

NIHR Bristol Nutrition BRU Newsletter



I hope everybody had a good summer. I'd like to welcome Caroline Taylor and Liz Arthurs, who have joined us over the last few months. And to congratulate Georgina on the birth of her daughter Livinia and Vanessa on her marriage.

I think everybody in our team can be proud of how much they have achieved over the last few months. They are successfully recruiting people into studies. They are presenting their work at international meetings. They are running exciting public engagement activities. And they are finding time for some fun too!

We have formally recognised Julian Hamilton-Shield's important contribution to our unit by making him Deputy Director. He will continue his work strengthening collaborations with clinicians and building links with industry.

I look forward to more of the same over the coming months.



Andy with some of the research team at the BRU

Prostate Cancer Evidence of Exercise and Nutrition Trial (PrEvENT)

By Lucy Hackshaw-McGeagh

Research Associate in Prostate Cancer



Over the last 12 months Lucy Hackshaw-McGeagh and the Prostate Cancer Research Group have been developing the Prostate Cancer Evidence of Exercise and Nutrition Trial (PrEvENT) cohort and nested Randomised Controlled Trial (RCT). We are delighted that recruitment has now begun. Men with prostate cancer, due to undergo radical prostatectomy, will be recruited from the urology centre at Southmead hospital. Participants will be recruited to the cohort, with demographic, anthropometric and questionnaire data, along with blood samples being collected. Participants will then undergo surgery, where prostate tissue will be stored by the research team. Post-surgery, the men will be invited to

participate in the RCT, involving randomisation into one of three nutrition arms (lycopene supplementation, complex plant based diet or control) and one of two physical activity arms (brisk walking or control). Participants will maintain their intervention arms for 6 months, with further data collected at randomisation, 3 and 6 months. We aim to recruit 150 men to the cohort and, of those, retain at least 120 to be randomised into the RCT. As a feasibility trial, the dual primary outcomes will be randomisation rates and adherence to the intervention at six months following randomisation. Adherence will be assessed by analysis of mean serum levels, with specific biomarkers being monitored including vitamin A, vitamin E, lutein, alpha-carotene, beta-carotene and lycopene, and via daily step count recorded by pedometer. Self-reported data will also be collected. The secondary outcomes include intervention tolerability; trial retention; change in prostate specific antigen; change in insulin-like growth factor I; change in general nutrition; change in general physical activity levels; urinary symptoms; psychological factors; health beliefs; quality of life measures; general health data; cancer related fatigue; general lifestyle factors and attitudes and views of men and their partners about nutrition and physical activity modification.

"A Day In The Life of An Intern..."

By Rhona Beynon,
BRU Intern



"I have been in the BRU now for seven months. I cannot believe how quickly it has gone. I wouldn't really say that I have a "typical day" as I have been lucky enough to do a great variety of things. My main role in the Unit is to support the work of the Research Associates and PhD students.

My day might therefore include scanning documents, preparing site files, or updating references.

I work in Research and Enterprise Development (RED) two days a week. This is a very different environment to work in to the BRU. It is a large office and the phone is always ringing with requests for advice and support on study set up and governance. The next phase in my internship is to go and work at Nutricia in Trowbridge, starting in September. I look forward to coming back to the BRU to tell everyone about my experience there."

Staff changes at the BRU

Welcome... Caroline Taylor Research Assistant



"I joined the Nutrition BRU at the beginning of May after completing a project in the School of Social and Community Medicine on exposure to heavy metals in pregnancy. I have a degree in Nutrition and Dietetics from the University of Surrey, and completed a PhD at the Rowett Research Institute in Aberdeen. I work half-time in the School of Social and Community Medicine on a project on picky eating behaviour, and the other half here at the Nutrition BRU focusing on projects within the perioperative theme. I am looking forward to getting to know you all better!"

Welcome... Liz Arthurs MD Student

"I am a gastroenterology specialist registrar. I am studying for an MD and have a hybrid research fellow post which is part clinical, part research. My main areas of interest are inflammatory bowel disease and nutrition. The focus of my research is assessing the relationship between adiposity and Crohn's Disease."

San Diego Conference, May 2014

By Lucy Hackshaw-McGeagh, Research Associate in Prostate Cancer

In late May 2014, Lucy Hackshaw-McGeagh, Catherine Falconer and Ashley Cooper were lucky enough to spend 4 days in San Diego attending the prestigious 'International Society of Behavioural Nutrition and Physical Activity' (ISBNPA) Annual Meeting. Catherine was first to present delivering an oral presentation on 'The relationship between patterns of active



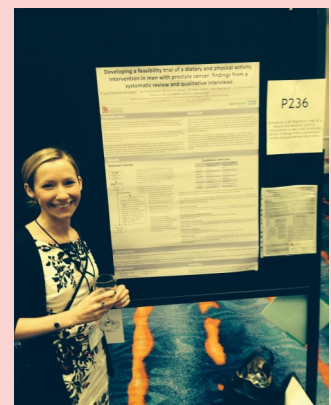
Cat and Lucy next to the famous Unconditional Surrender Statue, on one of their early morning marina runs (hence the stylish outfits!)

travel and body mass index in UK adolescents'. Lucy was up next with a poster presentation detailing 'The development of a UK feasibility trial of dietary and physical activity intervention in men with prostate cancer'. The following day, after an evening sampling the local Mexican cuisine, Ashley delivered an oral presentation on 'Objectively measures time in greenspace and salivary cortisol levels in adolescents'.

All three agreed the conference was of a very high standard with some excellent presentations from some of the top researchers in the field. Furthermore the location was stunning and a prime spot for exploring the San Diegan sea front and the local area. Ashley combined the meeting with a trip to the Grand Canyon while Catherine spent some time exploring California. She also took in the tranquillity of Yosemite and madness of Las Vegas. In 2015, ISBNPA will be heading to Edinburgh where a BRU team is sure to be in attendance.



The Grand Hyatt Hotel, where the conference was held, on the marina



Lucy presenting her poster

How'd They Like Them Apples...?

Quite a lot as it turned out...!

By Laura Birch, Research Dietician

In August the BRUs intrepid team of Nutrition Know-Alls headed west in the name of science, in search of Einstein's Garden at the Green Man festival in the beautiful Brecon Beacons. Their mission? To educate the masses in relation to the importance of good nutrition and physical activity for good health.

The team devised an interactive game "How'd You Like Them Apples?!" to test festival goers nutritional knowledge and physical prowess, with an element of 'healthy competition' to make it more fun...everything in moderation after all! Two players, a.k.a fruit-pickers, had to rummage around in our giant fruit bowl to find either a healthy apple or a piece of cake before racing back to their named Nutrition Know-All, where they were quizzed with a nutrition question if they acquired an apple or made to burn off the extra calories with a physical challenge if they chose the cake! The aim of the game was to see which of the fruit-pickers could collect the five food items in the quickest time to earn a place on the 'pick of the bunch' leader board, in their quest for the coveted prize of the Golden Apple award for the overall winner!



The team running the interactive game

The game fast became the apple of the discerning festival-goers eye (well the younger ones anyway!) with 500+ players delving into the fruit bowl over the course of the four day festival; we had young and old fruit-pickers



The Bristol Nutrition BRU team!

alike lining up to challenge their bodies and minds, and to beat their previous times! The times clocked up ranged from a sedate 3 minutes to a super speedy 37 seconds! Everyone really got into the spirit of things and all reported learning some new nutritional nuggets of wisdom along the way - who knew that BMI actually stands for Body Mass Index, not Big Muscly Individual?!



Sculpture at the Green Man festival

All in all it was a hugely successful public engagement effort and a great opportunity to get the message of good nutrition and activity across in a fun and interactive forum. Core'blimey, think we might have stumbled across a winner here....same time, same place, next year?



Enjoying the rest of the festival!

Professor Loc Do Sabbatical

By Vanessa Marshall, BRU Manager

"From 27 May to 11 July, Professor Loc Do from the University of Adelaide, Australia, was welcomed to the Nutrition BRU as an IAS (Institute for Advanced Studies) Benjamin Meaker Visiting Professor. Professor Do's scientific interest was identifying life course determinants of oral health through cross-country comparative analysis. He presented his research findings at research seminars hosted by the nutrition BRU and the School of Oral and Dental Sciences.

As a result of his successful visit Bristol Nutrition BRU have now established a relationship between the University of Bristol LEPOH and the Australian Research Centre for Population Oral Health at the University of Adelaide. Professor Do is collaborating with us on several research projects including oral health in children with cleft lip and palate and life course determinants of oral health data in the Avon Longitudinal Study of Parents and Children (ALSPAC). We are also discussing the possibility that Professor Ness will visit Professor Do and colleagues at the Australian Research Centre for Population Oral Health at the University of Adelaide."



Lucy Hackshaw-McGeagh awarded 'Cancer Prevention in Health Inequalities' funding

By Lucy Hackshaw-McGeagh,
Research Associate in Prostate Cancer



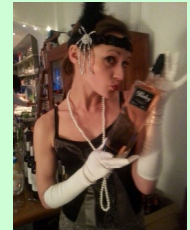
Lucy Hackshaw-McGeagh was selected to attend the first Cancer Prevention in Health Inequalities innovation workshop, as part of the Cancer Research UK/BUPA Foundation Cancer Prevention Initiative. This was a three day intensive residential event, held in Oxford from 29th – 31st July. The workshop brought together 25 individuals of varying disciplines, including those from private, public and third sector organisations and community groups, with a mutual interest in cancer prevention in hard to reach groups. The event encouraged group creative thinking and development of research ideas, spontaneous 'soapbox' presentations and guest speakers including Professor Nick Wareham, Director of CEDAR (Centre for Diet and Activity Research) and the University of Cambridge MRC Epidemiology Unit. Lucy, along with two other participants from Queens University Belfast and University of Durham, developed and pitched a research proposal to the panel of experts and were subsequently awarded £15k to implement this work over the coming year.

Cocktails cause a flap

By Andy Ness

Friday 30th May, 7.30pm, Andy's house, Bristol:

The annual BRU cocktail party at Andy's house at the end of May managed to avoid Wimbledon and Glastonbury but not half term! This year we had a vintage theme which was variously interpreted and adhered to. In particular there were some fabulous flappers! Staff were divided into theme based teams and competed to produce a cocktail with both a great name



Rhona making a cocktail



As Vintage As You Like!

and a great taste. Cocktails on offer included a Periopolitan, Apple (core) Martini, Secs on the Beach and a Hanky Pancreas! The evening finished late in a blur of champagne cocktails and dad dancing which luckily was not recorded for posterity!

Softball on the Downs

By Vanessa Marshall, BRU Manager

Wednesday 20th August, 5pm, The Downs, Bristol:

The Nutrition BRU were challenged to a social softball and bake off challenge by the Centre for Exercise, Nutrition and Health Sciences, on Clifton Downs on 20th August. There was a good turnout, enough to field two strong teams.

The Nutrition BRU team stole a surprise victory by 5-2 home runs! Consolation was had by ENHS though by Jo Kesten's carrot cake muffins being voted the best cakes in the bake-off.



The two teams



Vanessa racing for a home run!

Lots of fun and tasty treats were had all round, despite the rain and a few injuries and we are already looking forward to next year's rematch with perhaps more warming up beforehand!

Babies and church bells!

Celebrations took place on Friday 27th June when Miss Vanessa Er married Mr Andy Morris.

Congratulations to Georgina and her husband Mike on the birth of Livinia May, 7lbs, born on Tuesday 29th July.

