



SHARE – The Scottish Health Research Register and Biobank

Please note that you are receiving this newsletter by post, as we don't have your email address. Help save trees! Get in touch to update your contact details. Scan the QR code to contact us, email at enquiries@registerforshare.org or call us on 01382 383471



A Heartfelt Thank You to Our Valued SHARE Participants!

As Christmas draws near and the twinkling lights adorn every corner, we would like to thank everyone who has given their valuable time to take part in research studies across Scotland. It is because of people like you that researchers can investigate new treatments for disease and conditions such as Covid, dementia, heart failure and cancer.

Good news stories

Recruitment Milestone – 300,000 registrations

We are thrilled to share some exciting news with all of you – earlier this year, we achieved a remarkable milestone by reaching **300,000 registrations**, and it wouldn't have been possible without your incredible support! Please tell your friends and family about SHARE – help us reach our goal of 350,000 registrations by 2025.

British Golden Girl

SHARE welcomed the arrival of **Eilish McColgan**, the golden girl of British sports, as the 300,000th volunteer to our SHARE family. Eilish's commitment to her sport and to our research projects shows the strength of people who use their platforms to make a difference. We are making progress towards a healthy future for everyone with the help of these outstanding advocates.

"As an athlete, I know the difference that seconds can make," said Eilish, who smashed the British record enroute to winning April's Berlin half-marathon. It is incredible to think that in less than 60 seconds a person can sign up to SHARE and help doctors to discover new treatments for conditions like diabetes, cancer, and dementia.

Anyone aged 11 years or older can sign up, and I particularly hope that more young people want to get involved in this incredible project. It takes just a few seconds to register, requires minimal commitment, and could help transform outcomes for some of our most challenging health conditions."



Home | Sport | News | World | Business | Politics | Culture

Scotland | Scotland Politics | Scotland Business | Edinburgh, Fife & East | Glasgow & West | Highlands & Islands | NI, GB & Abroad | Local News

Eilish McColgan signs up for blood research programme

By BBC News



Commonwealth champion Eilish McColgan has registered for a medical project that provides researchers with unused blood samples.

Generation Scotland – Family health study

Everyone in Scotland aged 12+ can now join **Generation Scotland**, the nation's largest family health study. The aim is to improve the health and well-being of current and future generations by following changes across generations over time.

Over 30,000 volunteers across Scotland have already contributed to over 350 research projects including mental health, chronic pain, dementia and diabetes. New volunteers from every kind of family are welcome to join. You can find out more and join here: www.gen.scot.

Join Online, Anywhere, Anytime!

1. Read about the study and consent online.
2. Complete the short survey (20 min max)
3. Provide a saliva sample & pop it in a post box.



If you have any questions, please get in touch by email genscot@ed.ac.uk or phone 0131 651 8718.

Some of the ways you have helped research in Scotland in 2023

Diabetes and heart condition study: Researchers are investigating a new medicine for weight loss. The drug Tirzepatide has been shown to help people diagnosed with diabetes lose weight in previous research.

Apathy study: Decisions made by people may be affected by apathy. This is often seen as loss of energy, and creativity. Researchers are trying to understand how apathy affects daily lives.

Dermatology study: Far UVC light is known to purify the air and may be useful in helping reduce infections in workplaces and public areas. The safety of this is being investigated on the skin of healthy volunteers.

Cancer detection in blood samples: Blood samples have been used to help develop new diagnostic tests for the early detection of cancer.

We are extremely thankful to everyone who helped us contribute to all research projects.

Current Studies

Painstorm study: Researchers are looking for people who have diabetes to complete a health survey from home. The aim is to find out if a person's lifestyle, other health conditions, or even family history (genetics) can lead to a person having neuropathic pain after diabetes.

Aliento study: Researchers are looking for people with COPD to take part in a study investigating a new drug to see if it can reduce symptoms and flare-ups.

Scotheart2 study: Researchers need people from NHS Lothian who are aged 40 to 70 and would like to get their heart health checked. The aim of the study is to determine the best way to prevent heart attacks.

QUICK study: Quantifying the Impact of Chronic pain on work. Researchers need people who currently experience chronic pain, to complete a questionnaire regarding their symptoms.

To find out about all the current studies please go to our studies page on our website: www.registerforshare.org

Patient experience story

Pat thanks health researchers for diagnosing a blocked artery, while she participated in a study.

"I was asked to take part in a research programme in 2021 to do with diabetes and heart problems (I had neither, but that was needed too). I went to the research centre at the hospital, where I went through a number of different tests, including an ECG and a CT scan. All in all, it was a very interesting day, as I had never had them before.

A couple of weeks later, I had a phone call from the cardiologist who was leading the research, who informed me that I had a blocked artery and, therefore, couldn't take part any further with the research. They contacted my GP, and I was prescribed a statin, which I will now be taking for the rest of my life. I am so grateful that I agreed to take part, otherwise I wouldn't have known about my blocked artery until it was maybe too late. I would recommend registering with SHARE to anyone, in fact, my daughter has recently registered. It's good to know that you might be helping future medical outcomes."

Common questions answered

Why do you want my leftover blood for research?

Researchers can learn a lot from looking at your blood, for example, they can investigate the role of genes in health and disease or develop new tests to spot disease earlier. When you join SHARE, you can give permission for your leftover blood (blood remaining after routine blood tests) to be used for approved research studies that may include genetic analysis. If you give permission for your blood to be stored and accessed for research, your privacy is protected and personal details which identify you are removed from your sample. An example of genetic analysis is the testing of cancer biomarkers in blood.

Social Media and Enquiries

We would like to invite every SHARE registrant to connect with us on social media so that we can keep you updated on any SHARE news and research studies for which we are presently recruiting. Follow us today by searching for us through our username:

Facebook: @registerforshare

Instagram: @register4share

Twitter: @register4share

Please get in touch by:

Email: enquiries@registerforshare.org

Phone: 01382 383471

Post: SHARE, The Scottish Health Research Register and Biobank, Mailbox 12 Level 5, Ninewells Hospital & Medical School, James Arrott Drive, Dundee DD1 9SY.

Thank you for your continued support.