

## Exercise to preserve $\beta$ -cell function in recent-onset Type 1 diabetes mellitus (EXTOD) - a randomized controlled pilot trial

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DOI:

[10.1111/dme.13439](https://doi.org/10.1111/dme.13439)

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*Document Version*

Peer reviewed version

*Citation for published version (Harvard):*

Narendran, P, Jackson, N, Daley, A, Thompson, D, Stokes, K, Greenfield, S, Charlton, M, Curran, M, Solomon, T, Nouwen, A, Lee, SI, Cooper, AR, Mostazir, M, Taylor, RS, Kennedy, A & Andrews, RC 2017, 'Exercise to preserve  $\beta$ -cell function in recent-onset Type 1 diabetes mellitus (EXTOD) - a randomized controlled pilot trial', *Diabetic Medicine*, vol. 34, no. 11, pp. 1521-1531. <https://doi.org/10.1111/dme.13439>

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Checked for eligibility: 21/09/2017

This is the peer reviewed version of the following article: Narendran P, Jackson N, Daley A, Thompson D, Stokes K, Greenfield S, Charlton M, Curran M, Solomon TP, Nouwen A, Lee SI. Exercise to preserve  $\beta$ -cell function in recent-onset Type 1 diabetes mellitus (EXTOD)—a randomized controlled pilot trial. *Diabetic Medicine*. 2017. which has been published in final form at [10.1111/dme.13439](https://doi.org/10.1111/dme.13439). This article may be used for non-commercial purposes in accordance with Wiley Terms and Conditions for Self-Archiving.

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**Table 1: Characteristics of participants at baseline**Values are mean  $\pm$  SD, unless stated otherwise

Variables	Control	Intervention	All
N	28	30	58
Age (years)	30.8 $\pm$ 9.3	33.8 $\pm$ 11.4	32.3 $\pm$ 10.5
Male sex	24 (86%)	15 (50%)	39 (67%)
White	25 (89%)	29 (97%)	54 (93%)
BMI (kg/m <sup>2</sup> )	24.7 $\pm$ 4.2	24.8 $\pm$ 3.4	24.8 $\pm$ 3.8
HbA1c (% (mmol/mol))	9.0 $\pm$ 2.3 (75 $\pm$ 25)	9.0 $\pm$ 2.3 (75 $\pm$ 25)	9.0 $\pm$ 2.3 (75 $\pm$ 25)
Total insulin dose (U/Kg)	0.33 $\pm$ 0.20	0.30 $\pm$ 0.25	0.31 $\pm$ 0.22
AUC C-peptide (pmol/L) <sup>1</sup>	993 $\pm$ 929	780 $\pm$ 308	883 $\pm$ 685
Predicted VO <sub>2</sub> max (ml/kg/min)	35.1 $\pm$ 9.56	32.2 $\pm$ 5.6	33.6 $\pm$ 7.9
<b>Presentation of diabetes</b>			
- Duration of symptoms (days)	15 $\pm$ 38	10 $\pm$ 10	12 $\pm$ 27
- DKA at diagnosis (%)	3 (11)	8 (27)	11 (19)
N <sup>o</sup> without any islet antibodies (%)	11 (39)	3 (10)	14 (24)
GAD-titre positive (%)	14 (50)	26 (87)	40 (69)
I2A-titre positive (%)	12 (43)	14 (47)	26 (45)
Znt8-titre positive (%)	10 (36)	13 (43)	23 (40)

<sup>1</sup>One participant had very large C-peptide AUC value for all three visits, which inflated the standard deviation in the Control group. However, this did not cause major concern for the final C-peptide regression model as the residual was minimal.