

## **The British Research Panel contributes to new findings in promising treatment for people with type 2 diabetes and kidney disease**

**With the help of the British Research Panel in recruiting participants, researchers have concluded that the drug Finerenone can reduce the risk of kidney failure and cardiovascular disease in people with type 2 diabetes and chronic kidney disease.**

In 2017 and 2018, the British Research Panel helped to find participants for a research project to test the effectiveness of the drug Finerenone. The recent publication of results shows that Finerenone can reduce the risk of cardiovascular disease and loss of kidney function in people with type 2 diabetes and chronic kidney disease.

“We are delighted that here at the British Research Panel we can contribute to the research of finding new and better medical treatments. We are especially happy with the efforts of our members who volunteer for clinical trials with the hope of developing new medicine. It is our members who deserve to be recognised for helping to find this promising treatment for people with type 2 diabetes and kidney failure,” says founder of the British Research Panel, Henrik Vincentz. Vincentz is also founder of international patient organisation, James Lind Institute which oversees the British Research Panel.

### **Important results advance progress**

Kidney disease is a serious and common comorbidity of type 2 diabetes. For over 20 years, researchers have tried to find a better treatment for this patient group to prevent the development of this comorbidity. The results of this clinical trial therefore prove very positive and interesting among researchers.

“There are approximately 460 million people with diabetes worldwide and between 30 and 40 percent also have kidney disease. It’s great that there is now another opportunity to treat them,” says Peter Rossing, professor and leader of the complication group at Steno Diabetes Center, sdcc.dk.

### **Contacting hundreds of patients**

In the process of finding trial participants for the project, the British Research Panel was in contact with several thousand members. Many of these members then answered questionnaires which determined whether the research project was suited to them.

Over 600 people with type 2 diabetes and chronic kidney disease signed up for the project. All of these participants were then contacted by research nurse Birgit Hauggaard Nielsen over the phone to discuss participating in the project.

“I don’t think many people realise how much work and how many conversations with patients it takes to find just 10 participants for a research project. That is why I am so incredibly happy that all of those patients I spoke to can now see some positive results”, she told us happily.

After hundreds of conversations with the research nurse, the British Research Panel was successful in finding 9 participants in the UK who helped to test the promising effect of the drug Finerenone.

“The work of engaging patients in clinical trials becomes particularly meaningful and rewarding when one can help to find a new, promising treatment for a widespread comorbidity that many patients struggle with. That makes me happy – especially on behalf of the patients”, Birgit Hauggaard-Nielsen concludes.

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**Source**

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