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## OPTIMISTIC recruitment is now closed. Thank you for your interest and participation!

On 29<sup>th</sup> May 2015 OPTIMISTIC closed recruitment, with more than 250 people involved.

### *Why is recruitment closed?*

Recruitment has closed because based on the current numbers the study team calculate we now have enough people involved to test, once we have collected all the data, whether or not the therapy, a combination of Cognitive Behavioural Therapy and exercise, is having an impact on people with myotonic dystrophy type 1. Due to your great commitment and the good work at the clinical sites in OPTIMISTIC (Newcastle, Nijmegen, Munich, Paris) we have reached our recruitment target even earlier than expected!

### *What does this mean for OPTIMISTIC?*

OPTIMISTIC continues as planned, it is important that you attend all of your follow up appointments so that we can continue to collect all of the information we need to be able to test the effectiveness of the therapy.

To check when your next appointment is, or for any other details please contact your local site

Newcastle: Cecilia Jimenez-Moreno, 0191 282 00 70

Munich: Dr Stephan Wenninger 089 440 05 74 00

Paris: Dr Pascale Chevalier 01 45 17 80 93

Nijmegen: Dr Marlies van Nimwegen 024 3 65 57 87

### *What does this mean for myotonic dystrophy research?*

A multi-centre study of this size for myotonic dystrophy has not been carried out in Europe before; by reaching this milestone OPTIMISITC has proven that the community is “trial-ready”. This means that we have the expertise and resources to carry out research into this condition, hopefully encouraging more research to occur.

*A message from the coordinator:* Professor Baziél van Engelen coordinates all aspects of OPTIMISTIC from the Radboud University Medical Centre in Nijmegen, the Netherlands. “ I would like to thank all of the people with myotonic dystrophy type 1 who are taking part in OPTIMISTIC and also their family members and partners, this is a great step forward for research into this condition. This study will lead to more clinical research being carried out across these different countries in the future”.

Thank you again and we look forward to seeing you at your next visit!