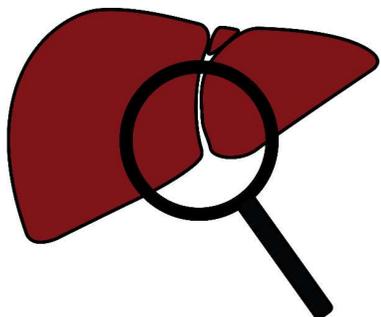


# Participants needed

**REFLEX** is a study investigating liver health in people living with type 2 diabetes



## Who do we need?

People living with type 2 diabetes, 18 years +

## What's involved?

A single 20-30 minute appointment where we will collect a blood sample and assess the health of your liver with a machine that uses ultrasound based technology.

ERGO II ID: 80205  
IRAS ID: 326212  
Summary\_PIS\_V2.4, 13/07/2023



**Study Title:** The REFLEX study - Reflex testing for metabolic associated fatty liver disease (MAFLD) in patients living with type 2 diabetes compared to usual care - a randomised controlled trial

### What is the research about?

Research, including our work, has shown that 15% of people living with type 2 diabetes are at risk of long-term complication to their health, including liver problems. However, we do not know what is the right way to monitor people living with type 2 diabetes for liver problems.

### What will happen to me if I take part?

You will be randomly put into one of two groups. Both groups will complete a short questionnaire and have a blood sample taken. Group A will have a scan of their liver straight away, Group B will have a scan of their liver in 12 months time. The appointments will take place in a community clinical setting near to, or at, your GP surgery. The appointment will between 20 and 30 minutes.

**Figure 1:** Patient receiving a liver assessment using the FibroScan machine



The FibroScan uses ultrasound technology to measure the speed at which a sound wave returns from your liver. You will need to lie down on your back and raise your right arm so that the FibroScan probe can be placed in a gap between your ribs (**Figure 1**). This procedure is non-invasive, painless and takes about 10 minutes.

Source: <https://apexhealthtech.com/product/fibroscan/?lang=en>

### Are there any benefits in my taking part?

During the study all participants will have the opportunity to have their liver health assessed by blood tests and a scan. More broadly the information we get from the study will help us understand how best to monitor people with type 2 diabetes for complications to their health.

### Are there any risks involved?

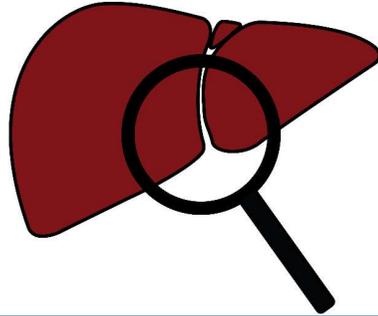
The FibroScan assessment is a painless noninvasive procedure. Collecting blood involves using a needle stick which may hurt a bit – like a usual blood test. There is a small risk of bruising, a rare risk of infection, and you may feel lightheaded.

Further information can be found at: <https://www.reflexstudy.org/> or call Tina Reinson on : 07751 009483; email: [tina.reinson1@nhs.net](mailto:tina.reinson1@nhs.net).



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