

**PETER WINOCOUR, MB, ChB, MD, FRCP (London)  
FRCP (Glasgow)**

**CONSULTANT PHYSICIAN (WITH AN INTEREST IN DIABETES,  
ENDOCRINOLOGY AND METABOLIC MEDICINE) TO  
THE EAST AND NORTH HERTFORDSHIRE NHS TRUST**

**QUEEN ELIZABETH II HOSPITAL, WELWYN GARDEN CITY,**

**HERTFORD COUNTY HOSPITAL, HERTFORD,**

**LISTER HOSPITAL, STEVENAGE**

**January 2021**

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A handwritten signature in black ink, appearing to read 'Peter Winocour', with a horizontal line underneath.

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## **1. BRIEF DETAILS**

**NAME:** Peter Howard Winocour, MB, ChB, MD,  
FRCP (London) FRCP (Glasgow)

**ADDRESS:** 41 Christchurch Crescent  
Radlett  
Herts WD7 8AQ

**DATE OF BIRTH:** 2nd December 1956

**NATIONALITY:** British

**MARITAL STATUS:** Married

**SCHOOL EDUCATION:** Primary and secondary education at Hutchesons'  
Boys Grammar School, Beaton Road, Glasgow.

### **UNIVERSITY EDUCATION:**

Faculty of Medicine, University of Glasgow  
Date of Entry: October 1974.  
Date of obtaining Degree: July 1979

Prize: Mary Margaret Isabel Ure  
Prize in Child Health.

1st Class Certificates of Merit:

- Child Health
- Clinical Biochemistry
- Community Medicine
- Pathology, Bacteriology and Immunology

### **DEGREES/ACCREDITATION:**

M.B.Ch.B. University of Glasgow - 1979

M.R.C.P. UK - 1982

M.D. University of Glasgow - 1989

JCHMT Accreditation in General (Internal) Medicine/  
Endocrinology/Diabetes Mellitus - 1991

CCST 1997

FRCP London 1998

FRCP Glasgow 2011

## **2. Recent additions to CV**

Chair RCP L JSC Diabetes and Endocrinology 2017- current

Member RCPL YAA Committee 2015-2019

Organiser 4th ABCD-Renal Association National Meeting – Birmingham 2019

PACES Examiner

Ex officio Member of ABCD committee-Member of JBDS committee

Chair ENH Trust YAAG Strategy Committee

Quality in Care Awards 2019–Patient Care Pathway – Adults

HIGHLY COMMENDED

Supporting Primary Care with Diabetes and Chronic Kidney Disease

Quality in Care Awards 2019- Children and Young adult category –

HIGHLY COMMENDED

Young Adult Type 1 Diabetes Engagement and Enhanced Support Service

Finalist patient Safety Award HSJ 2018– DM Sick Day Rule card

Short Listed NHS Innovation Bid DM Renal Telehealth Pilot 2018

Invited authors Oxford Textbook of Endocrinology and Diabetes 2021 . Strategies for management of type 2 diabetes. Zac Varghese S , Winocour PH .

2009- Awarded Silver National Clinical Excellence award- renewed 2014. Rescinded on retirement 2017

## **3. RECENT ARTICLES 2019-current**

Supporting people with diabetes during the COVID-19 pandemic without face-to-face appointments. Nagi D , Choudhary P, Wilmot E, Winocour P. Editorial. Br J Diabetes 2020;20:1-4

A roadmap to recovery: ABCD recommendations on risk stratification of adult patients with diabetes in the post – Covid-19 era. Choudhary P, Wilmot EM, Owen K, Patel DC, L Mills L, Rayman G, Winocour P, Ayman G, Patel R, Hambling C, and Nagi DK. Diabetic Medicine 2020 ;00:e14462

Reductions in alanine aminotransferase levels with liraglutide treatment are greatest in those with raised baseline levels and are independent of weight loss: real-world outcome data from the ABCD Nationwide Liraglutide Audit. Crabtree TSJ, Rowles S, Tarpey S, Kennedy A, Chalmers J, Nayar R, Lee A, Darzy K, Winocour P, Lindsay J, Idris I, Thong KY, Sen Gupta P, Puttana A, Kumar P, Ryder REJ. Br J Diabetes 2019;19:118-123 (<https://doi.org/10.15277/bjd.2019.227>)

Holistic review of people with diabetes and chronic kidney disease reveals important multi-morbidity and unmet clinical need – The East and North Hertfordshire (ENHIDE) Diabetes

Mellitus (DM) Renal Telehealth Pilot study .Winocour PH, Moore-Haines K,Sullivan K , Currie A, Solomon A, Hardy D . Clin Med 2020;20:2 :133-138(10.7861/clinmed.2019-0418)

HbA1c in a primary care cohort with Diabetes and Chronic Kidney Disease: The ENHIDE Diabetes Renal Telehealth Project. Winocour PH, Moore- Haines K, Sullivan K, Currie A, Solomon A, Hardy D. Br J Diabetes 2020: 20:130-137.

Testing for kidney disease in type 2 diabetes mellitus: consensus statement and recommendations. Winocour PH, Diggle J, Davies S, Beba H, Brake J, Hicks D, Cockwell P, Main C on behalf of the Diabetic Kidney Disease (DKD) Testing Consensus Committee. Diabetes and Primary Care 2020; 22:5:99-107.

The effects of canagliflozin are mostly observed at first follow-up, within 6 months of commencement: results for the ABCD canagliflozin audit. Crabtree TSJ,Winocour P,Darzy K,Phillips S,Evans A,Rohilla A,Raghavan R,Sennik D,Bickerton A,Ildris I,Yadagiri M, Ryder REJ, ABCD Canagliflozin Contributors. Br J Diabetes 2020 ; 20 :113-116

A survey of the management of 16-18 year olds presenting with diabetic ketoacidosis in the UK : a need for standardisation .Dhatariya K, Winocour P , Raffles A. Br J Diabetes 2019 ; 19 : 29-33

Association of British Clinical Diabetologists (ABCD) and Diabetes UK joint position statement and recommendations on the use of sodium-glucose cotransporter-2 inhibitors with insulin for treatment of Type 1 diabetes (updated October 2020). Dashora U, Patel DC, Gregory R, Winocour P, Dhatariya K, Rowles S, Macklin A, Rayman G, Nagi D, on behalf of the ABCD executive Committee and supported by Diabetes UK. Joint Publication . Br J Diabetes 2020; 20:155-172 and Diabetic Medicine 2020 : 00:e14458

ENHIDE telehealth primary care support of adults with diabetes and chronic kidney disease: a pilot study – rationale and study design. Winocour PH, Moore-Haines K , Solomon A , Currie A, Hardy D . Br J Diabetes 2019;19:53-62

Taking confidence from CREDENCE and navigating with SONAR: new evidence for reducing renal failure in diabetes. Winocour PH. Br J Diabetes 2019;19:6-7

Association of British Clinical Diabetologists and Renal Association guidelines on the detection and management of diabetes post solid organ transplantation. Chowdhury TA, Wahba M, Mallik R, Peracha J, Patel D, De P, Fogarty D, Frankel A, Karraliede J, Mark P, Montero RM,Pokrajac A, Zac Varghese S, Bain SC, Dasgupta I, Banerjee D, Winocour PH, Sharif A. Submitted Diabetic Med 2020

## **PRESENTATIONS AT SCIENTIFIC MEETINGS – 2020- current**

### **INVITED LECTURES 2019-current**

Winocour PH. February 2021. Integrated Collaborative DKD care . The ENHIDE Telehealth Pilot and NHS Digital DKD Programme. ABCD-Renal Association 5<sup>th</sup> Joint meeting

Winocour PH . November 2020 . Challenges and opportunities in integrated diabetes care. The importance of Connected IT Systems. Diabetes Professional Conference 2020

Winocour, P. (2020, August 11). Managing hyperglycaemia in people with DM and CKD: establishing chronic co-pathology [Video file]. In The Biomedical & Life Sciences Collection, Henry Stewart Talks. Retrieved August 17, 2020, from <https://hstalks.com/bs/4366/>.

Winocour, P. (2020, August 31). Managing hyperglycaemia in people with DM and CKD: cardiovascular disease (CVD) involvement [Video file]. In The Biomedical & Life Sciences Collection, Henry Stewart Talks. Retrieved August 17, 2020, from <https://hstalks.com/bs/4374/>.

Winocour PH . British Cardiovascular Society Symposium July 2020 . Diabetes and cardio renal disease. Adding insult to injury

Diabetes Professional Care . London 2019 . ABCD renal position statements and update

14<sup>th</sup> Annual CardioRenal Forum , London 2019 . Diabetes and cardiorenal disease : Insult Added to Injury

2<sup>nd</sup> Annual SGLT Expert Forum meeting, London 2019 . SGLT2i- impact on proteinuric and non-proteinuric DKD

Diabetes UK Annual Professional Meeting Liverpool 2019 . Managing hyperglycaemia in patients with diabetes and chronic kidney disease

## **4. PRESENT APPOINTMENT**

**Consultant Physician (with an interest in Diabetes, Endocrinology and Metabolic Medicine) to the East & North Herts Health Trust, and Honorary Senior Lecturer University of Hertfordshire + Royal Free Hospital School of Medicine. Appointment April 1993.**

**ACCEA APPLICATION 2021**

**DOMAIN 1 - DELIVERING A HIGH QUALITY SERVICE**

**DOMAIN 2 - DEVELOPING A HIGH QUALITY SERVICE**

**DOMAIN 3 - LEADERSHIP AND MANAGING A HIGH QUALITY SERVICE**

**DOMAIN 4 - RESEARCH AND INNOVATION**

## **DOMAIN 5 - TEACHING AND TRAINING**

### **SUMMARY OF JOB PLAN**

<b>Direct clinical care</b>	<b>9.75</b>
<b>Supporting Professional Activities</b>	<b>2</b>
<b>NHS Digital DKD lead</b>	<b>1</b>
<b>Clinical director</b>	<b>1</b>
<b>TOTAL PROGRAMMED ACTIVITIES (Pas)</b>	<b>12.45</b>

Up to 6.25 diabetes sessions/week (including young adult, virtual, renal, community clinic) and incorporating fortnightly GP visits and service management session.

0.5 metabolic bone-lipid clinic/week.

0.5 joint adolescent diabetes clinic/week.

2 weekly Direct Patient Administration sessions .

Supporting Professional Activity (including appraiser role) 2.2 PAs .

Clinical Director 1PA .

Unpaid - Clinical Research , National College and ABCD work 2 PA/ week

## **5. PREVIOUS APPOINTMENTS**

August 1979 - February 1980	House Physician Southern General Hospital, Glasgow
February 1980 - July 1980	House Surgeon Western Infirmary/Gartnavel General Hospital, Glasgow
August 1980 - July 1981	Medical Senior House Officer Monklands District General Hospital Airdrie
August 1981 - August 1982	Medical Senior House Officer Ancoats Hospital and North Manchester District General Hospital, Manchester
August 1982 - July 1983	Registrar in General Medicine Infectious Diseases, Diabetes Endocrinology & Renal medicine Stobhill General Hospital, Glasgow
August 1983 - December 1986	Research Fellow in Diabetes University of Manchester Department of Medicine, Hope Hospital, Salford
January 1987 - July 1988	Tutor and Registrar in General Medicine, Diabetes and Endocrinology University of Manchester Department of Medicine, Hope Hospital, Salford
August 1988 - February 1989	Clinical Research Fellow/Honorary Medical Registrar ,University of Manchester Department of Medicine Hope Hospital, Salford and the Royal Infirmary, Manchester
March 1989 - August 1992	Lecturer and Hon Senior Registrar University of Newcastle upon Tyne
September 1992 - March 1993	Lecturer and Hon Senior Registrar , Royal Victoria Infirmary and Uni Dept of Medicine Newcastle upon Tyne

## **6. ACADEMIC ACHIEVEMENTS**

### **MD THESIS**

Studies of metabolic control and complications in insulin dependent diabetes mellitus.  
(University of Glasgow 1989)

### **REFEREEING JOURNALS**

I regularly review papers on metabolic control and complications of diabetes, diabetic nephropathy, lipids and vascular disease for the British Journal of Diabetes , the British Medical Journal, Diabetic Medicine, Diabetes Care, Diabetologia.

### **RECENT GRANTS AWARDED**

2016 – Sanofi – Telehealth Nurse

## **7. PUBLICATIONS**

### **ORIGINAL ARTICLES**

1. Evaluation of the measurement of blood glucose levels on dried filter paper blood spots.  
WINOCOUR PH, McKINNON GA, McMURRAY JR, ANDERSON DC  
Diabetic Medicine 1985; 2: 269-271.
2. Effect of short term improvements in glycaemic control on serum lipoproteins in insulin-treated diabetics.  
WINOCOUR PH, DURRINGTON PN, HUNT L, ANDERSON DC, COHEN H  
In: Diabetes, Obesity and Hyperlipidaemia  
Eds. CREPALDI G, TIENZO A, BAGGIO G  
Excerpta Medica, International Congress Series 1985; 681: 269-270
3. Lipoprotein abnormalities in insulin-dependent diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, ISHOLA M, ANDERSON DC  
Lancet 1986; i: 1176-1178.
4. The relationship between autonomic neuropathy and urinary sodium and albumin excretion in insulin-treated diabetics.  
WINOCOUR PH, DHAR H, ANDERSON DC  
Diabetic Medicine 1986; 3: 436-440.
5. Precise measurement of glycated serum albumin by column affinity chromatography and immunoturbidimetry. READ P, BHATNAGAR D, DHAR H, WINOCOUR PH  
Clinica Chimica Acta 1986; 161: 191-199.
6. Does the measurement of serum fructosamine accurately reflect levels of glycated albumin in insulin-dependent diabetes?  
WINOCOUR PH, BHATNAGAR D, READ P, DHAR H  
Annals of Clinical Biochemistry 1987; 24: 47-52.
7. Glycaemic control and exercise tolerance in hypertensive insulin-treated diabetes during Nifedipine therapy.  
WINOCOUR PH, GORDON C, WALDEK S, COHEN H, ANDERSON DC  
British Journal of Clinical Practice 1987; 41: 772-778.
8. Influence of proteinuria on vascular disease, blood pressure and lipoproteins in insulin-dependent diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, ISHOLA M, ANDERSON DC, COHEN H  
British Medical Journal 1987; 294: 1648-1651.
9. Hand skin blood flow in insulin-dependent diabetes mellitus.  
WINOCOUR PH, MITCHELL WS, GUSH RJ, TAYLOR LJ, BAKER RD  
Diabetic Medicine 1988; 5: 861-866.

10. Leukocyte microbicidal activity assessed by chemiluminescence in elderly non-insulin dependent diabetes mellitus.  
WINOCOUR PH, LENTON J, PUXTY JAH, ANDERSON DC  
Diabetes Research 1989; 9: 73-75.
11. Apolipoprotein E polymorphism and lipoproteins in insulin-treated diabetes mellitus.  
WINOCOUR PH, TETLOW L, DURRINGTON PNB, ISHOLA M, HILLIER V, ANDERSON DC  
Atherosclerosis 1989; 75: 167-173.
12. The prevalence of hyperlipidaemia in insulin-dependent diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, ISHOLA M, HILLIER V, ANDERSON DC  
Quarterly Journal of Medicine 1989; 70: 265-276.
13. Skin blood flow and limited joint mobility in insulin-dependent diabetes mellitus.  
MITCHELL WS, WINOCOUR PH, GUSH RJ, TAYLOR LJ, BAKER RD, ANDERSON DC, JAYSON MIV  
British Journal of Rheumatology 1989; 28: 195-200.
14. Validation of the Friedewald formula for the measurement of low density lipoprotein cholesterol in insulin-dependent diabetes mellitus.  
WINOCOUR PH, ISHOLA M, DURRINGTON PN  
Clinica Chimica Acta 1989; 179: 79-84.
15. Possible predictive factors for the development of pre-eclampsia in insulin-dependent diabetic pregnancies. WINOCOUR PH, TAYLOR R  
Diabetes Research 1989; 10: 159-164.
16. Does residual insulin secretion (assessed by C-peptide concentration) affect lipid and lipoprotein levels in insulin dependent diabetes mellitus?  
WINOCOUR PH, DURRINGTON PN, ISHOLA M, GORDON C, JEACOCK J, ANDERSON DC.  
Clinical Science 1989; 77: 369-374.
17. Relationships between renin, aldosterone, blood pressure and renal function in non-zotaemic hypertensive insulin-dependent diabetics.  
WINOCOUR PH, WALDEK S, BAKER RD  
Diabetes Research Clinical Practice 1989; 7: 99-108.
18. A comparison of direct measures of glycaemia and glycated blood proteins in insulin-dependent diabetes mellitus.  
WINOCOUR PH, BHATNAGAR D, KALSI P, HILLIER V, ANDERSON DC  
Clinical Biochemistry 1989; 22: 457-461.
19. Relative clinical usefulness of glycosylated serum albumin and fructosamine during short-term improvements in glycaemic control in IDDM.  
WINOCOUR PH, BHATNAGAR D, KALSI P, HILLIER V, ANDERSON DC  
Diabetes Care 1989; 12: 665-672.

20. An analysis of glycosylated blood proteins and blood glucose profiles over one year in patients with type 1 diabetes.  
WINOCOUR PH, BHATNAGAR D, KALSI P, HILLIER VF, ANDERSON DC  
Diabetic Medicine 1989; 6: 709-716.
21. Placebo controlled trial of the effects of guar gum and Metformin on fasting blood glucose and serum lipids in obese, type 2 diabetic patients.  
LALOR BC, BHATNAGAR D, WINOCOUR PH, ISHOLA M, ARROL S, BRADING M, DURRINGTON PN.  
Diabetic Medicine 1990; 7: 242-245.
22. The relevance of persistent C-peptide secretion in type 1 (insulin-dependent) diabetes mellitus to glycaemic control and diabetic complications.  
WINOCOUR PH, JEACOCK J, KALSI P, GORDON C, ANDERSON DC.  
Diabetes Research Clinical Practice 1990; 9: 23-35.
23. Platelet and plasma vasoactive amines in type 1 (insulin-dependent) diabetes mellitus.  
WINOCOUR PH, KLIMIUK P, GRENNAN A, BAKER RD, WEINKOVE C  
Annals of Clinical Biochemistry: 1990; 27: 238-244.
24. A one year prospective study of the effects of endogenous insulin reserve (assessed by C-peptide) on metabolic control following a programme of intensified management in insulin-dependent (type 1) diabetes mellitus.  
WINOCOUR PH, DURRINGTON PH, KALSI P, BHATNAGAR D, ISHOLA M, GORDON C, ANDERSON DC  
Diabetes, Nutrition and Metabolism 1990; 3: 215-224
25. Lymphocyte transformation in elderly non-insulin dependent diabetics before and after improved glycaemic control.  
WINOCOUR PH, LENTON J, PUXTY JAH, ANDERSON DC  
British Journal Clinical Practice 1990; 44: 259-263
26. A double-blind placebo controlled study of the effects of Bezafibrate on plasma lipids, lipoprotein and fibrinogen in hyperlipidaemic insulin-dependent diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, BHATNAGAR D, ISHOLA M, ARROL S, LALOR BC, ANDERSON DC  
Diabetic Medicine 1990; 7: 736-743
27. A randomised cross-over study of the effects of biosynthetic proinsulin on lipid metabolism in type 2 diabetes.  
WINOCOUR PH, MALLIK TH, ISHOLA M, BAKER RD, BHATNAGAR D, DURRINGTON PN, ANDERSON DC  
Diabetic Medicine 1991; 8: 22-27.

28. The association of different measures of insulinaemia with vascular risk factors in healthy normoglycaemic normotensive non-obese men and women.  
WINOCOUR PH, KALUVYA S, BROWN L, FARRER M, MILLAR JP, NEIL HAW, ALBERTI KGMM  
Quarterly Journal of Medicine 1991; 79: 539-560.
29. A psychometric evaluation of adult patients with type 1 (insulin dependent) diabetes mellitus: prevalence of psychological dysfunction and relationship to demographic variables, metabolic control and complications.  
WINOCOUR PH, MAIN CJ, MEDLICOTT G, ANDERSON DC  
Diabetes Research 1990; 14: 171-176.
30. Serum paraoxonase activity in familial hypercholesterolaemia and insulin-dependent diabetes mellitus.  
MACKNESS MI, HARTY D, BHATNAGAR D, WINOCOUR PH, ARROL S, ISHOLA M, DURRINGTON PN  
Atherosclerosis 1991; 86: 193-199.
31. Lipid peroxides in non-insulin dependent diabetes with macrovascular disease.  
VELAZQUEZ E, WINOCOUR PH, LAKER MF, KESTEVEN P, ALBERTI KGMM  
Diabetic Medicine 1991; 8: 752-758.
32. The influence of early diabetic nephropathy on very low density lipoprotein (VLDL), intermediate density lipoprotein (IDL), and low density lipoprotein (LDL) composition.  
WINOCOUR PH, DURRINGTON PN, BHATNAGAR D, ISHOLA M, MacNESS M, ARROL S.  
Atherosclerosis 1991; 89: 49-57.
33. Lipoprotein (a) and microvascular disease in Type 1 diabetes mellitus.  
WINOCOUR PH, BHATNAGAR D, ISHOLA M, ARROL S, DURRINGTON PN  
Diabetic Medicine 1991; 8: 922-927.
34. A comparison of the lipaemic response to a mixed meal and the intravenous fat tolerance test in normolipidaemic and hyperlipidaemic non-insulin dependent diabetes mellitus (NIDDM)  
WINOCOUR PH, MALLIK T, BHATNAGAR D, ISHOLA M, ARROL S, McDOWELL D, WEINCOVE C, DURRINGTON PN, ANDERSON DC  
Diabetes, Nutrition and Metabolism 1991; 4: 213-219.
35. The relationship between insulinaemia, body mass index and lipoprotein composition in healthy non-diabetic men and women.  
WINOCOUR PH, RAMAIYA K, KALUVYA S, BROWN L, MILLAR JP, FARRER M, NEIL HAW, LAKER MF, ALBERTI KGMM  
Arteriosclerosis and Thrombosis 1992; 12: 393-402.

36. Effects of treatment of hypertriglyceridaemia with gemfibrozil on serum lipoproteins and the transfer of cholesterylester from high density lipoproteins to low density lipo- proteins.  
BHATNAGAR D, DURRINGTON PN, MACKNESS M, ARROL S, WINOCOUR PH PRAIS H.  
Atherosclerosis 1992; 92: 49-57.
37. Microalbuminuria and associated cardiovascular risk factors in the community.  
WINOCOUR PH, HARLAND J, MILLAR JP, LAKER MF, ALBERTI KGMM  
Atherosclerosis 1992; 93: 71-81.
38. The effect of Bezafibrate on the composition of very low density lipoprotein (VLDL), intermediate density lipoprotein (IDL) and low density lipoprotein (LDL) in hyperlipidaemia associated with Type 1 diabetes.  
WINOCOUR PH, DURRINGTON PN, BHATNAGAR D, ISHOLA M, MACKNESS M, ARROL S, ANDERSON DC  
Atherosclerosis 1992; 93: 83-94.
39. Does oral carnitine lower serum triglyceride concentrations in hypertriglyceridaemic subjects with and without non-insulin dependent diabetes mellitus?  
SUM CF, WINOCOUR PH, AGIUS L, CATALANO C, LAKER MF, ALBERTI KGMM  
Diabetes, Nutrition and Metabolism 1992; 5: 175-181.
40. Abnormalities of VLDL, IDL and IDL characterize insulin dependent diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, BHATNAGAR D, ISHOLA M, ARROL S, MACKNESS M  
Arteriosclerosis and Thrombosis 1992; 12: 920-928.
41. Serum insulin and triglyceride levels influence erythrocyte sodium-lithium countertransport activity in normoglycaemic individuals.  
WINOCOUR PH, THOMAS TH, BROWN L, LAKER MF, WILKINSON R, ALBERTI KGMM  
Clin Chim Acta 1992; 208: 193-203.
42. Erythrocyte sodium lithium countertransport activity and total body insulin mediated glucose disposal in normoalbuminuric normotensive Type 1 (insulin dependent) diabetic patients.  
CATALANO C, WINOCOUR PH, THOMAS TH, WALKER M, SUM CF, WILKINSON R, ALBERTI KGMM  
Diabetologia 1993; 36: 52-56.
43. A cross-sectional evaluation of vascular risk factors in coronary heart disease associated with Type 1 (insulin dependent) diabetes mellitus.  
WINOCOUR PH, DURRINGTON PN, MBEWU A, BHATNAGAR D, ISHOLA M, MACKNESS M, ARROL S  
Diabetes Res Clin Pract 1992; 18: 173-184.

44. The effect of posture and acute glycaemic control on the excretion of retinal binding protein in normoalbuminuric Type 1 diabetic patients.  
CATALANO C, WINOCOUR PH, GILLESPIE S, GIBB I, ALBERTI KGMM  
Clinical Science 1993; 84: 461-467.
45. Increased red cell sodium lithium countertransport, total exchangeable sodium and hormonal control of salt balance in normoalbuminuric Type 1 diabetes.  
WINOCOUR PH, CATALANO C, THOMAS TH, WILKINSON R, ALBERTI KGMM  
Diabetic Medicine 1993; 10: 825-832.
46. Haemostatic function, insulinaemia and cardiovascular risk factors in normoglycaemic men and women.  
WINOCOUR PH, NEIL HAW, FARRER M, KESTEVEN P, LAKER MF, ALBERTI KGMM  
Nutrition, Metabolism and Cardiovascular Disease 1993; 3: 65-172.
47. Lipoprotein compositional abnormalities and insulin resistance in Type 2 diabetic patients with mild hyperlipidaemia.  
STEWART MW, LAKER MF, DYER RG, GAME F, MITCHESON J, WINOCOUR PH, ALBERTI KGMM  
Atherosclerosis and Thrombosis 1993; 13: 1046-1052.
48. Association between impaired glucose tolerance and circulating concentration of Lp (a) lipoprotein in relation to coronary heart disease.  
FARRER M, GAME FL, ALBERS CJ, NEIL HAW, WINOCOUR PH, LAKER MF, ADAMS PC, ALBERTI KGMM  
British Medical Journal 1993; 307: 832-836.
49. Detection of clustering of cardiovascular risk factors during a single practice-based screening programme  
HARLAND JOE, WINOCOUR PH, RAMAIYA K, BROWN L, KALLUVYA S, MILLAR JP, KESTEVEN P, LAKER MF, ALBERTI KGMM  
Cardiovascular Risk Factors 1994; 5: 18-27.
50. Simvastatin in non-insulin dependent diabetes mellitus: Effect on serum lipids, lipoproteins and haemostatic measures.  
FARRER M, WINOCOUR PH, EVANS K, NEIL HAW, LAKER MF, ALBERTI KGMM  
Diabetes Res Clin Pract 1994; 23: 111-119.
51. Coronary heart disease is associated with increased lipoprotein (a) concentrations independent of the size of circulating Apolipoprotein (a) isoforms.  
FARRER M, GAME FL, ALBERS CJ, NEIL HAW, WINOCOUR PH, LAKER MF, ADAMS PC, ALBERTI KGMM  
Arteriosclerosis and Thrombosis 1994; 14: 1272-1283.

52. Contrasting renal and metabolic effects of alpha and beta adrenergic blockade in mildly hypertensive Type 1 (insulin dependent) diabetic subjects.  
WINOCOUR PH, CATALANO C, NEW J, ALBERTI KGMM  
Nutrition, Metabolism and Cardiovascular Diseases 1995; 5: 217-224.
53. Measures of tubular function in normoalbuminuric insulin dependent diabetic patients and their relationship with sodium lithium countertransport activity.  
CATALANO C, WINOCOUR PH, PARLONGO S, GIBB I, GILLESPIE S, ALBERTI KGMM  
Nephron 1996; 73: 613 - 618
54. Body mass index, waist-hip ratio and glucose intolerance in Chinese and European adults in Newcastle-upon-Tyne, UK.  
UNWIN N, HARLAND J, WHITE M, BHOPAL R, WINOCOUR PH, STEPHENSON P, WATSON W, TURNER C, ALBERTI KGMM  
J Epidem Comm Health 1997; 51: 160-166.
55. Association of British Clinical Diabetologists (ABCD) Survey of Secondary Care Services for Diabetes in the United Kingdom 2000. 1: Methods and major findings.  
WINOCOUR PH, AINSWORTH A, WILLIAMS R.  
Diabetic Medicine 2002; 19:327-333.
56. Association of British Clinical Diabetologists (ABCD) Survey of Specialist Diabetes Care Services in the UK 2000. 2: Workforce issues, roles and responsibilities of Diabetes Specialist Nurses.  
WINOCOUR PH, AINSWORTH A, FORD M.  
Diabetic Medicine 2002; 19 (supp 4): 27-31.
57. Association of British Clinical Diabetologists (ABCD) Survey of Specialised Diabetes Care Services in the UK 2000. 3: Podiatry Services and related foot care issues.  
WINOCOUR PH, MORGAN J, AINSWORTH A.  
Diabetic Medicine 2002; 19 (supp 4): 32-38.
58. Association of British Clinical Diabetologists (ABCD) Survey of Specialist Diabetes Care Services in the UK 2000. 4: Diabetic Services and Nutritional Issues.  
WINOCOUR PH, MEARING C, AINSWORTH A, WILLIAMS R.  
Diabetic Medicine 2002; 19 (supp 4): 39-43.
59. Effective diabetes care – a need for realistic targets.  
WINOCOUR PH  
British Medical Journal 2002; 324:1577-80
60. Design of the Collaborative Atorvastatin Diabetes Study (CARDS) in patients with Type II diabetes.  
COLHOUN HM, THOMSON MJ, MACKMESS MI, MATON SM, BETTERIDGE DJ, DURRINGTON PN et al.  
Diabetic Medicine 2002; 19:201-211

61. Atypical familial juvenile hyperuricemic nephropathy associated with a hepatocyte nuclear factor - 1 $\beta$  mutation gene.  
BINGHAM C, ELLARD S, VANT'HOFF WG, SIMMONDS HA, MARINAKI M, BADMAN M, WINOCOUR PH et al.  
Kidney Int 2003; 63 : 1645-1651
62. Primary prevention of cardiovascular disease with Atorvastatin in type 2 diabetes in the Collaborative Atorvastatin Diabetes Study (CARDS): multicentre randomized placebo-controlled trial.  
COLHOUN HM, BETTERIDGE DJ, DURRINGTON PN et al.  
Lancet 2004; 364; 688-696.
63. Drug therapy for prevention of cardiovascular disease – should surrogate measures be abandoned?  
WINOCOUR PH.  
Clinical Medicine 2005; 5:282-286
64. ABCD survey of self-awareness of cardiovascular risk amongst consultant diabetologists in the UK.  
WINOCOUR PH.  
Prac Diabetes Int 2006;23:53-56
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## **8. Reviews/ Book Chapters/Editorials/Commentaries**

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9. Microalbuminuria. Leading Article.  
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27. Evidence based prevention and management of Type 2 diabetes. Strategies for management of type 2 diabetes. Sagen Zac-Varghese and Peter Winocour. Oxford Textbook of Endocrinology and Diabetes . Oxford University Press 2021 ; in press

## **9. BOOK**

Microalbuminuria: Epidemiology, Biochemistry and Clinical Practice, Cambridge University Press, 1998. Authors: Winocour, PH, Marshall SM.

## **10. CASE REPORTS**

1. Septic arteritis complicating salmonellosis.  
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9. Reversible hyporeninaemic hypoaldosteronism and life threatening cardiac dysrhythmias: the interaction of non-steroidal anti-inflammatory drugs and autonomic dysfunction.  
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12. Multiple Myeloma with hyperparathyroidism.  
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13. Bilateral lower limb pain and swelling in a young girl with type 1 diabetes mellitus.  
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14. Acute Psychosis after the cure of adrenal Cushing's syndrome. A Case Report.  
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15. Osmotic demyelination syndrome. Is there a safe limit for correction of hyponatraemia? KUMAR R, WINOCOUR PH. Submitted 2007.

## **11. COMMISSIONED ARTICLES**

1. Nutrition and therapeutics. Editorial comment.  
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6. The National Service Framework for diabetes and deficiencies in specialist care – Putting the cart before the horse?  
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8. The Association of British Clinical Diabetologists (ABCD) Survey of Secondary Care Services for Diabetes in the United Kingdom 2000. Major implications for the National Service Framework for Diabetes.  
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British Journal of Diabetes and Vascular Disease 2001; 1:2:136-140.
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## **12. LETTERS**

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British Medical Journal 1994; 308: 470.
3. Triglyceride Concentrations and Coronary Heart Disease.       Routine  
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4. Cost effective strategies for reducing coronary risk in primary care.  
WINOCOUR PH  
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5. Metabolic Effects on Antihypertensive treatment.  
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6. National Service Framework for diabetes leave questions open. GREENWOOD  
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7. Physicians in a Foreign Land.  
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8. Access to Dietetic Services in the UK (Letter).  
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9. UK unprepared for diabetes epidemic.  
Greenwood RG, Shaw VS, Winocour PH.  
The Independent Online edition October 14<sup>th</sup> 2005
10. Integrated care is best model for diabetes.   GREENWOOD R, SHAW K,  
WINOCOUR P. British Medical Journal 2005;331:134.
11. Diabetes and Endocrinology Specialist Registrars Teaching programmes in the  
United Kingdom – time to set some quality standards ? Results from the ABCD-YDF  
survey . Diabetic Med 2011 ;

### **13. ADMINISTRATION AND COMMITTEE WORK**

Chaired scientific sessions at meetings of Diabetes UK , the British Hyperlipidaemia Association, Association of British Clinical Diabetologists, Royal Society of Medicine.

Past Chairman of ABCD and current member of ABCD executive board

Chairman of the East & North Herts NHS Trust New Drugs and Formulary Committee 2004-2009 and past member of the Hertfordshire Medicines Management Committee.

Independent Clinical Adviser to the Health Ombudsman.

Expert Witness for the Crime Prosecution Service.

ABCD representative on DoH NSF Diabetic Skills and Competency Stakeholder group, and also the UK National Screening Committee Diabetes for Heart Disease and Stroke (DHDS) Project Advisory group

Member of Department of Health Diabetes Programme Board .

Elected as national representative for Diabetes and Endocrinology on the Royal College of Physicians of London Council 2007-2010

Current Chair RCPL JSC in Diabetes and Endocrinology

## **14. TEACHING EXPERIENCE**

Experience in undergraduate instruction has included formal lectures, tutorial groups, individual tuition or ward training of 3rd, 4th and final year medical students and MRCP candidates.

I examined MRCP candidates during the MRCP teaching course at Hope Hospital, Salford, and 'coached' candidates for the MRCP and the MFOM diplomas in Newcastle and Welwyn Garden City. I regularly give lectures in teaching centres in the UK. I have examined Maltese doctors during the preparatory course for the LRCP organized by the University of Newcastle upon Tyne.

MRCP PACES examiner, 2001-2002, 2004, 2006, 2007, 2010-2012 for the Royal College of Physicians, London.

Educational Supervisor of 3 SpR's in Diabetes & Endocrinology in NW Thames regional training programme.

## **15. RECENT INVITED TALKS**

1. Hot topics in Diabetes and Endocrinology : Debate : Has primary care the expertise to look after failing type 2 diabetes patients ? Against the Motion. Southampton 2012
2. Challenges in the provision of integrated diabetes care. Kings Fund SpR Leadership course Warwick 2012
3. Clinical Update in Diabetes. Royal Society of Medicine .Debate : Should all those with Type 2 diabetes take an aspirin a day ? For the Motion . London 2013

## **16. MEMBERSHIP OF SOCIETIES**

1. Diabetes UK.
2. Association of British Clinical Diabetologists.
3. American Diabetes Association.
4. British Medical Association
5. Royal College of Physicians of London.