

## Curriculum vitae: Martin K Rutter

**GMC number:** 3110687; Nationality: British

URL for web site: [https://www.research.manchester.ac.uk/portal/en/researchers/martin-rutter\(b63a9641-66cf-429f-8b9b-b72df9606561\).html](https://www.research.manchester.ac.uk/portal/en/researchers/martin-rutter(b63a9641-66cf-429f-8b9b-b72df9606561).html)

**QUALIFICATIONS:** **MB ChB**, Edinburgh University Medical School; **DGM** (Diploma in Geriatric Medicine), Royal College of Physicians, Glasgow; **MRCP (UK)**, Royal College of Physicians, UK; **Dip Med Sci**, University of Newcastle upon Tyne; **MD**, University of Newcastle upon Tyne; **FRCP**, Royal College of Physicians, Edinburgh; **FHEA**, The Higher Education Academy, UK

**CURRENT POSITION:** May 2019-present: **Professor of Cardiometabolic Medicine and Honorary Consultant Physician**, University of Manchester (UoM), UK and Manchester University NHS Foundation Trust (MFT). **Funding:** University of Manchester.

**PREVIOUS POSITIONS:** Mar 2009-May 2019: **HEFCE Clinical Senior Lecturer** and Honorary Consultant Physician, UoM and MFT; Mar 2006 – Mar 2009: **Consultant Physician**, Manchester Royal Infirmary, and Honorary Senior Lecturer, UoM, UK; Dec 2002 – Mar 2006: **Consultant Physician, Diabetes, Endocrinology and General Medicine** Countess of Chester Hospital; Aug 2002 – Oct 2002: **Locum Consultant Physician** Llandudno General Hospital, Llandudno, North Wales, UK; Countess of Chester Hospital, Chester, Cheshire, UK; Glan Clwyd Hospital, Clwyd; Dec 2000 - Jul 2002: **Research Fellow in Cardiology and Endocrinology** Lahey Clinic, Burlington, MA, USA and Framingham Heart Study, MA, USA; Dec 1996 - Oct 2000, **Locum Consultant Physician in Diabetes and General Medicine and Senior Registrar Posts**, North Tyneside Hospital, UK, Royal Victoria Infirmary and Freeman Hospital, Newcastle upon Tyne; Aug 1993 - Nov 1996, **Northern Region Research Training Fellowship and Senior Registrar Posts**, Department of Medicine, University of Newcastle upon Tyne and Freeman Hospital, Newcastle upon Tyne, UK; Sep 1989 - Jul 1993, **Medical Registrar in Diabetes, Endocrinology and General Medicine**, Freeman Hospital, Newcastle upon Tyne, Darlington Memorial Hospital, Queen Elizabeth Hospital, Gateshead, UK; Aug 1985-July 1989, **Medical Senior House Officer rotation and House Officer posts**, Edinburgh Teaching Hospitals.

**CLINICAL RESPONSIBILITIES:** 2014-Mar 2019: Clinical lead: Manchester Diabetes Centre, Manchester Royal Infirmary (MRI); 2009-2022: Clinical lead: islet cell transplantation service and renal-diabetes service at MFT.

**TOTAL GRANT FUNDING: £9.9M** (PI and personal awards: £1.3M including DOH/HEFCE Clinical Senior Lecturer Award)

**PERSONAL AWARDS:** e.g. 2009-2014: DOH/HEFCE Clinical Senior Lecturer Award, £250,000

### ACTIVE GRANTS

Oct	2018-24	<b>Innovate UK, NHS England (Co-PI)</b> Evaluation of test bed intervention: <i>GM Diabetes My Way</i>	£975,574
Dec	2022-27	<b>NIHR Manchester Biomedical Research Centre (Co-I)</b> I am co-I and named <i>key researcher</i> in the <i>Integrative Cardiovascular</i> theme.	£59.1M
Sept	2022-24	<b>BHF</b> , An investigation into the molecular basis and impacts of cardiac FGF21 resistance in response to metabolic stress.	£157,253
Aug	2021-23	<b>NIHR, Artificial Intelligence in Health and Care Award</b> MyDiabetes IQ; safety and efficacy testing of a diagnosis and precision medicine tool for diabetes management	£1,170,000

Sept	2022-25	<b>BHF Non-clinical PhD Studentship Application</b> Regulation of cardiac lipid homeostasis in metabolic disorders.	£109,840
Sept	2022-25	<b>Asthma + Lung UK Project grant</b> The impact of biological sex on the body clock in asthma.	£275,714
Jan	2021-24	<b>British Lung Foundation, Project grant</b> <i>The effect of circadian disruption/ sleep on IPF incidence and prognosis.</i>	£39,736
May	2020-23	<b>NIHR</b> <i>National Evaluation (HEDLINE) of the NHS 'Healthy Living' intervention</i>	£750,000
Oct	2019-24	<b>British Heart Foundation and Uo Manchester</b> <i>Research Accelerator Award in Integrative Physiology with a focus on Cardiovascular Genetics and Physiology and Hypertension</i>	£1,700,000

**PUBLICATIONS AND CITATIONS:** 156 original papers, 24 review/editorials; 13 letters/case reports; 6 book chapters; 7168 citations; top 3 papers cited 501, 400 and 383 times (web of science).

**H-index 41** (web of science)

#### **FIVE MOST RELEVANT RECENT PUBLICATIONS**

1. Burns AC, Phillips AJK, **Rutter MK**, Saxena R, Cain SW, Lane JM Genome-wide gene by environment study of time spent in daylight and chronotype identifies emerging genetic architecture underlying light sensitivity. *Sleep*. 2023 Mar 9;46(3):zsac287.
2. Liu J, Richmond RC, Bowden J, Barry C, Dashti HS, Daghlas I, Lane JM, Jones SE, Wood AR, Frayling TM, Wright AK, Carr MJ, Anderson SG, Emsley RA, Ray DW, Weedon MN, Saxena R, Lawlor DA, **Rutter MK**. Assessing the Causal Role of Sleep Traits on Glycated Hemoglobin: A Mendelian Randomization Study. *Diabetes Care*. 2022 Apr 1;45(4):772-781.
3. Windred DP, Jones SE, Russell A, Burns AC, Chan P, Weedon MN, **Rutter MK**, Olivier P, Vetter C, Saxena R, Lane JM, Cain SW, Phillips AJK. Objective assessment of sleep regularity in 60 000 UK Biobank participants using an open-source package. *Sleep*. 2021 Dec 10;44(12):zsab254.
4. O'Loughlin J, Casanova F, Jones SE, Hagenaaers SP, Beaumont RN, Freathy RM, Watkins ER, Vetter C, **Rutter MK**, Cain SW, Phillips AJK, Windred DP, Wood AR, Weedon MN, Tyrrell. Using Mendelian Randomisation methods to understand whether diurnal preference is causally related to mental health. *J. Mol Psychiatry*. 2021 Nov;26(11):6305-6316.
5. Maidstone RJ, Turner J, Vetter C, Dashti HS, Saxena R, Scheer FAJL, Shea SA, Kyle SD, Lawlor DA, Loudon ASI, Blaikley JF, **Rutter MK**, Ray DW, Durrington HJ. Night shift work is associated with an increased risk of asthma. *Thorax*. 2021 Jan;76(1):53-60.

#### **ESTEME INDICATORS**

**Diabetes UK:** *RD Lawrence Lecturer*, 2023; *Member, Science and Research Advisory Group*, 2017- present; *Chair Diabetes Research Steering Group 6* (diabetes complications), 2017-present; *Chair, Diabetes UK Professional Conference Organising Committee* 2021-2022  
**Manchester Centre for Biological Timing:** Translational lead  
**Associate Editor:** 2014-Dec 2017: *Diabetologia*; 2004-2010: *Diabetic Medicine*; **Advisory Board:** *Diabetologia* (2018-2021)  
**Chair, European Diabetology** (2018- present), a charity promoting diabetes education.  
**Lead, International consortium, UK Biobank team** working on sleep/circadian rhythm, 2016-

#### **PUBLIC SERVICE IN A PROFESSIONAL CAPACITY**

2012-current: Project grant and Fellowship reviewer: MRC, NIHR and Diabetes UK