

*Curriculum Vitae – Abbreviated, 2018*



**Professor Alan Sinclair**  
**MSc MD FRCP Lond**

## Summary

I am a senior medical practitioner with both a national and international standing in Medicine (Diabetes and Geriatric Medicine). I feel that my strengths include being a strategic thinker, marked adaptability, commitment to team working, and excellent communication skills. In addition, I have had a strong background in leadership of medical education and training at a postgraduate level on both regional and national platforms, as well as significant experience as an undergraduate teacher and module leader. I have had additional academic leadership experience which has included administrative, financial and management experience as Head of Department in Birmingham, Coventry, and in Bedfordshire. I have had clinical leadership experience as a Clinical Director within the NHS, and as Medical Director within a Primary Care Trust (NHS Luton Community Services). In terms of performance assessment, I have previously been asked to assess poorly-performing colleagues by the Royal College of Physicians. In my recent posts, I have contribute to clinical service development in diabetes, stroke and in the area of the frail older person.

My academic background includes experience in basic science, clinical research and in health services research. I held a full Endowed Chair in Birmingham for over 6 years, a Hon Professor of Medicine post at Warwick for 4 years, and a Chair in Medicine at the University of Bedfordshire for 9 years. I have been a Visiting Professor of Medicine at St Louis (USA) and British Columbia (Vancouver). Between 2005-10, I was a Visiting Professor of Medicine at Oxford Brookes University for 5 years (completed in 2014). In June 2014, I resigned from my post (finishing September 30<sup>th</sup>, 2014) as Dean at the Bedfordshire and Hertfordshire Postgraduate Medical School, Professor of Medicine at the University of Bedfordshire, and Director of the Institute of Diabetes for Older People (IDOP), and established Diabetes Frail Ltd, an EU-validated *not for profit* research organisation. From November 2014 to November 2017, I was Hon Professor of Metabolic Medicine at the University of Aston.

I have had extensive experience in examining both at MB BS level but also at MSc, MD, and PhD levels. I have been a senior medical examiner at the Royal College of Physicians (NVE) for PACES and have sat on numerous advisory boards and I have been an advisor to the Department of Health (UK Government) for diabetes and also sit on several editorial boards. I am a scientific reviewer for major geriatric and diabetes journals including the Lancet. I was the first National Clinical Lead for Diabetes in Older People at the Department of Health (2010-13) and am now National Clinical Lead for the Older People's Diabetes Network (OPDN).

I believe that I am able to lead and motivate people in various sectors and this follows on from my previous experience nationally as SAC Chair, Member of the Audit Commission (Rehabilitation), involvement in the Kings Fund Rehabilitation Project, and in the new Sub-SAC for Stroke at the Royal College of Physicians. At an international level, my previous role as Academic Director of the European Union Geriatric Medicine Society (over 8000 members) enabled me to offer strategic direction for the Society, and my 3 years at EAMA (European Academy of Medicine of Ageing) in Switzerland gave me valuable insight into

health service provision and postgraduate medical education internationally. More recently, I was Diabetes Lead for the Geronto-Net collaboration (Chief: Prof Bruno Vellas) which seeks to bring together a consortium of centres of excellence in health care research across the EU, and I led a programme to enhance the quality of diabetes research and care in Europe via the IAGG.

I believe that I am very capable of managing change and this is evidenced by my many previous activities: the development of medical audit in Cardiff, the resurrection of the University of Birmingham Department of Geriatric Medicine, developing a new undergraduate educational course at the University of Birmingham, leading the transition phase of Calman in re-organising Postgraduate Medical Education and Training for trainees in Geriatric Medicine in the West Midlands, re-organising health care services for stroke as NSF Clinical Champion in Coventry and Clinical Director at the University Hospitals Coventry and Warwickshire NHS Trust. I have previously made worthwhile contributions within the NHS in Luton and across the two counties of Bedfordshire and Hertfordshire and this was previously recognised by my ACCEA 'Silver' award for clinical excellence. I led the strategic development the first institute of its kind in Europe – the Institute of Diabetes for Older People (IDOP). In 2014, I established a new Foundation for research in older people with diabetes as part of a not for profit research organisation called Diabetes Frail Ltd ([www.diabetesfrail.org](http://www.diabetesfrail.org)).



***Professor Alan Sinclair***

## Personal Details

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No. 2522546; May 2014: **revalidated until 2019**

**Defence Agency:** Medical Protection Society

**Current Post:** **Director (from June 19<sup>th</sup> 2014 onwards), Diabetes Frail Ltd ([www.diabetesfrail.org](http://www.diabetesfrail.org)), and Honorary Consultant in Diabetes Medici Medical Practice, Luton, Bedfordshire. I was a Hon Consultant Physician at the Luton & Dunstable University Hospital between 2005 and August 2016.**

**I am a Hon Professor Diabetes at the Heart of England Foundation Trust (since October 2016) attached to the Department of Diabetes & Endocrinology**

**Previous Post:** **Dean (from March 2010; previously Associate Dean and Deputy Dean – October 2005- February 2010)) and Professor of Medicine, Bedfordshire & Hertfordshire Postgraduate Medical School, and**

University of Bedfordshire, Director, Institute of Diabetes for Older People (IDOP) 1<sup>st</sup> Oct – 30<sup>th</sup> September 2014; and Hon Consultant

## Qualifications

<b>BSc</b>	Ist Class Honours in Biochemistry University of London 1976
<b>MB BS</b>	St Bartholomew's Hospital Medical College University of London 1979
<b>MRCP</b>	Royal Colleges of Physicians, UK 1982/5
<b>FRCP</b>	Royal College of Physicians, London 1995
<b>FRCP</b>	Royal College of Physicians, Edinburgh, <b>1999 - 2011</b>
<b>MD</b>	University of London 1992 <i>Title of thesis:</i>  <i>Ascorbic acid metabolism and free radical activity in human and experimental models of diabetes mellitus</i>
<b>MSc</b>	Medicine University of Sydney 1993 <i>Title of thesis</i>  <i>Primate and Rat Models of Streptozocin-induced insulin-dependent diabetes mellitus: their use in the study of ascorbic acid metabolism in diabetes.</i>
<b>T(M)</b>	<b>Specialist recognition by the General Medical Council (European Specialist Medical Qualifications Order, 1995) in:</b> Geriatric Medicine General Internal Medicine Diabetes Mellitus and Endocrinology
<b>May 2014</b>	<b>Revalidated by the GMC for 5 years</b>

## Examples of Key Achievements in last 10 years

My previous post as Dean of the Beds & Herts Postgraduate Medical School and Director of IDOP combined clinical, research, managerial, administrative, financial, and organisational roles. My main achievements since taking up that post in October 2005 have been:

- (1) As Head of Department, former Deputy Dean, and then as Dean, established a Department of the Bedfordshire & Hertfordshire Postgraduate Medical School in Bedfordshire which had more than 200 students taking part-time and distance-learning Masters programmes in clinical science, diabetes, medical education, palliative care, and public health (2005-2010)
- (2) As a previous senior Medical Advisor and Medical Director, have assisted NHS Luton Community services to develop services, assisted in the preparations for a social enterprise model, and later to assist with the merger with Cambridge Community Services through my work as Chair of the Professional Advisory Committee and as member of the Executive Board
- (3) In May 2008, as Director, I established and launched the first diabetes institute of its kind called **IDOP (Institute of Diabetes for Older People)** which aimed to enhance the quality of research and clinical care of ageing citizens with diabetes and related metabolic disease: based on success in research grant income, publications record, and national and internal diabetes policy development, this initiative was very successful. I established an EU-validated not for profit research organisation called **Diabetes Frail Ltd** in June 2014 to continue the work of IDOP but with a greater focus on medical research and audit.
- (4) Appointment to Department of Health (NHS Diabetes) as **First National Clinical Lead in Diabetes in Older People** (2010): national initiative in diabetes for older people designed to enhance care – this led to:
  - (5) The establishment of the England-wide Older Peoples Diabetes Network (OPDN) funded by NHS Diabetes (2012) as **National Clinical Lead**
  - (6) Recognition by the global organisation (IAGG): International Association of Geriatrics and Gerontology: **2013 Presidential Medal** for services to diabetes in older people and to services worldwide for the medical care of older people
  - (7) Member, **WHO-IAGG World Expert Group on Frailty and Sarcopaenia**: July 2014: as a recognition of my sustained work in this area
- (8) Have **Co-chaired** both the **International Diabetes Federation (IDF) Working Group** on Managing Older People with Type 2 Diabetes (2013) and **Type 1 Diabetes in Adults (2018 – inpress)**
- (9) Have led or co-led successful national initiatives in care home diabetes (including leading the first ever national diabetes audit in care homes -2012-4), end of life diabetes care, and diabetes and dementia, all leading to national guidelines or best clinical practiced statements; in addition, working with the Joint British Diabetes Societies (JBDS) have produced national guidance in management of stroke, hyperglycaemia, and hypoglycaemia, and now **Co-lead, JBDS**

### **Inpatient Guidance on Managing the Frail Older Adult with Diabetes (in development-2018)**

- (10) Have succeeded in being a co-lead or applicant on 6 successful European Union research bids via the FP7, DG Sanco and IMI calls totalling more than 70 million euros across the consortia; have also succeeded in obtaining more than £2m of UK-funded grants as a project lead or applicant – *see below*
- (11) Have led Diabetes Frail since October 2014 to complete two important EU-funded studies Vivifrail and Midfrail, the latter being the largest RCT in the world looking at benefits of resistance exercise training and nutritional education in subjects aged 70 years and over with diabetes
- (12) Have continued to lead the Older People Diabetes Network (OPDN) which had its 4<sup>th</sup> Annual Meeting in London in September 2017
- (13) Have Co-chaired (and coordinated) the first international guidance on the Management of Frailty in Diabetes via my role as Chair, European Diabetes Working Party in Older People (EDWPOP)
- (14) Working with Prof Angus Forbes and Trevor Murrells at Kings College, London: established a research stream with the THIN GP database in 2014 looking at the important relationship between diabetes, older adults and mortality: first publication in Diabetic Medicine journal (Forbes A et al, 2016 Forbes A, Murrells T, Sinclair AJ. Examining factors associated with excess mortality in older people (age ≥ 70 years) with diabetes - a 10-year cohort study of older people with and without diabetes. Diabetes Med. 2016 Apr;17). with 2<sup>nd</sup> article submitted to Lancet Diabetes & Endocrinology, Forbes A et al, 2018 (in revision): should form the basis of a NIHR grant submission in 2018 to explore this work further
- (15) Work at the University of Aston (2014-17): as Honorary Professor of Metabolic Medicine: I contributed as follows:
  - a) I continued to collaborate with Dr Sri Bellary from the School of Health & Life Sciences in the following 4 EU-funded projects: Midfrail, SPRINTT, Frailtools and Frail Clinic: *this involved research management roles, advisory support, training of university and NHS staff in research methodology, dealing with ethics applications, and financial management*
  - b) Collaborated with the University/Dr Bellary to host two successful meetings of the OPDN – 2105 at Aston, and 2017 in London
  - c) Contributed to an EU-funded workshop at Aston hosted by Carol Holland – Focus Frailty Meeting
  - d) Continued a high publication record: >35 publications since 2015

### **Research Grant Awards during previous 5 years**

I have been a successful applicant on EU consortium (FP7, DG Sanco and IMI) bids of more than 70 million euros:

**MIDFrail:** co-lead and Scientific Coordinator on a successful 6 million euros bid to the EU (FP7) (2012-6)  
**FRAILOMIC:** work package lead/applicant on a 12 million euros bid to the EU(FP7) (2013-18)  
**FRAIL CLINIC:** work package lead/applicant on 3 million euros to the EU (DG Sanco) (2013-16)  
**SPRINT-T:** UK Coordinator and applicant on 46 million euros bid to the EU (IMI)(2014-9)  
**VIVIFRAIL:** UK Coordinator and applicant on 0.6m euros bid to the EU (ERASMUS) (2015-6)  
**FRAIL TOOLS:** UK Coordinator and applicant on 2.0m euros bid to EU (2015-7)

I have been a successful applicant on more than £2m of UK-funded grants in previous years:

**STAND-UP Trial:** applicant on a bid led by Leicester: £1m award – Medical Research Council (MRC)(2014-6)  
**NIHR-RfPB** – lead applicant on a successful NIHR bid (£207,000) for studying hypoglycaemia in care homes (2012-5)  
**Scleroderma Society** bid (£125,000), and co-responsible for the acquisition of funding for rheumatological research from a NHS Trust Research Fund (approx. £110,000): to establish a chair in rheumatology at the University of Bedfordshire  
**Department of Health (NHS Diabetes):** lead applicant on >£350,000 for research and audit in diabetes and older people, and creating the Older Peoples Diabetes Network (OPDN)  
**Industry Awards** (2005-14): educational awards from Sanofi, MSD, Takeda and Novartis: more than £200,000 to support the work of IDOP

**Diabetes UK: Empowerment in Diabetes:** applicant with Dr K Asimakopoulou in collaboration with Kings College, London - £10,000



## **Impact of Diabetes Research by IDOP – established in 2008 and closed in September 2014 when I established Diabetes Frail**

The work of IDOP has resulted in:

- Improved awareness of challenges posed by diabetes in older people
- Greater recognition at national and international level of the importance of frailty in diabetes
- A growing community of practice and learning – through the development of a national network (OPDN)
- The creation of UK and European Guidelines outlining better standards of diabetes care and best clinical practice
- Improved service commissioning by creation and dissemination of specific guidance
- Major new national, European and global projects being initiated, attracting considerable funds, and providing the platform for enhanced diabetes care in older people.

## **Current/Recent Academic Roles**

In recent years, I have undertaken a wide portfolio of academic roles and appointments (past/present) and these are presented here in a brief summary in no particular order:

**Association of British Clinical Diabetologists** – Chair, Academic SubCommittee (2010-4) and Council Member

**Royal College of Physicians**, UK –ACCEA representative for ABCD, and RCP NVE (senior examiner roles) for PACES

Member of the **Joint British Diabetes Societies (JBDS)** 2011-current. This has recently involved collaborating with CQC (Care Quality Commission) as JBDS-lead on care home diabetes

**International Diabetes Federation (IDF)**: co-chair with Professor T Dunning of Older People Working Party that has led to publication of global guidance on diabetes management (2013-4); Co-chair and Coordinator, Type 1 Diabetes Global Guideline – in press, 2018

**International Association of Geriatrics and Gerontology (IAGG)** : global lead for diabetes in older people initiative (2012-4)

External Advisor to the **Spanish Geriatric Medicine Network** – Toledo Study on Ageing (2010-current)

**Internal Guest to Harvard Medical School** – Sept 2012 – collaborative writing with Professor Medha Munshi

**Examiner for MBBS** – have been an External Medicine Examiner for Imperial College of Medicine, London 2010-13

Co-Chair, **RCP National Conference on Diabetes in Older People** – November 2014

**Lancet** – a named author on three recent papers by the Lancet in the areas of diabetes and older people, and diabetes in frailty

**Lancet** -recent acceptance of a major invited review on Diabetes in Older People – August 2014 – *published*

**Invited Lectures** – national and international meetings including IDF, EUGMS, IAGG, Canadian Diabetes Association

**Textbook Editor:**

**Diabetes in Old Age** (4<sup>th</sup> edition published in 2017) by Wiley-Blackwell – first international textbook on diabetes in older people; new edition with Prof Leo R Manas, Prof T Dunning, and Prof M Munshi

**Pathy's Principles and Practice of Geriatrics and Gerontology** – 2011 last edition – leading international textbook; new Edition in preparation (2018)

**Recent Memberships of Societies, journal editorial boards and scientific journal reviewer:**

**Societies:** British Geriatrics Society (stopped January 2016), Royal College of Physicians of London, Association of British Clinical Diabetologists, UK Association of Professors of Geriatric Medicine and Old Age Psychiatry, Lunar Society – stepped down

**Editorial Boards:** Br J Diabetes & Vascular Disease – 2001 onward, J Nutrition, Health & Aging 2003 onwards, Journal of the American Medical Directors Association, 2010 onwards, and Cardiovascular Endocrinology.

**Journal referee:** *Age and Ageing, Diabetic Medicine, Diabetes Care, Lancet, J Gerontol Med Sci (USA), Diabetes Research and Clinical Practice, Journal of the American Geriatrics Society, Journal of Diabetes and its Complications*

## **Recent Publications (2009 – 2015)**

Abdelhafiz AH, Sinclair AJ. Hypoglycaemia in residential care homes. Br J Gen Pract. 2009 Jan;59(558):49-50

Sanz C, Andrieu S, Sinclair A, Hanaire H, Vellas B; REAL.FR Study Group. Diabetes is associated with a slower rate of cognitive decline in Alzheimer disease. Neurology. 2009 Oct 27;73(17):1359-66.

U Marouf E, Sinclair AJ . Use of short-acting insulin aspart in managing older people with diabetes. Clin Interv Aging. 2009;4(1):187-90. Epub 2009 May 14.

Viljoens A, Sinclair AJ. Safety and efficacy of rosiglitazone in the elderly diabetic patient. Vascular Health and Risk Management 2009. 5: 385-95

Sinclair, A, The metabolic syndrome in older persons: a loosely defined constellation of symptoms or a distinct entity? Age and Ageing 2009; 38: 494–497

Asimakopoulou, K, Tomlin, A, Sinclair, A, Cognitive function and self-care in type 2 diabetes, Diabetes & Primary Care, Vol 10; Issue 2, 2010

Sinclair AJ, Armes DG, Randhawa G, Bayer AJ. Caring for older adults with diabetes mellitus: characteristics of carers and their prime roles and responsibilities. Diabet Med. 2010 Sep;27(9):1055-9.

Paolisso G, Sinclair AJ. Effective clinical practice for older people with type 2 diabetes. Glucose regulation is important but other strategies also need to be included. J Nutr Health Aging. 2010 Jan;14(1):3-4.

Gadsby R, Barker P, Sinclair A. Death rate of residents with diabetes in nursing homes. Diabet Med. 2011 Nov 3. doi: 10.1111/j.1464-5491.2011.03511.x. [Epub ahead of print]

Asimakopoulou K, Newton P, Sinclair AJ, Scambler S. Health care professionals' understanding and day-to-day practice of patient empowerment in diabetes; time to pause for thought? Diabetes Res Clin Pract. 2011 Oct 27. [Epub ahead of print]

Zhang Q, Marrett E, Jameson K, Meiler S, Davies MJ, Radican L, Sinclair AJ. Reasons given by general practitioners for non-treatment decisions in younger and older patients with newly diagnosed type 2 diabetes mellitus in the United Kingdom: A survey study. BMC Endocr Disord. 2011 Oct 28;11(1):17. [Epub ahead of print]

Gadsby R, Galloway M, Barker P, Sinclair A. Prescribed medicines for elderly frail people with diabetes resident in nursing homes-issues of polypharmacy and medication costs. Diabet Med. 2011 Oct 17. doi: 10.1111/j.1464-5491.2011.03494.x. [Epub ahead of print]

Sanz CM, Hanaire H, Vellas BJ, Sinclair AJ, Andrieu S; for REAL.FR Study Group. Diabetes mellitus as a modulator of functional impairment and decline in Alzheimer's disease. The Real.FR cohort. Diabet Med. 2011 Sep 13. doi: 10.1111/j.1464-5491.2011.03445.x. [Epub ahead of print]

Milligan FJ, Krentz AJ, Sinclair AJ. Diabetes medication patient safety incident reports to the National Reporting and Learning Service the care home setting. Diabet Med. 2011 Aug 26. doi: 10.1111/j.1464-5491.2011.03421.x. [Epub ahead of print]

Gadsby R, Barker P, Sinclair A. People living with diabetes resident in nursing homes—assessing levels of disability and nursing needs. Diabet Med. 2011 Jul;28(7):778-80.

Sinclair AJ; Task and Finish Group of Diabetes UK. Good clinical practice guidelines for care home residents with diabetes: an executive summary. Diabet Med. 2011 Jul;28(7):772-7. doi: 10.1111/j.1464-5491.2011.03320.x. Review.

Viljoen A, Sinclair AJ. Diabetes and insulin resistance in older people. Med Clin North Am. 2011 May;95(3):615-29, xi-ii. Review.

Krentz AJ, Sinclair AJ. Choice of Long-Acting Insulin Therapy for Type 2 Diabetes: How Can Treatment for Older People be Optimized? *Drugs Aging*. 2011 Dec 1;28(12):935-41.

Sinclair AJ, Paolisso G, Castro M, Bourdel-Marchasson I, Gadsby R, Rodriguez Mañas L; European Diabetes Working Party for Older People. European Diabetes Working Party for Older People 2011 clinical guidelines for type 2 diabetes mellitus. Executive summary. *Diabetes Metab*. 2011 Nov;37 Suppl 3:S27-38. Review

## 2012

Speight J, Sinclair AJ, Browne JL, Woodcock A, Bradley C. Assessing the impact of diabetes on the quality of life of older adults living in a care home: validation of the ADDQoL Senior\* *Diabet Med*. 2012 Jul 18. doi: 10.1111/j.1464-5491.2012.03748.x. [Epub ahead of print]

**Sinclair A**, Morley JE, Rodriguez-Mañas L, Paolisso G, Bayer T, Zeyfang A, Bourdel-Marchasson I, Vischer U, Woo J, Chapman I, Dunning T, Meneilly G, Rodriguez-Saldana J, Gutierrez Robledo LM, Cukierman-Yaffe T, Gadsby R, Schernthaner G, Lorig K. Diabetes mellitus in older people: position statement on behalf of the International Association of Gerontology and Geriatrics (IAGG), the European Diabetes Working Party for Older People (EDWPOP), and the International Task Force of Experts in Diabetes. *J Am Med Dir Assoc*. 2012 Jul;13(6):497-502

Ali M, Schifano F, Robinson P, Phillips G, Doherty L, Melnick P, Laming L, **Sinclair A**, Dhillon S. Impact of community pharmacy diabetes monitoring and education programme on diabetes management: a randomized controlled study. *Diabet Med*. 2012 Sep;29(9):e326-33. doi: 10.1111/j.1464-5491.2012.03725.

Rodríguez-Mañas L, Féart C, Mann G, Viña J, Chatterji S, Chodzko-Zajko W, Gonzalez-Colaço Harmand M, Bergman H, Carcaillon L, Nicholson C, Scuteri A, **Sinclair A**, Pelaez M, Van der Cammen T, Beland F, Bickenbach J, Delamarche P, Ferrucci L, Fried LP, Gutiérrez-Robledo LM, Rockwood K, Rodríguez Artalejo F, Serviddio G, Vega E; on behalf of the FOD-CC group (Appendix 1). Searching for an Operational Definition of Frailty: A Delphi Method Based Consensus Statement. The Frailty Operative Definition-Consensus Conference Project. *J Gerontol A Biol Sci Med Sci*. 2012 Apr 16. [Epub ahead of print]

Scambler S, Newton P, Sinclair AJ, Asimakopoulou K. Barriers and opportunities of empowerment as applied in diabetes settings: a focus on health care professionals' experiences. *Diabetes Res Clin Pract*. 2012 Jul;97(1):e18-22. Epub 2012 Mar 26.

Sinclair AJ, Alexander CM, Davies MJ, Zhao C, Mavros P. Factors associated with initiation of antihyperglycaemic medication in UK patients with newly diagnosed type 2 diabetes. *BMC Endocr Disord*. 2012 Mar 7;12:1

## 2013-14

Morley JE, Sinclair A. Individualising treatment for older people with diabetes. *Lancet* 2013; 382: 378–80.  
Sinclair A, Morley J. Frailty and Diabetes. *Lancet* 2013; 382: 1386–87.

Sinclair AJ, Hillson R, Bayer AJ; National Expert Working Group. Diabetes and dementia in older people: a Best Clinical Practice Statement by a multidisciplinary National Expert Working Group. *Diabet Med*. 2014 Sep;31(9):1024-31.

Hackett G, Kirby M, Sinclair AJ. Testosterone deficiency, cardiac health, and older men.. *Int J Endocrinol*. 2014;2014:143763. doi: 10.1155/2014/143763. Epub 2014 Apr 10. Review.

Sinclair A, Bode B, Harris S, Vijapurkar U, Mayer C, Fung A, Shaw W, Usiskin K, Desai M, Meininger G. Efficacy and safety of canagliflozin compared with placebo in older patients with type 2 diabetes mellitus: a pooled analysis of clinical studies. *BMC Endocr Disord*. 2014 Apr 18;14:37. doi: 10.1186/1472-6823-14-37

New IDF Guideline for managing type 2 diabetes in older people. Dunning T, Sinclair A, Colagiuri S. *Diabetes Res Clin Pract*. 2014 Mar;103(3):538-40. doi: 10.1016/j.diabres.2014.03.005.

Hattersley AT, Marcovecchio ML, Chiarelli F, Silverstein J, Heller S, Damm P, Mathiesen ER, Zinman B, Sinclair A. Lifecourse: management of type 1 diabetes.. *Lancet Diabetes Endocrinol.* 2014 Mar;2(3):194-5.

Rodríguez-Mañás L, Bayer AJ, Kelly M, Zeyfang A, Izquierdo M, Laosa O, Hardman TC, Sinclair AJ, Moreira S, Cook J. An evaluation of the effectiveness of a multi-modal intervention in frail and pre-frail older people with type 2 diabetes--the MID-Frail study: study protocol for a randomised controlled trial.; MID-Frail Consortium. *Trials.* 2014 Jan 24;15:34. doi: 10.1186/1745-6215-15-34.

McDonald HI, Nitsch D, Millett ER, Sinclair A, Thomas SL. New estimates of the burden of acute community-acquired infections among older people with diabetes mellitus: a retrospective cohort study using linked electronic health records. *Diabet Med.* 2014 May;31(5):606-14.

Bourdel-Marchasson I, Sinclair A. Elderly patients with type 2 diabetes mellitus-the need for high-quality, inpatient diabetes care. *Hosp Pract (1995).* 2013 Oct-Nov;41(4):51-6. doi: 10.3810/hp.2013.10.1080.

Sinclair A, Morley J. Frailty and diabetes.. *Lancet.* 2013 Oct 26;382(9902):1386-7. doi: 10.1016/S0140-6736(13)61676-1. Epub 2013 Aug 13.

Bourdel-Marchasson I, Druet C, Helmer C, Eschwege E, Lecomte P, Le-Goff M, Sinclair AJ, Fagot-Campagna A. Correlates of health-related quality of life in French people with type 2 diabetes.. 2013 Aug;101(2):226-35. doi: 10.1016/j.diabres.2013.05.011. Epub 2013 Jul 5. *Diabetes Res Clin Pract.* 2013 Aug;101(2):226-35.

## 2015

Sinclair A, Dunning T, Rodríguez-Mañás L. Diabetes in older people: new insights and remaining challenges. *Lancet Diabetes Endocrinol.* 2015 Apr;3(4):275-85

Abdelhafiz AH, Sinclair AJ. Low HbA1c and Increased Mortality Risk-is Frailty a Confounding Factor? *Aging Dis.* 2015 Aug 1;6(4):262-70. doi: 10.14336/AD.2014.1022. eCollection 2015 Aug. Review.

Erusalimsky JD, Grillari J, Grune T, Jansen-Duerr P, Lippi G, **Sinclair AJ**, Tegnér J, Viña J, Durrance-Bagale A, Miñambres R, Viegas M, Rodríguez-Mañás L. In Search of 'Omics'-Based Biomarkers to Predict Risk of Frailty and Its Consequences in Older Individuals: The FRAILOMIC Initiative. *Gerontology.* 2015 Jul 23. [Epub ahead of print]

Cesari M, Fielding R, Bénichou O, Bernabei R, Bhasin S, Guralnik JM, Jette A, Landi F, Pahor M, Rodriguez-Manas L, Rolland Y, Roubenoff R, **Sinclair AJ**, Studenski S, Trivison T, Vellas B. PHARMACOLOGICAL INTERVENTIONS IN FRAILTY AND SARCOPENIA: REPORT BY THE INTERNATIONAL CONFERENCE ON FRAILTY AND SARCOPENIA RESEARCH TASK FORCE. *J Frailty Aging.* 2015;4(3):114-120.

Formiga F<sup>1</sup>, Ferrer A<sup>2</sup>, Padrós G<sup>3</sup>, Corbella X<sup>4</sup>, Cos L<sup>5</sup>, Sinclair AJ<sup>6</sup>, Rodríguez-Mañás L<sup>7</sup>. Diabetes mellitus as a risk factor for functional and cognitive decline in very old people: the Octabaix study. *J Am Med Dir Assoc.* 2014 Dec;15(12):924-8. doi: 10.1016/j.jamda.2014.07.019. Epub 2014 Sep 27.

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Grotz C, Letenneur L, Bonsang E, Amieva H, Meillon C, Quertemont E, Salmon E, Adam S; ICTUS/DSA group. Retirement age and the age of onset of Alzheimer's disease: results from the ICTUS study. *PLoS One.* 2015 Feb 25;10(2):e0115056. doi: 10.1371/journal.pone.0115056. eCollection 2015. (collaborator)

Abbatecola AM, Paolisso G, Sinclair AJ. Treating diabetes mellitus in older and oldest old patients. *Curr Pharm Des.* 2015;21(13):1665-71. Review

Sinclair A. Frailty and Sarcopaenia Trials in Primary Care - Identifying and Overcoming Key Barriers to Successful Clinician Participation. *J Frailty Aging.* 2015;4(3):129-30

Abdelhafiz AH, Sinclair AJ. Diabetes, Nutrition, and Exercise. *Clin Geriatr Med.* 2015 Aug;31(3):439-51

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## 2016

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