



Canadian Clinical  
Trial Network  
*Accelerating Diabetes Breakthroughs*

## **Adolescent Type 1 Diabetes Cardio-Renal Intervention Trial (AddIT)**

Early Intervention in adolescents with T1D at high risk for secondary complications

### **Background:**

Microalbuminuria (MA) – or the leakage of protein in urine – is an early predictive risk marker for future progression to MA, as well as later overt diabetic nephropathy (kidney disease) and cardiovascular disease. The onset of puberty is a critical period in the lives of adolescents with type 1 diabetes (T1D) as it is generally associated with poor diabetes control, rapid kidney growth, and changes in urine protein excretion, which are believed to accelerate progression to MA. Therefore, it is warranted to consider early intervention for those adolescents with T1D who are at high risk for these long-term secondary complications.

### **Objective:**

To determine whether early intervention – specifically therapy using atorvastatin (statin) and quinapril (Angiotensin Converting Enzyme Inhibitor, or ACEi) alone or in combination as compared with placebo – in adolescents with T1D who are at high risk of developing MA is an effective treatment strategy in reducing future risk of kidney and heart disease.

### **Study Design:**

AddIT is a 4-5 year international multi-centered clinical trial with sites in Canada, the United Kingdom, and Australia. In Canada, the AddIT expansion will involve 250 adolescents between the ages of 10-16 years who have been living with T1D for at least one year. AddIT will first screen adolescents for MA using a simple urine test to identify those at high risk, and then investigate whether currently approved medications can reduce future risk of kidney and heart complications.

### **Reason for Study:**

This is a landmark study that will help diabetes doctors and researchers understand better the effects of early interventions in adolescents with T1D at high risk for long-term secondary diabetes complications.

### **Study Contact:**

If you are interested in participating in AddIT, or believe your child may be eligible for MA screening, please contact the study manager/nurse at the clinical site closest to you to learn more about how to enrol.

Principal Investigator: Farid Mahmud, MD (The Hospital for Sick Children, Toronto)

Locations: Toronto, Markham, Brampton, Mississauga, Whitby, and London

### **Greater Toronto Area – The Hospital for Sick Children, Markham Stouffville Hospital, William Osler Brampton Civic Hospital, Credit Valley Hospital, and The Charles H. Best Diabetes Centre**

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