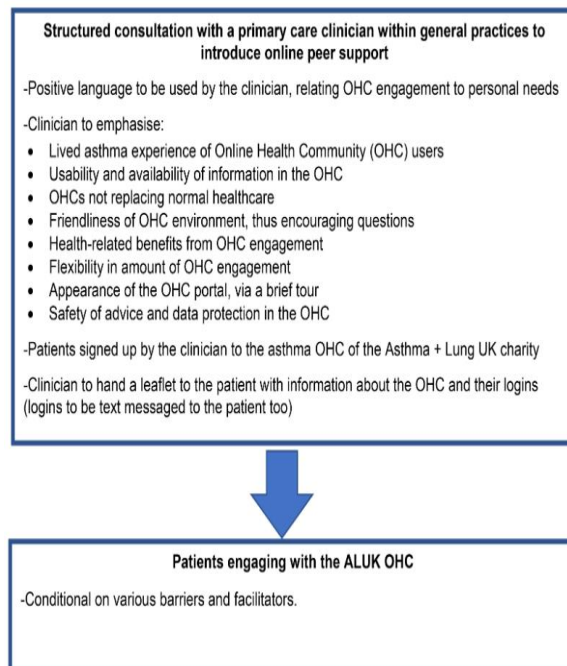
The launch of the Tommy's National Centre for Preterm Birth at QMUL on 26 September featured presentations from representatives of the collaborating Universities (QMUL, KCL, Imperial College London, and Leeds). Matina Iliodromiti, co-lead for the QMUL centre, presented the centre objectives, including investigating the causes of premature birth, and discovering ways to prevent it, and to reduce inequalities in outcomes and access to care in East London. Research focuses on three key themes: exploring the causes of premature birth, developing treatments and tests, and understanding how to better support families through premature birth.



Developing a digital social intervention for patients with asthma

27 September (Georgios Karampatakis, Helen Wood, Chris Griffiths, Steph Taylor, Bill Day, Clare Relton, Anna De Simoni. Centres for Primary Care/Evaluation and Methods)

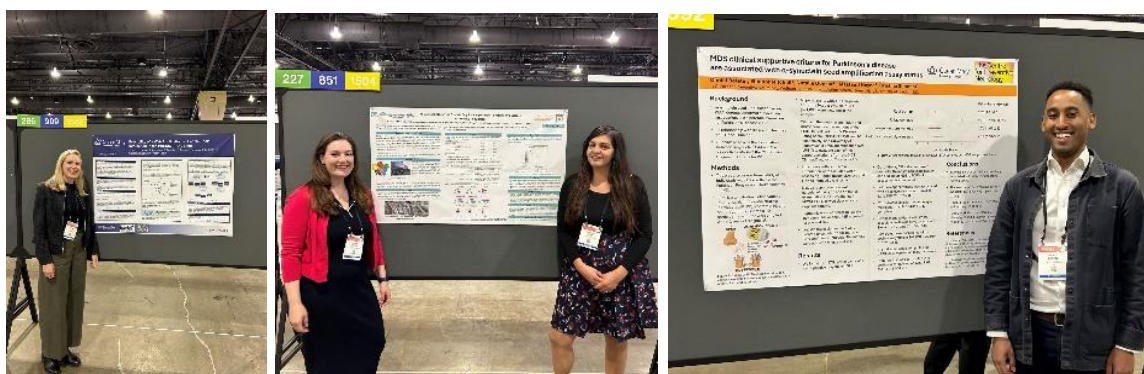
To develop a digital social intervention to promote use of online peer support amongst asthma patients in primary care, researchers conducted interviews with clinicians, and focus groups with patients with asthma from E. London general practices. Study outputs included the intervention's face-to-face content, content of clinician training, patient-facing leaflets/material, and a survey to recruit eligible patients. An intervention of a structured consultation with a primary care clinician followed by online health community (OHC) engagement was developed. Authors say the findings will assist clinicians in consultations about supporting self-management of patients through OHCs.



International Congress of Parkinson’s Disease and Movement Disorders

27 Sept - 1 October (Laura Smith, Ellen Camboe, Alex Zirra, Daniel Belete. Centre for Preventive Neurology)

A CPN team presented posters in the *Parkinson’s Disease: Non Motor Symptoms* session at this Congress in Philadelphia. Laura Smith’s poster on ‘Feasibility of a Web Application to Enable Social Interaction in the PREDICT-PD Cohort’ delivered the findings of a study gathering insights into the relationship between online social engagement and predictive risk indicators of Parkinson’s. Posters were also presented by Ellen Camboe and Alex Zirra (The Cats-and-Dogs Tests predicts cognitive impairment in Parkinson’s Disease in a Diverse Population), and Daniel Belete ‘MDS clinical supportive criteria for Parkinson’s disease associated with α -synuclein seed amplification assay status’.

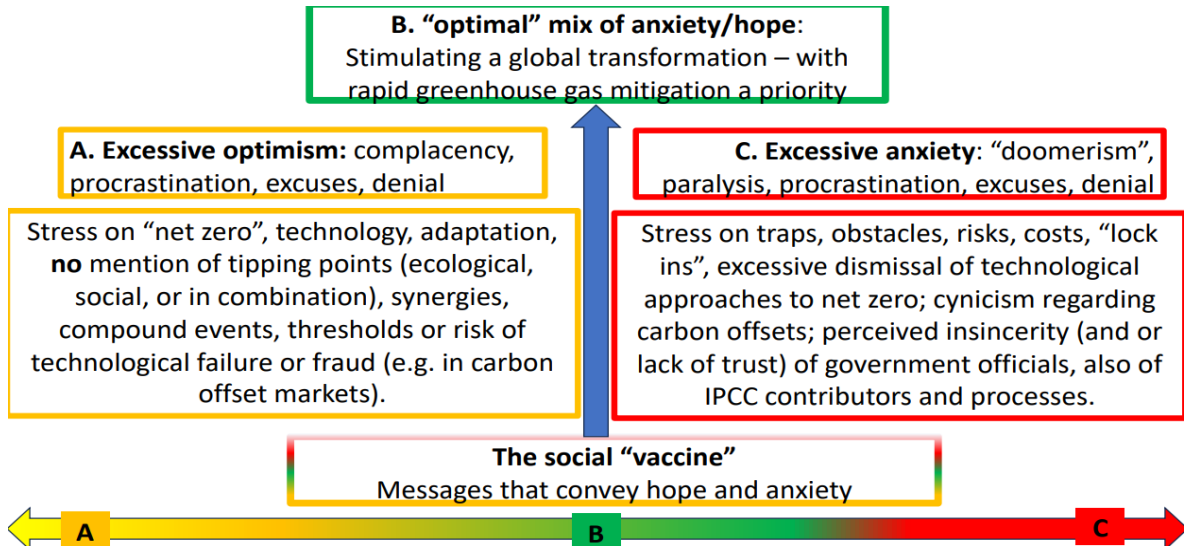


Optimism bias in the annual Lancet Countdown on health and climate change

28 September (Andrew Harmer. Centre for Public Health and Policy)

Asserting that recent annual *Lancet Countdown on health and climate change* reports are excessively biased to optimism, authors of a letter to the *Lancet* call on the report authors to ‘adjust the dosage of optimism and anxiety’ to produce a more

effective social vaccine for climate change. The 2023 report states that ‘indicators in this section do not examine the potential negative impacts of interactions and synergies among impacts, or social and climate tipping points, which could considerably increase negative effects on human health’, an omission that authors say is incommensurate with the scale of danger. They conclude that ‘Too much hope with insufficient anxiety will deepen the contemporary perilous drift to inaction’.



Active surveillance for prostate cancer is a shared journey

29 September (Beth Stuart. Centre for Evaluation and Methods)

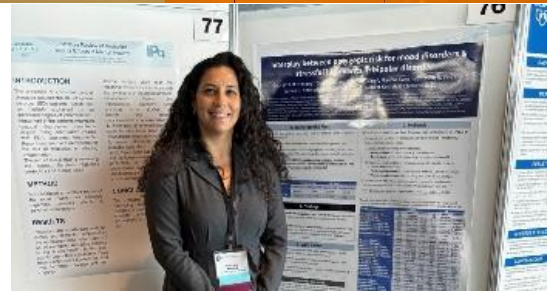


Exploring the experiences of men and their partners living with untreated cancer, an interview study examines the effects of partner’s feelings, responses and reactions on the patient during active surveillance for prostate cancer. Results from interactions between 9 male-female couples showed that dyads function as an interconnected unit with interlinked emotional responses. Differing feelings about active surveillance within the couple were common, with men prioritising avoidance of active treatment side effects, and partners prioritising minimised chance of disease progression. Authors say more support is needed for this population.

International Society for Bipolar Disorders 2024 Annual Conference

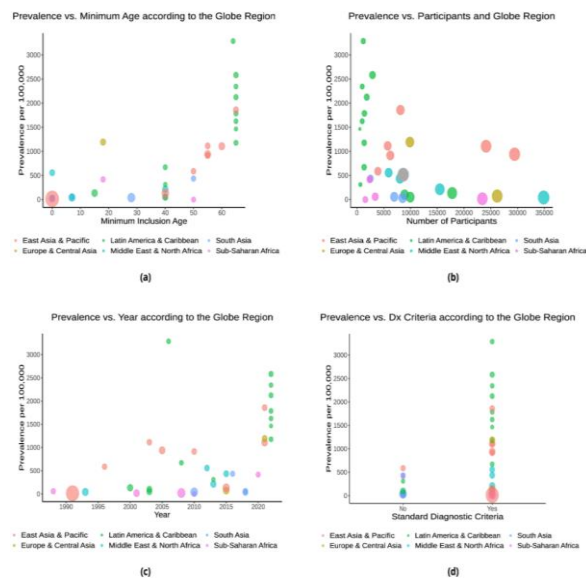
29 Sept - 1 October (Georgina Hosang. Centre for Psychiatry and Mental Health)

Georgina Hosang presented research on the association and aetiological overlap between subsyndromal hypomania, psychiatric, neurodevelopmental and related disorders, and a poster on the interplay between polygenic risk for mood disorders and stressful life events in bipolar disorder, at the ISBD conference in Reykjavik. She also chaired a session on cognition, medical comorbidity and psychiatric comorbidity, and as co-chair of the ISBD Women's Initiative ran a panel discussion on the experience of being a clinical academic (and a woman living with the condition) working in the BPD field, focusing on the woman's perspective.



Prevalence of Parkinson's disease in lower to upper middle-income countries

30 September (Alastair Noyce. Centre for Preventive Neurology)

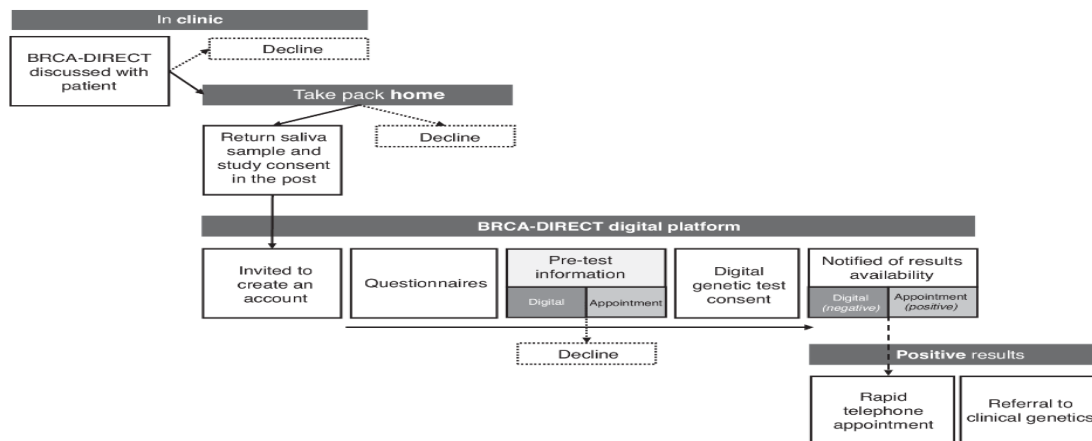


Estimates of the burden of PD have focused on data from high-income countries, with lower-income countries poorly described. A meta-analysis of 36 studies reporting on low- to upper-middle income countries. Geographic data analysis showed that reported prevalence differed across regions, ranging from 49 per 100,000 in Sub-Saharan Africa to 1081 per 100,000 in Latin America and the Caribbean. PD prevalence was greater in populations with a higher 5yr GDP per capita and a higher life expectancy. Findings suggest higher PD prevalence in lower and upper-middle-income countries than previously reported.

BRCA-DIRECT digital pathway for genetic testing in breast oncology

1 October (Rhian Gabe, Ranjit Manchanda. Centres for Evaluation and Methods/Cancer Screening, Prevention and Early Diagnosis)

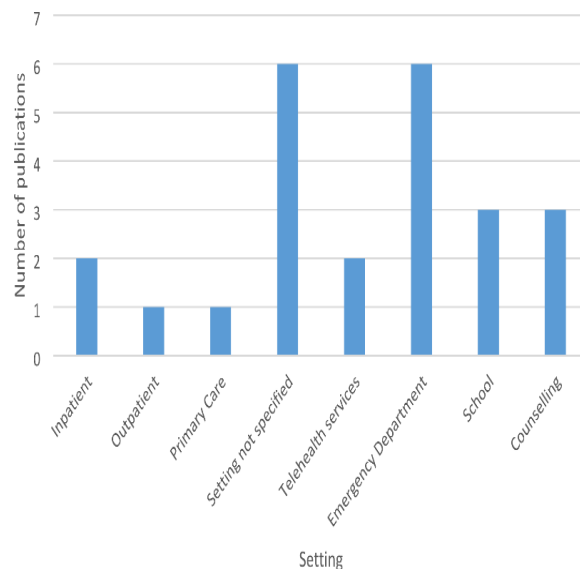
Results from a new study show that standardised digital information is a non-inferior alternative to conventional genetic counselling, and that an end-to-end patient-centred, digital pathway (supported by a genetic counselling hotline) could feasibly be implemented into breast oncology settings. The study randomised women with unselected breast cancer to receive genetic testing information digitally or via a pre-test genetic counselling consultation. Uptake of genetic testing was higher amongst participants who received digital information.



Solution-focused approaches to treat self-injurious thoughts and behaviours

1 October (Lauren Jerome, Saba Masood, John Henden, Victoria Bird, Dennis Ougrin. Centre for Psychiatry and Mental Health)

A scoping review provides a comprehensive overview of how solution-focused approaches are being used to treat self-injurious thoughts and behaviours. In the 24 included publications, adaptations or components were often introduced that specifically addressed suicide or self-harm (eg: identifying and working on goals related to reducing or stopping self-harm, or scaling questions that assess how suicidal someone currently feels on a 0-10 scale). Authors say that the lack of outcome data and empirical studies highlights a need for more formalised evidence.



DHSC release WIPH Stop Smoking Services Quit Right Video

1 October (Shamsia Begum Foreman. Centre for Public Health and Policy)



In support of Stoptober, the Department of Health and Social Care has released a [video](#) focusing on the work of the WIPH Health and Lifestyle Research Unit Stop Smoking Services. In addition to personal case study testimonies from former smokers, the video features Stop Smoking Service manager Shamsia Begum Foreman, who discusses the services provided by the unit, including nicotine replacement therapy. The video was filmed in July, following the visit to the unit by Minister Andrew Gwynne. The Stoptober campaign encourages and supports smokers to 'quit smoking for good'.

PROTECTOR collaborators meeting 2024

1 October (Ranjit Manchanda, Ashwin Kalra, Sam Oxley, Rosa Legood. Centre for Cancer Screening, Prevention and Early Diagnosis)

WIPH researchers presented updates and plans for the PROTECTOR trial at the annual UK collaborators meeting. Held at Senate House, the meeting was attended by 140 representatives from 41 UK centres, and celebrated the completion of phase 1 recruitment. PROTECTOR is a national prospective cohort surgical study for premenopausal women at increased risk of ovarian cancer.



Navigating system-wide public health collaboration in ActEarly

2 October (Laura Nixon. Centre for Public Health and Policy)



Lessons learned from a longitudinal qualitative study of the ActEarly City Collaboratory are explored in a new [paper](#) examining collaboration across multiple sectors in complex systems. Authors identify mechanisms that supported implementation and propose recommendations for future intersectoral and interdisciplinary population health research collaborations. ActEarly was a public health research consortium aiming to improve child health by building an interdisciplinary, cross-city partnership to develop/evaluate upstream interventions, increase research capacity and improve collaboration between researchers, local authorities and communities.

The Generation Study - Health Economic Evaluation

3 October (James Buchanan, Martin Vu. Centre for Evaluation and Methods)

A study to analyse the entire genetic code of up to 100,000 newborn babies in England was publicly launched on 3 October, with extensive media [coverage](#). The [Generation Study](#), led by Genomics England, aims to explore the benefits, challenges, and practicalities of offering genomic newborn screening to parents in England, with a goal to speed up the diagnosis and treatment of more than 200 rare diseases. The health economic evaluation for the study is being led by WIPH researcher, James Buchanan.



Expert comments on rise in vaping among non-smokers

3 October (Peter Hajek. Centre for Public Health and Policy)



Commenting on results from a new [paper](#) showing a rise in vaping in young non-smoking adults in England, Peter Hajek was quoted by the BBC, MailOnline and other media outlets: 'Just-released figures from ONS show that UK smoking prevalence is under 12%, an all-time low. If much less risky alternatives are allowed to continue to compete with cigarettes, smoking - and heart disease, lung disease and cancers



that it causes - will continue to decline as well. The UK and USA, which allow vaping, have seen significantly faster declines in cigarette sales and in smoking among young and low-income people than Australia, which bans vaping. Efforts are needed to limit use of nicotine products in adolescents, but if more adults, as well as adolescents, are taking up vaping instead of smoking it may in fact be good news'.

Royal College of General Practitioners Annual Conference

3-4 October (Victoria Tzortziou Brown, Dipesh Gopal, Najia Sultan. Centre for Primary Care)

A CPC team attending the 2024 RCGP Conference in Liverpool included Victoria Tzortziou Brown, who participated in a panel discussion on 'Social determinants and health inequalities: exploring the links and what general practice can do to reduce them', and Dipesh Gopal, who (with Victoria) took part in a panel discussing opportunities to become involved in primary care research. The session also covered the NIHR guide for early-career researchers, and the PACt (Primary care Academic Collaborative initiative). CPC's Najia Sultan delivered a presentation entitled 'How do British Pakistanis make sense of symptoms and access to care? A narrative interview study', and she was also a poster competition winner (Congratulations Najia!).



Attune Research Project Impact and Dissemination Conference

4 October (Laura Havers, Georgina Hosang. Centre for Psychiatry and Mental Health)



Sharing findings at this ATTUNE conference in Oxford, Laura Havers and Georgina Hosang discussed key research questions and presented results on youth adversity and mental health through the lens of intersectionality. ATTUNE is a multi-million pound UKRI-funded project of transdisciplinary work across arts-based research, social science, and health research, working with young people across Cornwall, Kent, London, Oxford and Leeds who have experienced multiple adversities that risk poor mental health. The study examines the impact of youth adversity on youth mental health through the lens of intersectionality, co-creating resources and gaming interventions.

19th Annual Sickle Cell and Thalassaemia Conference

4 October (Stephen Hibbs, Centre for Primary Care)

At this conference in London, Stephen Hibbs presented some of his early research findings in a poster (Suffering beyond pain and the lens of accompaniment in acute painful crisis care), and gave a talk at the Collaborative Research Catalyst session on “Gathering Insights from Co-Production and Patient Involvement in Sickle Cell Disease Research”. The conference was also the first opportunity for members of the Sickle Cell Disease early career researcher network to meet in person, including those based in other countries.



NIHR awards £2.5 million for AI doctor research

6 October (Garth Funston, Fiona Walter, Oleg Blyuss, Centre for Cancer Screening, Prevention and Early Diagnosis)



Part of a £2.5million NIHR funding award will be used to test an AI-based virtual doctor, for which WIPH researchers have helped to develop models for cancer prediction. The research, led by Imperial College London, will use a virtual human to take a full medical history from patients prior to their contact with a GP, enabling AI for supporting diagnosis and management to be provided at first point of contact with the patient. The work will use pancreatic and lung cancer as exemplars, and it is hoped this approach in the NHS will potentially freeing GP time and improve accessibility for patients.

DISTINCT Project completed: seeking researchers to trial the question set

7 October (Emma Lidington, Jennifer Ching, Jane Rigney, Chelle Salmon, Laura White, Beth Stuart, Tahera Hussain. Centres for Cancer Screening, Prevention and Early Diagnosis/Evaluation and Methods)

Researchers on the DISTINCT project have announced the completion of their public consultation exercise to create a demographic question set for use in UK research. The questions include 15 items, covering gender, sexuality, religion, and education, and the team are now inviting researchers to use the question set in their studies and trials, and provide feedback about their experience. The team say that the question set improves monitoring characteristics beyond age, sex and ethnicity to understand inclusivity of research, and will help to standardise demographic data collection across UK trials. To request the question set contact DISTINCT@icr.ac.uk



Innovative models of palliative care being delivered in rural/remote locations

9 October (Nathan Davies. Centre for Psychiatry and Mental Health)

Current Opinion in Supportive and Palliative Care

Editors-in-Chief: Sam H Ahmedzai, Anthony Dickenson and Edward Chow

Pain, non-malignant diseases Edited by Anthony Dickenson and Kirsty Bonniar

Cachexia, nutrition and hydration Edited by Barry Laird and Aminah Jatoi

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IMPACT FACTOR 1.9

Addressing the need to support people to remain in their rural and remote communities towards the end-of-life, a review considers barriers to accessing high-quality palliative care, and synthesises recent innovative models of palliative care and services in rural and remote areas. Authors note that digital healthcare has potential to improve access to palliative care, but limited access to reliable internet connectivity and devices in rural areas is problematic, as is the shortage of specialist palliative care provision, leading to GPs, pharmacists and family carers playing a crucial role. They suggest that community driven approaches, which have demonstrated success in achieving positive palliative care outcomes in rural and remote areas, should be considered when in designing future services and interventions.

Celebrating the NHS England Jewish BRCA Testing Programme

9 October (Ranjit Manchanda, Centre for Cancer Screening, Prevention and Early Diagnosis)

An article entitled *The Power of the Positive*, published in the 2024 Chai Together magazine, celebrates the success of the NHS England Jewish BRCA testing programme, for which >23,000 people have already signed up. The piece shines a light on the role of Ranjit Manchanda, as *The Public Health Scientist* bringing the programme into practice.

Chai Cancer Care

The Power in the Positive

NHS England's Jewish BRCA testing programme is helping save lives today – and for the future. The initiative is helping shape public health policy and, as more than 23,000* men and women sign up, Chai's expert support is there for those who test positive. We hear from those involved.

BRCA: THE FACTS

1. BRCA1 and BRCA2 gene mutations can be carried by, and inherited from, either parent.
2. There is a 50% chance of passing on a BRCA mutation to the next generation.
3. In the Ashkenazi population, approximately 1 in 40 people have a BRCA gene fault.
4. In the Sephardi community, approximately 1 in 140 people have a BRCA gene fault.
5. In the general population, the chance is 1 in 250.

THE PUBLIC HEALTH SCIENTIST

Professor Ranjit Manchanda, Gynaecological Oncologist at Barts, has been developing the Jewish BRCA testing programme since 2016.

"When it comes to measuring success, the fact that 23,000* people have already come forward to test shows the programme is working. But it's not just about giving people information about their risk if they cannot then do anything beneficial with it. With monitoring and risk-reducing surgery, they have knowledge and options. It shows we can think in a different way about healthcare. This approach will feed into the health infrastructure – and not just for BRCA. It's relevant to trial testing populations which have a high prevalence of other cancer-causing genes."

"We've had early data on the outcomes of the programme within three years, and full data over a 10-year period."

"The biggest reward is to see something I started a long time ago come to fruition. I'm passionate about trying to prevent cancer and save lives and it's a privilege to be able to do this work and be part of such a collaborative team."

THE TEST CO-ORDINATORS

Bethany Torr (left), Scientific Programme Manager, Institute of Cancer Research (ICR) and Clare Turkelwal, Professor of Transactional Cancer Genetics, ICR

"Our team sits in the middle of the network of organisations involved in delivering the testing programme. We manage new registrations, send out test packs and ensure completed tests are sent to the NHS laboratories. Once results are back, we send them out to people."

"We have learned so much, especially from the counsellors within Chai."

"There's been a lot of positive feedback from people pleased to access BRCA gene testing. Our priority has been to get test packs out to women over the age of 40 as their life-stage dictates a greater need for early results. Seven hundred packs a week are posted, significantly reducing response times after registration. Results are returned to us within 10 weeks in order for us to notify people. Good communication is essential and has been very effective in allaying people's concerns about any wait. Chai's role in supporting people during that period is very much valued."

It's not generally known that both men and women can carry the gene mutation and there is a 50% chance it will be passed on*

Launched in January at the House of Lords, NHS England's Jewish BRCA testing programme aims to test 20,000 men and women over three years to identify those with the gene fault. It's estimated that 80% of Jewish individuals with the mutation have been, until now, unaware of their status.

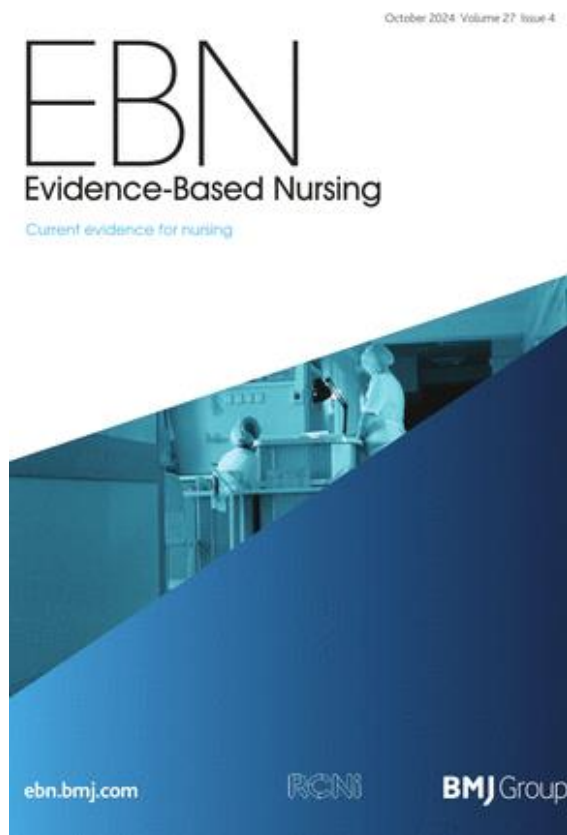
with individual counselling and group support which is available for both those who have cancer, and for those who don't. Chai's counsellors have had enhanced training with psychological, nursing and genetics experts at Northwick Park Genetics Centre and the Royal Marsden and Royal Free Hospitals. Lisa stresses that this test identifies solely BRCA mutations and that people should still attend their appointment for mammograms and other tests, so any cancer is picked up as early as possible.

*Source: NHS England, 2024

Screening tools should not be used to determine suicide risk

9 October (Dennis Ougrin. Centre for Psychiatry and Mental Health)

A commissioned commentary on a [study](#) of adolescents who did not endorse any thoughts of death or self-harm before harming themselves concludes that a substantial proportion of young people deny thoughts of death or self-harm when they are at risk of both, and that innovative ways of assessing risk must be sought. Commentary authors [say](#) clinicians should not rely on risk assessment tools or scales, “let alone screening tools like the patient health questionnaire” to predict suicide or self-harm risk. Nor should they assess risk by attempting to classify patients into low, medium or severe risk categories, or base their clinical decision-making on these categories. Authors recommend using a comprehensive multi-disciplinary assessment, risk formulation, a risk management plan, and a therapeutic component for initial assessment, which may improve engagement with further treatment.



Offering choice of self- or clinician-sampling in HPV cervical screening

9 October (Jo Waller, Laura Marlow. Centre for Cancer Screening, Prevention and early diagnosis)

The Telegraph

Women want DIY smear test option, study finds

Research shows 85pc of women would prefer to have the choice between self-sampling and a standard cervical screening done by their GP

Results from a WIPH-led [study](#) reveal that 85% of women would welcome the option to choose between self-sampling and traditional screening performed by a clinician for human papillomavirus (HPV)-based cervical screening. The study surveyed 2300 women who collected their own samples alongside having standard cervical screening in 38 GP practices in England. Findings also showed that 72% of women felt that this choice would enhance their screening experience, and 69% said they would choose to self-sample at home if offered a choice in the future. Researchers say their findings highlight an urgent need to explore and evaluate different methods



of offering this choice, ensuring that effective messaging is used during any implementation or assessment of HPV self-sampling options in the UK and beyond. Data reported in this publication were collected as part of a survey commissioned by the DHSC.

LSHTM seminar: Primary Health Care and Population Health

9 October (Carol Dezateux, Rohini Mathur. Centre for Primary Care)

Carol Dezateux and Rohini Mathur were invited panellists at this LSHTM online primary health care seminar, which discussed examples of risk stratification, population health management and learning health systems, and their relationship with Primary Health Care. Describing the 25-year journey to develop a successful primary case focused 'Learning Health System' in NE London, Carol also presented the work of the Clinical Effectiveness Group.



The Lancet Commission on self-harm

9 October (Tessa Roberts. Centre for Psychiatry and Mental Health)



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"To date, self-harm has been neglected as a public health concern with adverse consequences for large populations across the world."

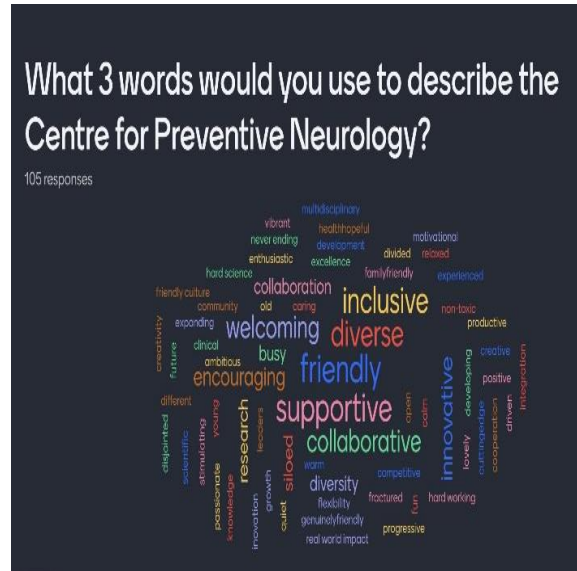
See The Lancet Commissions page 1445

The Lancet Commission on self-harm concludes that 'By delivering transformative shifts in societal attitudes and initiating a radical redesign of mental health care, we can fundamentally improve the lives of people who self-harm'. The Commission integrates missing perspectives about self-harm from across the world, including those from LMICs and among indigenous people, alongside existing mainstream scientific knowledge, and identifies 12 key recommendations that, if actioned,

could transform the lives of people who self-harm.

Centre for Preventive Neurology Away Day 9 October (Centre for Preventive Neurology)

The first CPN away day on 9 October brought together over 51 staff and students. During the morning session, Ruth Dobson, Alastair Noyce, and Charles Marshall presented the achievements of the Centre since its establishment last September. This was followed by a group activity, with participants split into 3 groups to discuss the future direction of the Centre, conduct an overview of current research projects, and discuss ways to improve the overall working culture to foster greater collaboration across the Centre. The day ended with photos and prizes and a social event.



William Harvey Day 2024 10 October



WIPH has this year again been admirably represented at William Harvey Day, with presentations from Suzanne Scott, Rohini Mathur, Sarah Finer, and Lola Oyebo, poster judging by Lola Oyebo and Jianhua Wu, and 12 posters submitted by our researchers. A special shout out to CPC researchers, who provided seven of our poster submissions. Thanks also to the WIPH reviewers (Catherine Bennett, Ka Keat Lim, Viktoria Azoidou, Laura Smith, Me Ramasawmy, and Francois van Loggerenberg) who helped in poster selection.

Quit Well Newham launch Stoptober Campaign

10 October (Amina Bano, Akansha Akansha, Shamsia Begum Foreman. Centre for Public Health and Policy)

Stop smoking advisors from Quit Well Newham launched a campaign for Stoptober to help more people quit smoking, holding drop-in sessions and outreach events in locations including the Abbey Tap pub. Neil Wilson (Newham Councillor) was in attendance, and said: ‘We want all smokers to join our Quit Well Newham service. Residents will be offered free advice and support from a trained practitioner to quit smoking for up to 12 weeks.’ The service offers free vape starter kits as part of the Swap to Stop scheme, and nicotine replacement therapy like patches and gums. Support is available in English, Bengali, Urdu, Gujarati, Lithuanian and British Sign Language.



Managing menopausal symptoms following gynaecological cancer treatment

11 October (Ranjit Manchanda, Centre for Cancer Screening, Prevention and Early Diagnosis)

Primary Cancer	Subtype/Risk Group	Systemic HRT	Vaginal Estrogen
Ovarian Fallopian tube Primary peritoneal	High grade serous	Green	Green
	Low grade serous stage 1	Yellow	Green
	Low grade serous stage 2+	Red	Yellow
	Endometrioid stage 1	Green	Green
	Endometrioid stage 2+	Green	Green
	Clear cell	Green	Green
	Mucinous	Green	Green
	Granulosa cell stage 1	Yellow	Green
	Granulosa cell stage 2+	Red	Yellow
	Germ Cell	Green	Green
Endometrial	Borderline tumour: No residual disease	Green	Green
	Borderline tumour: Peritoneal implants, microinvasive disease, residual disease, recurrence	Yellow	Green
	Low and intermediate risk	Green	Green
	High-intermediate risk	Yellow	Green
	High risk: ER/PR negative	Red	Yellow
Cervical	High risk: ER/PR positive	Red	Yellow
	Advanced and metastatic	Red	Yellow
Vulval	All	Green	Green
Vaginal	All	Green	Green
Uterine sarcoma	Leiomyosarcoma	Red	Red
	Endometrial stromal sarcoma	Red	Red

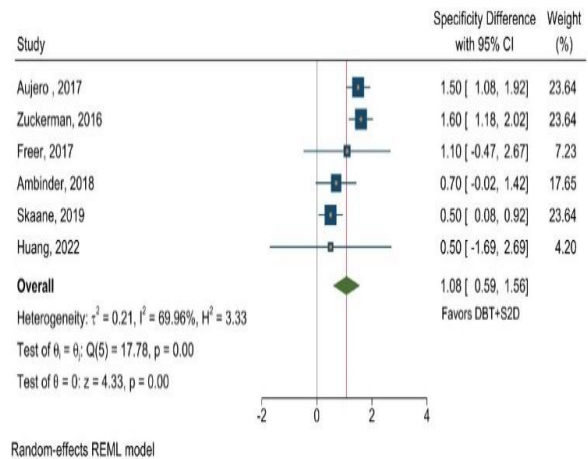
■ Benefits usually outweigh risks.
 ■ Refer to text of BGCS BMS guidelines.
 ■ Not recommended.

New guidelines, developed jointly by the British Gynaecological Cancer Society and British Menopause Society, provide information for healthcare professionals managing women treated for gynaecological cancers. Benefits and risks of hormone replacement therapy are considered by cancer type, and alternatives to HRT are reviewed, including pharmacological and non-pharmacological approaches.

Synthetic 2d mammograms v full field digital mammography

12 October (Wasim Hamad, Jonathan Myles, Stephen Duffy, Centre for Cancer Screening, Prevention and Early Diagnosis)

Digital breast tomosynthesis (DBT) with full-field digital mammography (FFDM) exposes women to a high radiation dose. This meta-analysis evaluates the performance of synthetic 2D mammogram (S2D) alone or in combination with DBT, compared with FFDM. DBT plus S2D showed comparable accuracy to FFDM plus DPT, and improved cancer detection compared with FFDM alone. Authors conclude that integrating S2D with DBT in breast cancer screening is safe and preserves performance.



Lancet World Report: Genes & Health Study

14 October (Sarah Finer. Centre for Primary Care)

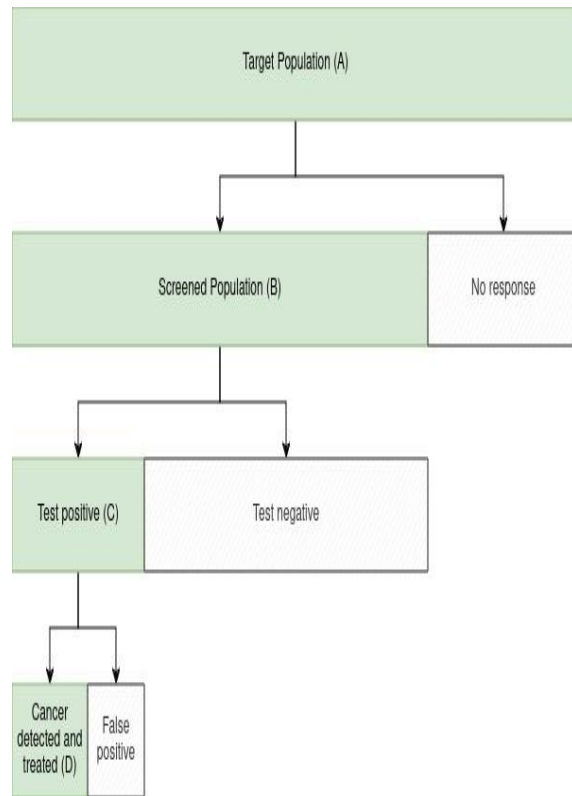


Almost all studies in human genetics are in people of European origin, but a Lancet World Report says that the Genes & Health research project challenges this norm, and has recruited around 63,000 British Pakistani or British Bangladeshi participants to study 4 priority areas: cancer, diabetes, heart disease, and mental health. Genes & Health Co-Lead Sarah Finer highlights the potential of the project for honing treatment options: ‘We can look at the genetics of type 2 diabetes, take a polygenic risk score and break it down into the underlying pathophysiology. This can help us understand much more about the disease itself, why it develops in some people at young ages, as well as its response to treatment. We can use these genetic tools to see who might respond better or worse to particular medications, and eventually move towards a personalised approach.’ Genes & Health aims to recruit 100,000 participants by 2026.

More efficient, smaller multi-cancer screening trials

14 October (Peter Sasieni, Adam Brentnall. Centres for Cancer Screening, Prevention and Early Diagnosis/Evaluation and Methods)

The NHS Galleri trial demonstrated the feasibility of multi-cancer screening trial design where all participants provide a sample for screening, but only samples from the intervention arm are tested and acted on. Researchers assessing the efficiency of analysis methods when the control arm may be retrospectively tests at time of analysis find that intended-effect or targeted analysis substantially reduces the sample size needed to evaluate cancer-specific mortality in blood-based screening trials. This gain is only substantial when the risk of cancer death in test positives is high, but targeted analysis avoids potential effects of needing to inform those whose stored samples test positive. Authors say trialists should consider the trade-off of costs between sample size and retrospective testing requirements when choosing the analysis.



Overcoming challenges emulating target trials using routine data

14 October (Jianhua Wu. Centre for Primary Care)



Leading this in-person workshop at Whitechapel campus, Jianhua Wu welcomed 45 statisticians and researchers from across the UK. Five external speakers (representing U. Southampton, U. Glasgow, UCL, and LSHTM) shared challenges and insights from their work using routine health data to emulate clinical trials. The event was supported by NIHR and Barts Charity.

FORTHCOMING EVENTS

PIECES Research Final Seminar

29 October, 43:30-6:30pm, Clark-Kennedy Theatre, Whitechapel

All are welcome to attend this seminar on Improving community-based care of people with Severe Mental Illness: How can low-resource interventions, arts and community-based methodologies improve the quality of life of people living with psychosis? You will hear from research teams working in India and Pakistan on the pathways for building community resilience, improving dialogue between healthcare systems and service users, and implementing innovative methods for tackling severe mental illness in lower-and-middle income countries. Book [here](#)






Celebrating Black History Month – Panel Discussion

Wednesday 30 October, 4:15-5:15pm, Department W

Celebrating Black History Month, the QMUL Black Postdoc Society will host a panel discussion and celebration of Black academic success, hearing about the career journeys of three Black professors from QMUL (including Lola Oyeboode, WIPH CPHP). This will be an opportunity to discuss the experience of academia from a Black perspective, and in particular how to successfully navigate an academic career. Location: Sofa room at Department W. Register [here](#)

BLACK ACADEMIC SUCCESS

Hear and celebrate the career journeys of three Black Professors at QMUL

		
Prof. James Esson Geography	Prof. Oyinlola Oyeboode Public Health	Prof. Segun Fatumo Genomic Diversity

Inaugural Lecture: Sarah Finer

Tuesday 12 November, 5:30pm, Perrin Lecture Theatre, Whitechapel

In her inaugural lecture, “Looking east to discover the finer things in life and diabetes”, Sarah will take us on a journey from her family’s radical past in Whitechapel, to her career as a diabetes doctor and researcher firmly rooted in our local east London communities. All are welcome to hear this celebration of all the wonderful colleagues, friends and family who have supported her along a long and sometimes bumpy road to becoming a Professor. Register [here](#).



Many thanks to all who so enthusiastically contribute. Please send any news items for the next newsletter to j.a.mackie@qmul.ac.uk

