

Message from Dr Alan Dangour (Chief Investigator)



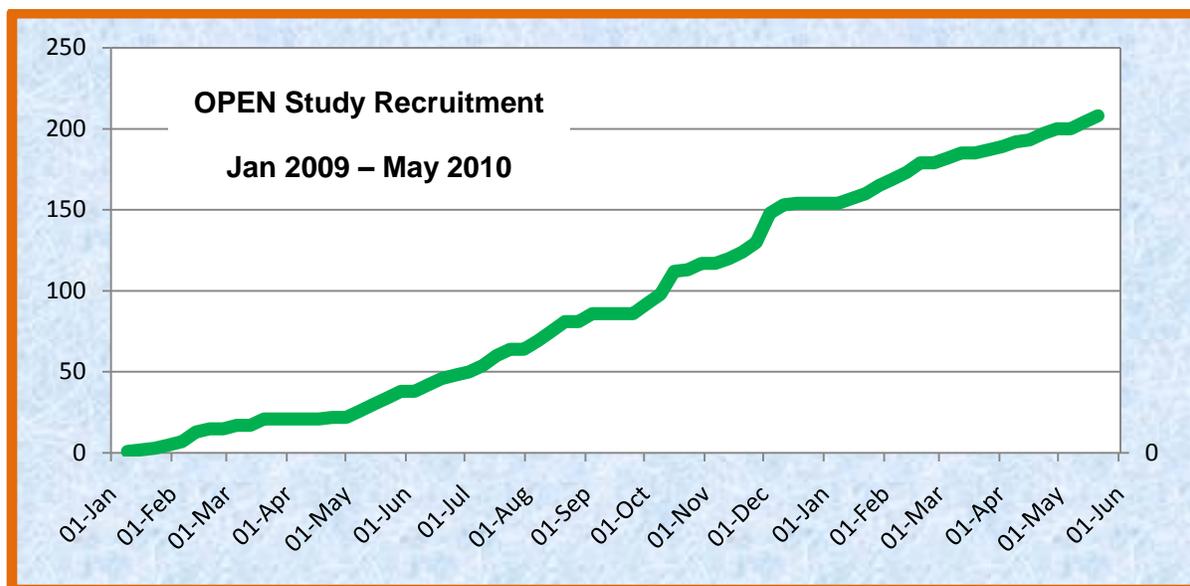
Welcome to this edition of the OPEN Study newsletter. 200 people have now joined the OPEN study, which means that we have reached our planned study recruitment target! To those of you who have recently joined the study, thank you very much for agreeing to take part in this important study.

12 months after you joined, you will have your final appointment at King's College Hospital. Ken Whyte, the study manager whom you've already met, will contact you near the time to arrange a convenient appointment. At this appointment Professor Mills will repeat the tests he conducted at your first appointment and Ken will see if there are any changes in your memory and concentration over the 12 months.

Several participants have already completed 12 months on the study and have attended their final visit. Thank you to all of you for your commitment to OPEN.

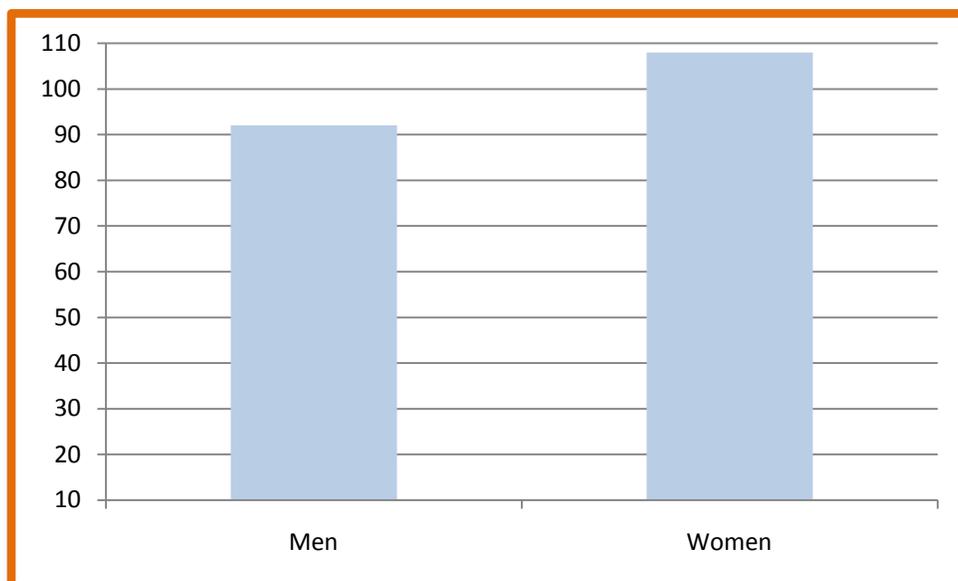
Once all participants have attended their final appointment, we will for the first time be able to analyse the data and see if there are any benefits to memory and nerve function from the consumption of vitamin B12. You will receive a letter giving you the results of the study towards the end of 2011 or early 2012.

Recruitment target achieved!



This graph shows when our 200 participants joined the study between January 2009 and May 2010

Recruitment to the OPEN Study began at the end of 2008. 3150 people aged 75 or over were invited to participate by their GP, with over 500 attending a screening assessment with the research nurse in their general practice. Of the 200 people who have joined OPEN, 108 are women and 92 are men, and their ages range from 75 to 94 years.



Participants have been recruited from Essex (Colchester), Kent (Beckenham and Tonbridge), London (Acton), Surrey (Cranleigh and East Horsley) and West Sussex (Crawley).

Prof. K.R. Mills BSc, PhD, MB, BS, F.R.C.P



You have all met and had your nerve function tested by Professor Kerry Mills. Many of you have asked to know more about him! Prof. Mills did most of his training in Medicine and Neurophysiology in London at King's College Hospital. He was appointed as Professor at the University of Oxford in 1998. Since 1999, he has been Professor of Clinical Neurophysiology in King's College Hospital, part of the University of London. He has kept his links with Oxford, and also further afield, indeed, he is also an Honorary Professor at the University of Thessaloniki in Greece!

Prof. Mills has many research interests including muscle disease, motor neurone disease, motor control and the use of transcranial magnetic stimulation. He has published a large number of very highly respected research papers, and is an important authority in his field. We are delighted that Prof. Mills is working as part of the OPEN Study team.

This study has only been possible due to the goodwill and support from people like you who volunteered to help. We therefore sincerely thank everyone who has agreed to participate.

Ken Whyte, the Study Manager can be contacted by telephone on: 020 7958 8147;
by post to: NPHIRU, LSHTM, Keppel Street, London WC1E 7HT;
or by email to: Ken.Whyte@LSHTM.AC.UK