



Cambridge Society for the Application of Research

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[www.csar.org.uk](http://www.csar.org.uk)

## **“Controlling the diabetes epidemic; Is screening the way forward?”**

Dr Rebecca Simmons  
MRC Epidemiology Unit, Addenbrooke's Hospital, Cambridge

7.30 p.m., Monday 6<sup>th</sup> June, 2011  
**WOLFSON LECTURE THEATRE, CHURCHILL COLLEGE**  
Storey's Way, Cambridge

### **Dr Simmons writes:**

“The type 2 diabetes epidemic represents a huge public health burden. Given the long latent period of the disease and the high prevalence of complications at diagnosis, there are good arguments for screening.

The government has introduced the NHS "Health Checks" programme, to screen all adults aged 40-74 years for diabetes, heart disease, stroke and kidney disease. Using data from epidemiological studies, my lecture will explore the rationale for screening for diabetes and the notion that prevention is better than cure.”

### **The MRC website adds:**

“Rebecca Simmons is a Career Development Fellow working on the primary prevention of diabetes and cardiovascular disease (CVD). Rebecca has previously worked in reproductive epidemiology where she conducted research into multiple births, miscarriage and Gulf War syndrome.

Rebecca's current research focuses on risk identification, screening and the primary and secondary prevention of diabetes and CVD. She is particularly interested in developing primary prevention strategies for larger groups of people at lower absolute risk of diabetes and CVD.

## About the speaker:

Dr Simmons is an Investigator Scientist at the MRC Epidemiology Unit in Cambridge, where she focuses on the primary and secondary prevention of diabetes and cardiovascular disease. Rebecca read Human Sciences at Hertford College, Oxford, before moving to the London School of Hygiene & Tropical Medicine to study for an MSc in Epidemiology. She then completed a PhD in the prevention of type 2 diabetes at the MRC Epidemiology Unit before taking up her current post-doc position.

Rebecca's interest in diabetes was sparked as a 21 year old at Oxford, where she won a scholarship to work on a Native American reservation in Wisconsin, USA. After witnessing firsthand the devastation this disease can wreak upon whole communities, she was inspired to train as an epidemiologist upon her return to England and has been engaged in diabetes prevention research ever since.

## The Organising Secretary adds....

This is our last lecture of the academic year. and also the last CSAR lecture which I shall organise. Next year's programme is being prepared by Alex and Alexis, our new 'Organising Secretariat', and I am sure they will do it very well.

I became your Organising Secretary ten years ago, taking over from Richard John Artley, who I am sure many of you will remember! Since then, I have organised over 120 lectures, most of which have gone without mishap, most were good and some of were outstanding. We did nearly get thrown out of the Wolfson after Andy Szydlo's lecture, which involved igniting gun cotton and detonating stoichiometric mixtures of hydrogen and oxygen, but the College forgave us!

You have been a wonderful and very supportive audience. Please continue to support the new team by attending lots of CSAR lectures.

Coffee and biscuits are will be available in the Wolfson Foyer from around 7pm until the start of the lecture.

Best regards, and all the very best for the future

Richard Freeman

Organising Secretary

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