

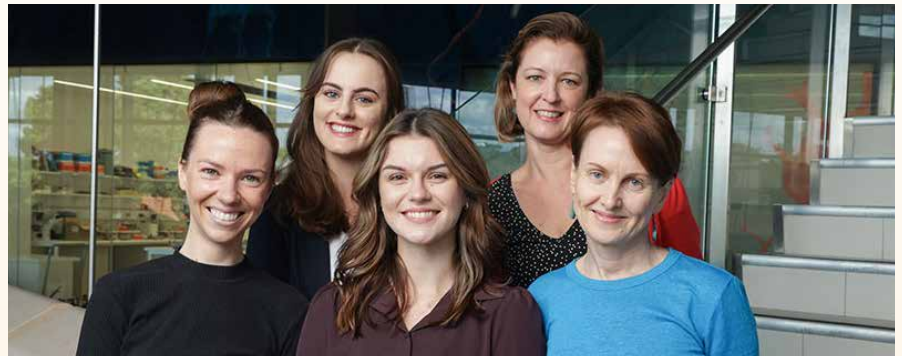
Welcome

to the first Sun-D Newsletter. We hope you have enjoyed taking part. We have enjoyed getting to know many of you quite well and we thought you might like to know a little more about us too. We also wanted to let you know what to expect as the study comes to an end, and answer some of the most frequently asked questions.

The Sun-D Team

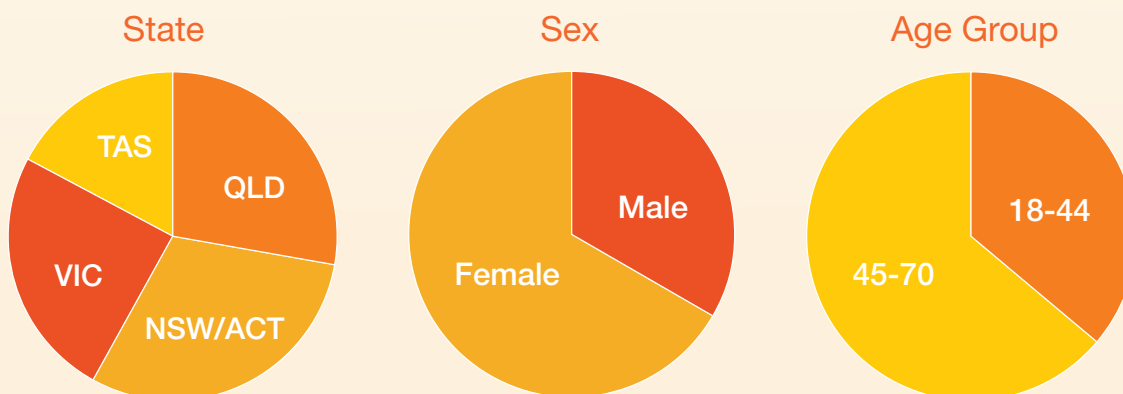
The Sun-D trial is guided by a panel of scientists and led by Professor Rachel Neale. The day-to-day running of the trial is managed by Briony Duarte Romero and a small team of Participant Liaison Officers, Abbie Fewings, Nikola Grayshon, and Samantha Ellis. Some of you may feel quite familiar with our team by now. For those of you who we haven't met over Zoom, we thought it might be nice to put names to faces.

(from left to right: Nikola, Abbie (back), Samantha, Briony (back), Rachel)



The Sun-D cohort and study progress

Almost 3,500 people applied to take part in the Sun-D Trial; you are one of 639 volunteers who met our inclusion conditions and were happy to volunteer your time to complete the study tasks. The figures below provide a snapshot of key demographic characteristics. As you can see, we have good representation from all eastern states. This will help us to make recommendations suited to all Australians. Two thirds (67%) of the Sun-D cohort are women. Most participants (64%) are aged over 44 years.



Just over 40% of you have already taken part in other research at QIMR Berghofer. We are grateful that many of you keep returning to help our research. A big thank you for your commitment to the Sun-D Trial processes; more than 95% of you return the survey every month and almost all of you (98%) provided the summer blood sample on time.

(continued overleaf)

Why is the Sun-D Trial important and how might the results change public health advice?

Balancing the risks and benefits of sun exposure is challenging.

Regular sunscreen application reduces the risk of skin cancer, but it may also reduce vitamin D production.

You are taking part in the first large trial to investigate the effect of applying SPF 50+ sunscreen on vitamin D.

Skin cancer is Australia's national cancer; it takes many lives and imposes a huge burden on our health-care system. Sunscreen is a cornerstone of skin cancer prevention and Australian agencies now promote its routine daily use. Nevertheless, there is concern that this may contribute to vitamin D deficiency. The Sun-D Trial is unique in its ability to provide valuable information that can be translated into improved health for all Australians irrespective of the findings. If vitamin D is affected by sunscreen application, then we can balance advice to wear sunscreen with tailored advice for testing and maintaining vitamin D levels depending on your skin type and location. On the other hand, if we find that vitamin D is unaffected by sunscreen application we will be able to reinforce public health messaging to wear sunscreen.

The final blood sample

Your blood sample is one of the most important pieces of information for the study. We will soon be asking you to provide the final blood sample. The timing of blood collections is important because vitamin D changes naturally over the year. We know that vitamin D will be at its lowest from late July to late August. The final blood sample is timed to coincide with this dip, so it is really important that you get your sample on time. We have started contacting some of you already. If we haven't spoken to you, we will be in touch soon to make sure you get your request slip on time and answer any questions you may have.



FAQs:

When will I get my vitamin D test results?

When we have received all the final blood samples we will send all samples collected throughout the trial to Perth for vitamin D testing. We will be a little constrained by how quickly the laboratory can run the analyses, but we hope to be able to provide you with results by the end of the year so you can see how your vitamin D level varied across the year.

E-Gift cards

We will be sending out the final \$50 e-voucher after we receive your winter blood sample. If you have questions about using the e-vouchers or need us to resend access details for a previously issued voucher please don't hesitate to call or email. You can find our contact details at the end of this newsletter.

When does the study finish?

Once you have provided your final blood sample we will send you one final survey. A small number of participants who started earlier will provide their final blood sample and complete their final survey in July; everyone else will finish in August.

QUESTIONS / COMMENTS / CONCERNS?

If you have any questions, comments, or concerns, please do not hesitate to contact us via phone: 1300 735 920 or email: SunD@qimrberghofer.edu.au