

Name	Simon Richard Heller
Nationality	British
Present Position	Professor of Clinical Diabetes and Honorary Consultant Physician Director of Research and Development, Sheffield Teaching Hospitals Foundation Trust University of Sheffield Academic Unit of Diabetes, Endocrinology and Metabolism Sheffield School of Medicine and Bioscience Beech Hill Road SHEFFIELD
Education	Dulwich College St John's College, Cambridge - Pre-Clinical The London Hospital Medical College - Clinical
Qualifications	
1974	BA Medical Sciences/Archaeology and Anthropology (IIi/IIIi)
1977	MB, BChir
1980	MRCP (UK)
1986	City and Guilds, 730 Diploma in Adult Education (Distinction)
1889	DM (Nottingham University)
1994	FRCP
Clinical Prizes	
1975	James Anderson Prize in Clinical Medicine
1976	Glanfield Harris Prize in Anaesthetics
1976	Proxime Accessit-Sutton Prize in Pathology
1977	HLB Haking Prize in Obstetrics and Gynaecology
Thesis	"The physiology of hypoglycaemia in normal and diabetic man"

Previous Appointments

1977 – 1978	House Physician in General Medicine The London Hospital
1978 – 1978	House Surgeon in Thoracic and General Surgery The London Hospital
1978 – 1979	SHO in Clinical Haematology Queen Elizabeth Hospital, Birmingham
1979 – 1981	SHO Rotation in General Medicine Leicester Group of Hospitals Gastroenterology, General Medicine, Geriatric and General Medicine, Cardiology
1981 - 1982	Registrar: General Medicine and Gastroenterology University Hospital, Nottingham
1982 - 1983	Registrar: General Medicine, Diabetes and Endocrinology University Hospital, Nottingham,
1984 - 1986	Research Registrar in Diabetes Dept of Physiology and Pharmacology, University of Nottingham
1986 - 1989	Senior Registrar in General Medicine, Diabetes and Endocrinology Derby/Nottingham Hospitals
1989- 1990	ADA Mentor Based Fellowship in Diabetes Washington University, St Louis, USA
1990- 1997	Consultant Physician in General Medicine with an Interest in Diabetes Northern General Hospital, Sheffield
1998- 2001	Senior Lecturer in Medicine and Honorary Consultant Physician University of Sheffield.
2001	Reader, University of Sheffield

Publications

(P=principle author, J- joint author)

Chapters and Reports 2010-

1. Heller, S., McCance, D. R., Moghissi, E., Nazeri, A., & Kordonouri, O. (2012, January). Diversity in diabetes: the role of insulin aspart.. *Diabetes Metab Res Rev*, 28(1), 50-61
2. Frier BM, Schernthaner G, Heller SR: Hypoglycemia and cardiovascular risks. *Diabetes Care* 34 Suppl 2:S132-7, 2011
3. Elliott J, Heller S Hypoglycaemia unawareness. *Practical Diabetes International* 2011; 28: 227-232
4. Heller SR Hypoglycaemia: Its pathophysiology in insulin treated diabetes and hypoglycaemia unawareness. *British Journal of Diabetes and Vascular Disease* 2011; 11: 6-9
5. Heller S, McCance DR, Moghissi E, Nazeri A, Kordonouri O: Diversity in diabetes: the role of insulin aspart. *Diabetes Metab Res Rev* 2011
6. Carey M, Heller SR. Structured education in Type 2 diabetes In: Amiel SA , Davies M, eds. *Oxford Textbook of Endocrinology and Diabetes*. Oxford: Oxford University Press, 2010: 13.4.4
7. Heller SR. Management of type 1 diabetes mellitus In: Amiel SA , Davies M, eds. *Oxford Textbook of Endocrinology and Diabetes*. Oxford: Oxford University Press, 2010: 13.4.6
8. Heller S. Hypoglycaemia in diabetes. *Medicine* 2010; 38: 671-675.

Refereed Journals - Original articles - in print 2010-

9. Cryer, P. E., Axelrod, L., Grossman, A. B., Heller, S. R., Seaquist, E. R., & John Service, F. (2013). Diagnostic accuracy of an "Amended" insulin-glucose ratio for the biochemical diagnosis of insulinomas. *Annals of Internal Medicine*, 158(6), 500-501.
10. Young, V., Eiser, C., Johnson, B., Brierley, S., Epton, T., Elliott, J., . . . Heller, S. (n.d.). Eating problems in adolescents with Type 1 diabetes. *Diabetic Medicine*. doi:10.1111/j.1464-5491.2012.03771.x
11. Eiser, C., Johnson, B., Brierley, S., Ayling, K., Young, V., Bottrell, K., . . . Heller, S. (2013). Using the Medical Research Council framework to develop a complex

- intervention to improve delivery of care for young people with Type 1 diabetes.. Diabet Med. doi:10.1111/dme.12185
12. Cooke, D., Bond, R., Lawton, J., Rankin, D., Heller, S., Clark, M., . . . Speight, J. (2013). Structured type 1 diabetes education delivered within routine care: Impact on glycaemic control and diabetes-specific quality of life. *Diabetes Care*, 36(2), 270-272. doi:10.2337/dc12-0080
 13. Dinneen, S. F., O'Hara, M. C., Byrne, M., Smith, D., Courtney, C. H., McGurk, C., . . . O'Shea, D. (2013). Group follow-up compared to individual clinic visits after structured education for type 1 diabetes: A cluster randomised controlled trial. *Diabetes Research and Clinical Practice*. doi:10.1016/j.diabres.2013.01.017
 14. Little, S., Chadwick, T., Choudhary, P., Brennand, C., Stickland, J., Barendse, S., . . . Shaw, J. A. (2012). Comparison of Optimised MDI versus Pumps with or without Sensors in Severe Hypoglycaemia (the Hypo COMPaSS trial).. *BMC Endocr Disord*, 12, 33. doi:10.1186/1472-6823-12-33
 15. Price, K. J., Wales, J., Eiser, C., Knowles, J., Heller, S., Freeman, J., . . . Wellington, J. (2013). Does an intensive self-management structured education course improve outcomes for children and young people with type 1 diabetes? The Kids In Control OF Food (KICK-OFF) cluster-randomised controlled trial protocol.. *BMJ Open*, 3(1). doi:10.1136/bmjopen-2012-002429
 16. Lawton, J., Rankin, D., Cooke, D., Elliott, J., Heller, S., & Amiel, S. (2012). Patients' experiences of adjusting insulin doses when implementing flexible intensive insulin therapy: A longitudinal, qualitative investigation. *Diabetes Research and Clinical Practice*, 98(2), 236-242. doi:10.1016/j.diabres.2012.09.024
 17. Perdomo, O. J., Suzuki, D. O. H., Marques, J. L. B., Robinson, E. J., & Heller, S. R. (2012). Morphological analysis of T-wave in vectorcardiographic leads system by a bi-Gaussian approach in patients under effect of salbutamol. *Proceedings of the Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBS*, 5494-5497. doi:10.1109/EMBC.2012.6347238
 18. Elliott, J., Lawton, J., Rankin, D., Emery, C., Campbell, M., & Dixon, S. (n.d.). The 5x1 DAFNE Study Protocol: A cluster randomised trial comparing a standard 5 day DAFNE course delivered over 1 week against DAFNE training delivered over 1 day a week for 5 consecutive weeks.. *BMC Endocrine Disorders*. doi:10.1186/1472-6823-12-28
 19. Barnard, K. D., Campbell, M. J., Emery, C., Young, A. J., & Heller, S. (2012). How to reduce the risk of failing to reach recruitment targets: lessons learnt from a pump pilot trial.. *Diabet Med*, 29(12), 1600-1601. doi:10.1111/j.1464-5491.2012.03706.x

20. Lawton, J., Rankin, D., Cooke, D. D., Elliott, J., Amiel, S., Heller, S., . . . UK NIHR DAFNE Study Group. (2013). Self-treating hypoglycaemia: a longitudinal qualitative investigation of the experiences and views of people with Type 1 diabetes.. *Diabet Med*, 30(2), 209-215. doi:10.1111/dme.12007
21. Young, V., Eiser, C., Johnson, B., Brierley, S., Epton, T., Elliott, J., . . . Heller, S. (2013). Eating problems in adolescents with Type 1 diabetes: a systematic review with meta-analysis.. *Diabet Med*, 30(2), 189-198. doi:10.1111/j.1464-5491.2012.03771.x
22. Johnson, B., Eiser, C., Young, V., Brierley, S., & Heller, S. (2013). Prevalence of depression among young people with Type 1 diabetes: a systematic review.. *Diabet Med*, 30(2), 199-208. doi:10.1111/j.1464-5491.2012.03721.x
23. Khunti, K., Gray, L. J., Skinner, T., Carey, M. E., Realf, K., Dallosso, H., . . . Davies, M. J. (2012, April 26). Effectiveness of a diabetes education and self management programme (DESMOND) for people with newly diagnosed type 2 diabetes mellitus: three year follow-up of a cluster randomised controlled trial in primary care. *BRITISH MEDICAL JOURNAL*, 344. doi:[10.1136/bmj.e2333](https://doi.org/10.1136/bmj.e2333)
24. Gouet, D., Renard, E., Garber, A., Heller, S., Hollander, P., King, A., Marre, M. (2012, March). Degludec insulin compared to glargin insulin diminishes the number of nocturnal hypoglycemic episodes: results after 1 year in randomized basal-bolus trials in type 1 (DT1) and type 2 (DT2) diabetics. *DIABETES & METABOLISM*, 38.
25. Heller, S., Buse, J., Fisher, M., Garg, S., Marre, M., Merker, L. BEGIN Basal-Bolus Type 1 Trial Investigators. (2012, April 21). Insulin degludec, an ultra-longacting basal insulin, versus insulin glargine in basal-bolus treatment with mealtime insulin aspart in type 1 diabetes (BEGIN Basal-Bolus Type 1): a phase 3, randomised, open-label, treat-to-target non-inferiority trial.. *Lancet*, 379(9825), 1489-1497
26. Rankin, D., Cooke, D. D., Heller, S., Elliott, J., Lawton, J. Dose Adjustment for Normal Eating (DAFNE) Study Group. (2012, April 4). Experiences of using blood glucose targets when following an intensive insulin regimen: a qualitative longitudinal investigation involving patients with Type 1 diabetes.. *Diabet Med*. doi:[10.1111/j.1464-5491.2012.03670.x](https://doi.org/10.1111/j.1464-5491.2012.03670.x)
27. White, W. B., Bakris, G. L., Bergenstal, R. M., Cannon, C. P., Cushman, W. C., Fleck, P., . . . Zannad, F. (2011). EXamination of Cardiovascular Outcomes with AlogliptIN versus Standard of Care in Patients with Type 2 Diabetes Mellitus and Acute Coronary Syndrome (EXAMINE). A cardiovascular safety study of the dipeptidyl peptidase 4 inhibitor alogliptin in patients with type 2 diabetes with acute coronary syndrome. *American Heart Journal*.
28. Brierley, S., Eiser, C., Johnson, B., Young, V., & Heller, S. (2012, May). Working with young adults with Type 1 diabetes: views of a multidisciplinary care team

and implications for service delivery.. *Diabet Med*, 29(5), 677-681.
doi:[10.1111/j.1464-5491.2012.03601.x](https://doi.org/10.1111/j.1464-5491.2012.03601.x)

29. Raskin, P., Heller, S., Honka, M., Chang, P. C., Boss, A. H., Richardson, P. C., . . . Amin, N. (2012, February). Pulmonary function over 2 years in diabetic patients treated with prandial inhaled Technosphere Insulin or usual antidiabetes treatment: a randomized trial.. *Diabetes Obes Metab*, 14(2), 163-173
30. Zoungas, S., Chalmers, J., Ninomiya, T., Li, Q., Cooper, M. E., Colagiuri, S., Woodward, M. (2012). Association of HbA 1c levels with vascular complications and death in patients with type 2 diabetes: Evidence of glycaemic thresholds. *Diabetologia*, 55(3), 636-643.
31. Woodward, M., Patel, A., Zoungas, S., Liu, L., Pan, C., Poulter, N., . . . Chalmers, J. (2011, December). Does Glycemic Control Offer Similar Benefits Among Patients With Diabetes in Different Regions of the World? Results from the ADVANCE trial. *DIABETES CARE*, 34. doi:[10.2337/dc11-0755](https://doi.org/10.2337/dc11-0755)
32. Hovorka R, Kumareswaran K, Harris J, Allen JM, Elleri D, Xing D, Kollman C, Nodale M, Murphy HR, Dunger DB, Amiel SA, Heller SR, Wilinska ME, Evans ML: Overnight closed loop insulin delivery (artificial pancreas) in adults with type 1 diabetes: crossover randomised controlled studies. *BMJ* 342:d1855, 2011
33. Kengne AP, Patel A, Marre M, Travert F, Lievre M, Zoungas S, Chalmers J, Colagiuri S, Grobbee DE, Hamet P, Heller S, Neal B, Woodward M: Contemporary model for cardiovascular risk prediction in people with type 2 diabetes. *Eur J Cardiovasc Prev Rehabil* 2011
34. Choudhary P, Lonnen K, Emery CJ, Freeman JV, McLeod KM, Heller SR: Relationship Between Interstitial and Blood Glucose During Hypoglycemia in Subjects with Type 2 Diabetes. *Diabetes Technol Ther* 2011
35. Lawton J, Rankin D, Cooke DD, Clark M, Elliot J, Heller S: Dose adjustment for normal eating: a qualitative longitudinal exploration of the food and eating practices of type 1 diabetes patients converted to flexible intensive insulin therapy in the UK. *Diabetes Res Clin Pract* 91:87-93, 2011
36. Lloyd A, Nafees B, Barnett AH, Heller S, Ploug UJ, Lammert M, Bogelund M: Willingness to Pay for Improvements in Chronic Long-Acting Insulin Therapy in Individuals With Type 1 or Type 2 Diabetes Mellitus. *Clin Ther* 2011; 33: 1258-1267
37. Rankin D, Cooke DD, Clark M, Heller S, Elliot J, Lawton J: How and why do patients with Type 1 diabetes sustain their use of flexible intensive insulin therapy? A qualitative longitudinal investigation of patients' self-management practices following attendance at a Dose Adjustment for Normal Eating (DAFNE) course. *Diabet Med* 2011

38. Forbes A, While A, Griffiths P, Ismail K, Heller S: Organizing and delivering diabetes education and self-care support: findings of scoping project. *J Health Serv Res Policy* 16 Suppl 1:42-49, 2011
39. Zoungas S, Patel A, Chalmers J, de Galan BE, Li Q, Billot L, Woodward M, Ninomiya T, Neal B, MacMahon S, Grobbee DE, Kengne AP, Marre M, Heller S. Severe hypoglycemia and risks of vascular events and death. *N Engl J Med*. 2010;363:1410-1418.
40. Kengne AP, Patel A, Colagiuri S, Heller S, Hamet P, Marre M, Pan CY, Zoungas S, Grobbee DE, Neal B, Chalmers J, Woodward M. The Framingham and UK Prospective Diabetes Study (UKPDS) risk equations do not reliably estimate the probability of cardiovascular events in a large ethnically diverse sample of patients with diabetes: the Action in Diabetes and Vascular Disease: Preterax and Diamicron-MR Controlled Evaluation (ADVANCE) Study. *Diabetologia*. 2010;53:821-831.
41. Choudhary P, Geddes J, Freeman JV, Emery CJ, Heller SR, Frier BM. Frequency of biochemical hypoglycaemia in adults with Type 1 diabetes with and without impaired awareness of hypoglycaemia: no identifiable differences using continuous glucose monitoring. *Diabetic Medicine*. 2010;27:666-672.
42. Ferrari G, L, Marques J, L B, Gandhi R, A, Heller S, R, Schneider F, K, Tesfaye S, Gamba H, R: Using dynamic pupillometry as a simple screening tool to detect autonomic neuropathy in patients with diabetes: a pilot study. *Biomed Eng Online* 9:26, 2010
43. Rankin D, Heller S, Lawton J. Understanding information and education gaps among people with type 1 diabetes: A qualitative investigation. *Patient Educ Couns*. 2010
44. Skinner TC, Carey ME, Cradock S, Dallosso HM, Daly H, Davies MJ, Doherty Y, Heller S, Khunti K, Oliver L. Depressive symptoms in the first year from diagnosis of Type 2 diabetes: results from the DESMOND trial. *Diabet Med*. 2010; 27:965-967.
45. Skinner TC, Carey ME, Cradock S, Dallosso HM, Daly H, Davies MJ, Doherty Y, Heller S, Khunti K, Oliver L. Comparison of illness representations dimensions and illness representation clusters in predicting outcomes in the first year following diagnosis of type 2 diabetes: Results from the DESMOND trial. *Psychol Health*. 2010;1-15.
46. Ferrari G, L, Marques J, L B, Gandhi R, A, Heller S, R, Schneider F, K, Tesfaye S, Gamba H, R. Using dynamic pupillometry as a simple screening tool to detect autonomic neuropathy in patients with diabetes: a pilot study. *Biomed Eng Online*. 2010;9:26.
47. Speight J, Amiel SA, Bradley C, Heller S, Oliver L, Roberts S, Rogers H, Taylor C, Thompson G. Long-term biomedical and psychosocial outcomes following

DAFNE (Dose Adjustment For Normal Eating) structured education to promote intensive insulin therapy in adults with sub-optimally controlled Type 1 diabetes. *Diabetes Res Clin Pract.* 2010;89:22-29.

48. Gillett M, Dallosso HM, Dixon S, Brennan A, Carey ME, Campbell MJ, Heller S, Khunti K, Skinner TC, Davies MJ. Delivering the diabetes education and self management for ongoing and newly diagnosed (DESMOND) programme for people with newly diagnosed type 2 diabetes: cost effectiveness analysis. *BMJ.* 2010;341:c4093.

49. Heller S, Damm P, Mersebach H, Skjoth TV, Kaaja R, Hod M, Duran-Garcia S, McCance D, Mathiesen ER. Hypoglycemia in Type 1 Diabetic Pregnancy Role of preconception insulin aspart treatment in a randomized study. *Diabetes Care.* 2010;33:473-477.

Disclosures

Membership of Scientific Associations

Diabetes UK
American Diabetes Association
European Association for the Study of Diabetes
The Association of Physicians of Great Britain and Ireland

Professional and Administrative tasks

Current member of Sheffield Diabetes Network, Primary Care Diabetes Group, Specialist Support for Primary Care Diabetes Group, Sheffield Diabetes Training Group

Lead clinician coordinating Sheffield Teaching Hospital Foundation Response to Best Research for Best Health

2006 – present

Director of Research and Development, Sheffield Teaching Hospitals Foundation Trust

National and International Professional Standing

Membership of 2 MRC boards, current membership of the MRC College of Experts, vice-chair of an MRC/DH advisory committee to assess and report on UK diabetes research to accompany publication of the Diabetes NSF, participation in NICE working parties to develop guidelines for both Type 1 and Type 2 diabetes, regular invitations to talk at national and international diabetes meetings.

Chair of the Clinical Studies Advisory Group and sit on the Management Committee of the UK Diabetes Clinical Research Network

Fellow of the Royal College of Physicians

Member of the Association of Physicians of England and Ireland

Hon-Sec, British Diabetic Association Education Section, 1993-1996 and BDA Clinical Care and Training Working Party, 1994-5.

Member of the Juvenile Diabetes Foundation International Medical Review Committee, 1996-1999

Member of the Medical Research Council Physiological Medicine and Infection Board, 1998-2002

Member of the Medical Research Council Health Service and Public Health Research Board, 1999-2002

Member of the Novo Nordisk Research Foundation Fellowship Board, 1998-2005

Editor in Chief of Diabetic Medicine from 2000-2004 (Associate Editor, 1992-1999)

Member of Basic and Clinical Sciences Committee of Diabetes UK, 2000-2003

Diabetes UK Research Committee 2005 – 2013.

Professional Advisory Council 2003 2008.

Scientific and Research Advisory Group. 2009-2013

Member of NICE/RCP working groups developing national guidelines for the management of adult Type 1 and Type 2 diabetes.

Deputy Chair Joint DoH/MRC Research Advisory Committee on Diabetes 2002

Medical Advisory Board of MRC since July 2004, Member of MRC College of Experts 2005-2009

Acting Portfolio Director in Diabetes, Dept of Health, Sept – Dec 2004

NIHR Senior Investigator since 2012

Other

Advisory Panel, Becton Dickinson

Trial Steering Committee, Takeda

Lecture fees from Eli Lilly, Novo Nordisk, Takeda

Research Support Medtronic

Consultancy

Novo Nordisk, Eli Lilly, Takeda,

Grants 2010-

Irish Health Board. April 2006-March 2010. Implementing and evaluating a structured education programme and a new model of ongoing care for Type 1 diabetes in Ireland. In collaboration with Dr S Dinneen, Dr H Courtney, Dr D O'Shea, Prof CP Bradley, Dr K Murphy, Prof E O'Shea, Ms D Casey, Dr J Lawton, Ms F Brown, Dr J Newell.

National Institute of Health Research, Programme Grant October 2007-September 2012. Improving management of Type 1 diabetes in the UK: the DAFNE programme as a research test-bed. Principal Investigator in collaboration with Dr J Lawton, Dr M Clarke, Ms G Thompson, Prof S Amiel, Prof M Campbell, Dr P Mansell, Dr I Lawrence, Ms C Taylor, Ms L Oliver (Chief Investigator)

Diabetes UK. Jan 2009-July 2013. KICK-OFF: A multi-centre, randomised controlled trial comparing intensive structured education with standard education in 11-16 year olds on intensive insulin therapy. Dr K Price, Prof C Eiser, Dr J Wales, Dr J Freeman (co-investigator)

Diabetes UK. April 2008-March 2011. Overnight hypoglycaemia prevention in adult subjects with type 1 diabetes: Closing the loop with Dr R Hovorka, Prof S Amiel, Dr M Evans, (co-investigator)

Diabetes UK. Sep 2009-March 2012. Prevention of recurrent severe hypoglycaemia: a definitive RCT comparing optimised MDI and CSII with or without adjunctive real-time continuous glucose monitoring Dr J Shaw, Prof D Kerr, Dr D Flanagan, Dr M Evans, Dr J Speight (co-investigator)

South Yorkshire Research Collaborations for Leadership in Applied Health Research and Care October 2008- September 2013 Diabetes Theme Adolescent Project to develop a structured training programme and other interventions to improve outcomes in young people with Type 1 diabetes aged 16-21 years. Prof C Eiser, Dr A Scott, (Chief Investigator)

Health Technology Assessment Grant. June 2011-Dec 2015 The REPOSE (Relative Effectiveness of Pumps Or Structured Education) Trial. Prof N Waugh, Dr C Cooper, Prof M Campbell, Prof S Amiel, Dr P Hammond, Ms C Taylor, Dr R

Lindsay, Dr J Lawton, Dr K Barnard, Dr M Evans, Dr F Green, Dr A Jaap, Ms C Taylor, Prof S Dixon, (Chief Investigator).

Current grants: Diabetes UK (£350,000), Diabetes UK (£120,000), STH Special Trustees (£50600), Irish Health Board (1m euros), CLARHRC, diabetes theme (£1.7m), REPOSE Trial