

# **Prof. Alan J. Sinclair**

**Director at Foundation for Diabetes Research in Older People, Diabetes Frail Ltd**

Worcestershire, , GB

Professor Alan Sinclair is an international expert in diabetes and clinical gerontology

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## **Biography**

Professor Alan Sinclair is an international expert in diabetes and clinical gerontology and is Director of the Foundation for Diabetes Research in Older People at Diabetes Frail Ltd in Worcestershire, England.

Professor Sinclair is also Hon Professor of Metabolic Medicine at Aston University and consultant geriatrician and diabetologist at the Luton & Dunstable University Hospital in Bedfordshire, England. He is a former Professor of Medicine at the University of Bedfordshire and Dean at the Bedfordshire & Hertfordshire Postgraduate Medical School. He has provided advice for the UK NICE organisation, Care Quality Commission (CQC) and the UK Government Department of Health on matters relating to diabetes in older people.

He has interests in ageing and frailty, nutrition, stroke illness, end of life diabetes care, care home diabetes and cognitive dysfunction / Alzheimer's disease. He co-led the development of the IDF Guideline on Managing Older People with Type 2 Diabetes and led a successful IAGG programme on diabetes which was presented in Seoul, Korea in June 2013. Alan has been designated a WHO Expert in Diabetes and more recently been appointed to a World Expert Group on Frailty by the WHO. He was awarded the Presidential Medal of the IAGG in 2013 for services to older people and diabetes. He is the author of many papers in the area of geriatrics, nutrition and diabetes. Professor Sinclair is involved in collaboration in 6 EU-projects connected with frailty and older people with the MIDFRAIL project involving patients with diabetes.

He is currently editing the 4th edition of his well established textbook, Diabetes in Old Age, published by Wiley-Blackwell with three other distinguished Editors, Prof Medha Munshi of Harvard, Prof Trisha Dunning of Geelong, Australia, and Prof Rodriguez Manas of Madrid, Spain. Professor Sinclair is the National Clinical lead in England for the Older Peoples Diabetes Network. After successfully establishing in 2008, the first Institute of its kind devoted to diabetes in older people (Institute of Diabetes for Older People, IDOP) he has now moved to create Diabetes Frail, a not for profit research organisation dedicated to developing high quality research in older people and in those with diabetes.

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## **Industry Expertise**

Research, Writing and Editing, Health Care - Providers, Health Care - Services, Health and Wellness, Education/Learning, Elder Care

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## **Areas of Expertise**

Clinical Gerontology, Diabetes Mellitus, Cognitive dysfunction and dementia in diabetes, Ageing frailty and sarcopaenia, Re-enablement in Diabetes

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## **Affiliations**

European Working Party on Diabetes in Old Age : Chair, England Older People Diabetes Network (OPDN) - Chair

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## **Event Appearances**

**Impact of diabetes in an ageing multicultural society**  
Diabetes in older people – challenges, controversies and complications

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## **Education**

Newcastle under Lyme School, Staffordshire, UK - secondary school education preparing for University entrance (1969-72)

A - levels in Chemistry, Biology, Physics Pre-University Examinations

**London University - St Barthomew's Hospital College of Medicine (1973-9)**

BSc Hons - 1st Class Hons in Biochemistry; MBBS Medicine

**University of Sydney, Australia**

MSc Medicine Medicine

**London University**

MD, FRCP (1995) Diabetes

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## **Accomplishments**

**International Association of Gerontology and Geriatrics (IAGG) Presidential Medal (2013)**

Professor Alan Sinclair was awarded the International Association of Gerontology and Geriatrics (IAGG) Presidential Medal for services to diabetes in 2013, in recognition of his work to improve the healthcare of older people with diabetes and the education of health professionals

**World Health Organization (WHO) Recognised Expert in Diabetes - for more than 10 years**

Alan Sinclair was recognised as an official expert in diabetes after being invited to participate in a WHO led Workshop on Rehabilitation.

**World Health Organization (WHO) Recognised Expert in Frailty (2014)**

Alan Sinclair was appointed to the World Health Organization (WHO) Expert Group on Frailty in view of his expertise in diabetes - Professor was the first to introduce the idea that diabetes was a model of frailty

**UK Department of Health (NHS Diabetes) first Clinical Lead for Older People with Diabetes in England:  
established the National Older Peoples Diabetes Network**

Professor Sinclair was asked to lead several initiatives to enhance the diabetes care of all older people in the UK - many of these were designed and created by Professor Sinclair, himself.

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