

The Virgin Islands Consortium

D.O.H. Seeking Volunteers For Pre-Diabetes Research Study

Community Center / **Published On April 28, 2019 12:21 PM /**

Staff **April 28, 2019**



The V.I. Department of Health (D.O.H.) is partnering with representatives from Yale University School of Medicine, the Eastern Caribbean Health Outcomes Research Network (ECHORN) and representatives from New York on a Lifestyle Intervention with Metformin Escalation (LIME) diabetes research study in the Virgin Islands, the department has announced.

To qualify, participants must be between the ages of 40 and 60, never have been told by a doctor that they have diabetes (either type 1, type 2 or gestational during pregnancy), not be currently pregnant, not be on any blood sugar medications, and be available for weekly workshops, D.O.H. said. As an additional benefit each volunteer will receive a

FREE A1C blood test used to estimate blood glucose levels over the previous three months.

The purpose of the LIME research project is to generate novel scientific approaches to treatment, strengthen partnerships and implement interventions to reduce the burden of non-communicable diseases within Region II and the Caribbean, according to the release.

As a sub-unit of the overall LIME study, D.O.H. will present the diabetes training program known as Helping Educate to Eliminate Diabetes, (HEED).

The program gives the patient lifestyle-changing information on the benefits of healthy eating, regular exercise, and getting ongoing medical checkups. Additionally, if after evaluation by the LIME program team you are found to be in need of medical intervention, you may receive medications to lower your blood sugar, said the release.

The FREE HEED program is slated to begin in April and will run concurrent with the LIME research study. To volunteer for HEED and LIME please contact: On St. Thomas: Lyña Fredericks at lyna.fredericks@doh.vi.gov (340 774-7477 ext. 5675 or Kathleen Rene'-Grant at Kathleen.grant@doh.vi.gov (340) 774-7477 ext. 5615. On St. Croix: Kathleen Arnold-Lewis at Kathleen.arnold-lewis@doh.vi.gov or (340) 277-7609.

Region II collaborators include: the USVI Department of Health, the Ministry of Health Polyclinics in Barbados, the Flatbush Family Health Center at New York University Langone, New York, the South West Regional Health Authority (SWRHA), in Trinidad and Tobago, the University of Puerto Rico in Carolina Medicine Clinic, Puerto Rico, and the Internal Medicine Associates of Mt. Sinai in New York.