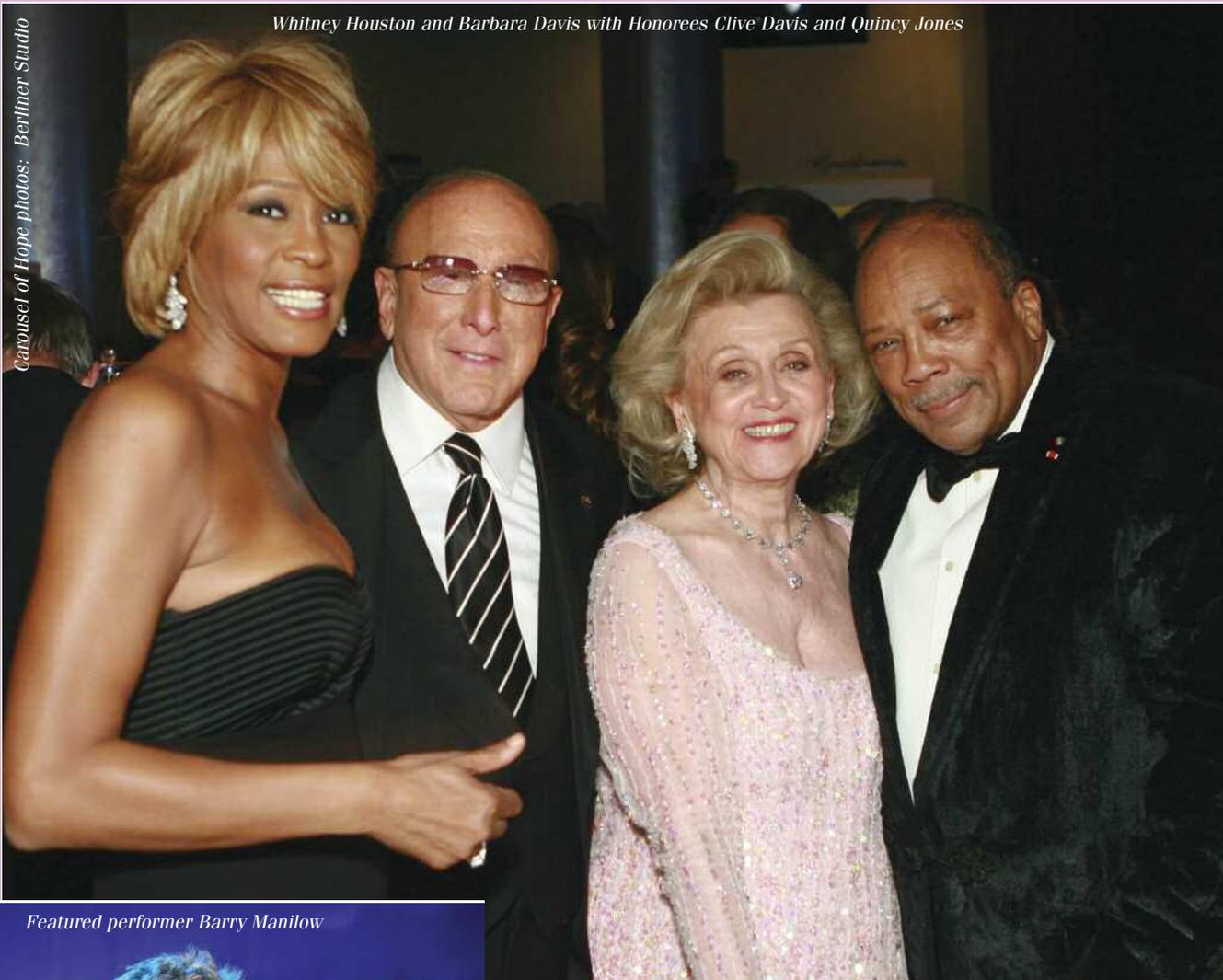


NEWSNOTES

CHILDREN'S DIABETES FOUNDATION AT DENVER — WINTER 2006



Carousel of Hope photos: Berliner Studio

Whitney Houston and Barbara Davis with Honorees Clive Davis and Quincy Jones

Featured performer Barry Manilow



DAZZLING STARS TURN OUT FOR 17TH CAROUSEL OF HOPE TO HELP CHILDREN WITH DIABETES

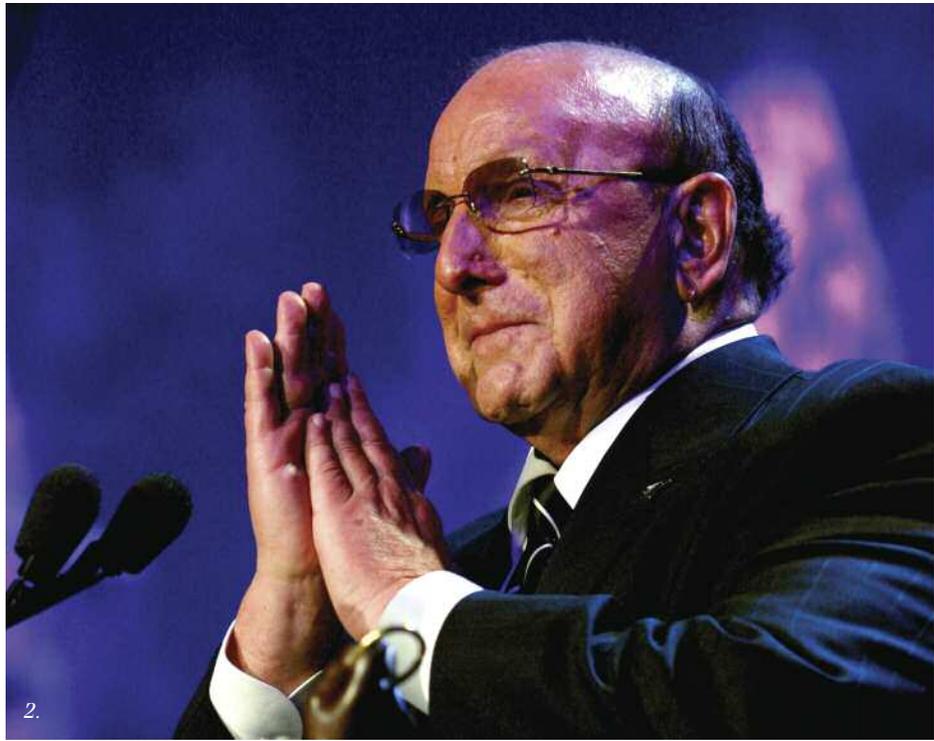
— Linda Morris

The star-spangled Carousel of Hope was a stunning success with Barbara Davis at the helm of the famous biennial event to raise funds for children and young adults treated at the Barbara Davis Center for Childhood Diabetes in Denver. The resplendent International Ballroom at the Beverly Hilton was filled with tables topped with elaborate carousels surrounded by dozens of pink roses. Over a thousand distinguished guests proved how deeply they care about helping families touched by diabetes and raised over \$4 million in one unforgettable night.

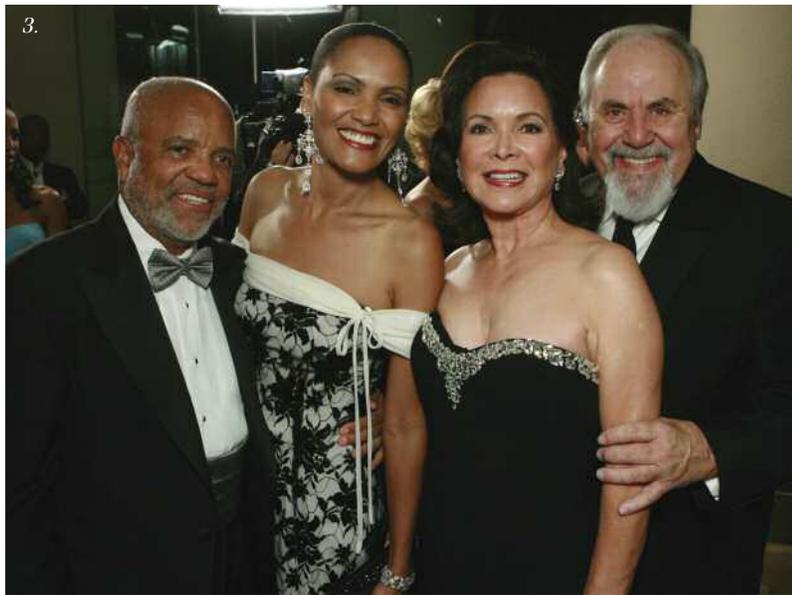
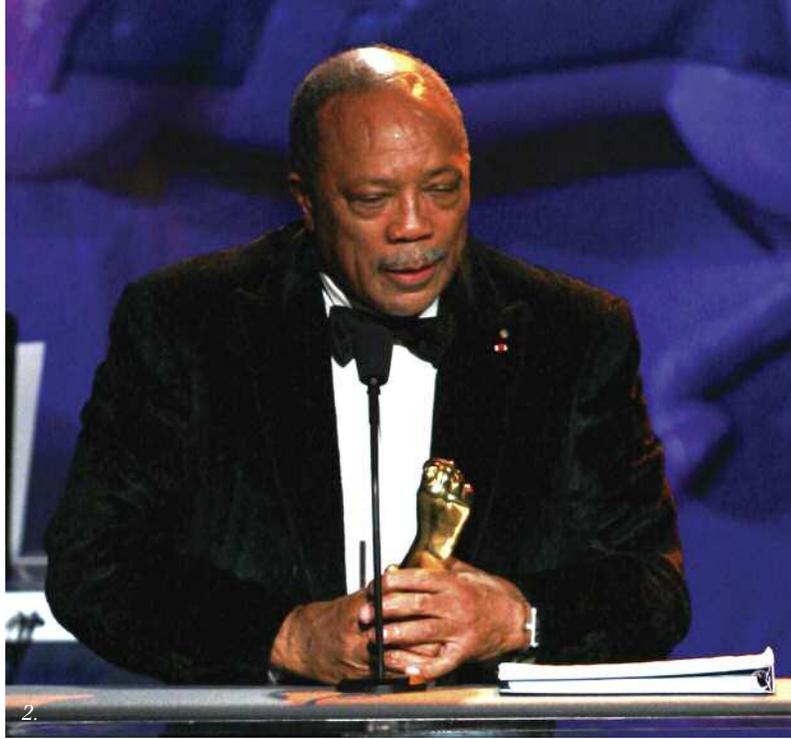
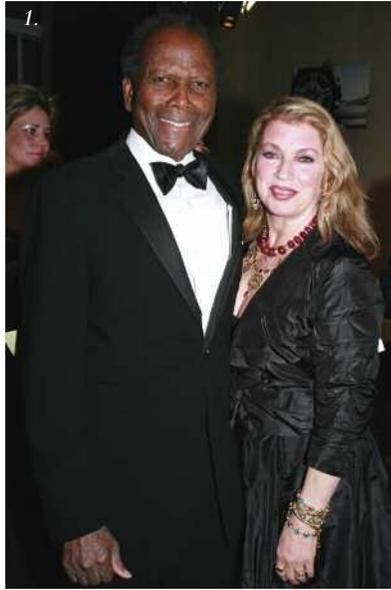
(Continued on page 10)

The Carousel of Hope

Carousel of Hope photos: © Berliner Studio



1. Lisa Rinna, Harry Hamlin
2. Clive Davis
3. Randy Jackson, Halle Berry
4. Virginia Madsen, Garcelle Beauvais
5. Tom Arnold, Jason Davis
6. Barbara Davis, Dana Davis, Mike Reinstein



1. Sidney and Joanna Poitier
2. Quincy Jones
3. Berry Gordy, Eskadar Gobeze, Jolene and George Schlatter
4. Barbara Davis and Brandon Davis
5. Candy Spelling
6. Dr. and Mrs. Ray Irani

The Carousel of Hope



The Carousel of Hope



1. Barbara Davis, Rita Wilson
2. Usher
3. Haylie and Hilary Duff
4. Gabriel Aubry, Halle Berry
5. Paul Marciano, Mareza Georges
6. George Schlatter, David Foster, Jay Leno



The Carousel of Hope



1. *Barry Manilow*
2. *Bob Daly and Carol Bayer Sager*
3. *Nicky and Paris Hilton*
4. *Forest and Keisha Whitaker*
5. *Darius Danesh, Natasha Henstridge*
6. *Barbara Davis, Stevie Wonder*



The Carousel of Hope



1.



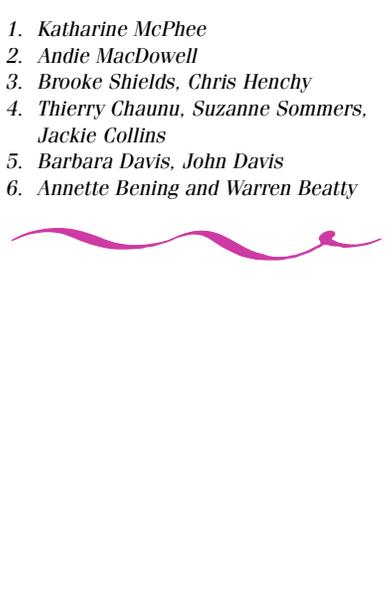
2.



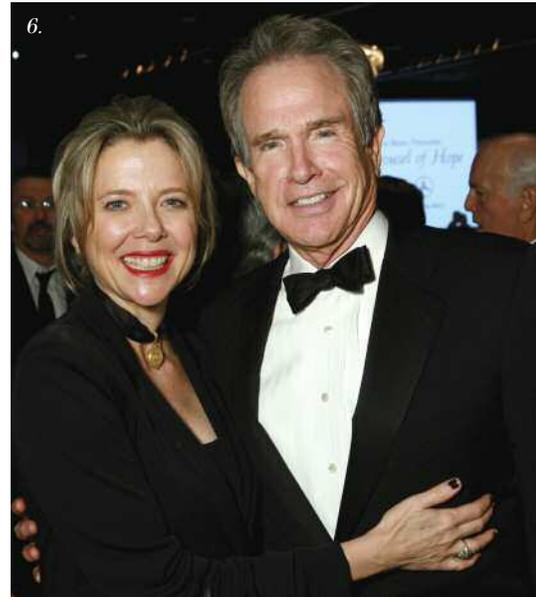
3.



4.



5.



6.

- 1. Katharine McPhee
- 2. Andie MacDowell
- 3. Brooke Shields, Chris Henchy
- 4. Thierry Chaunu, Suzanne Sommers, Jackie Collins
- 5. Barbara Davis, John Davis
- 6. Annette Bening and Warren Beatty



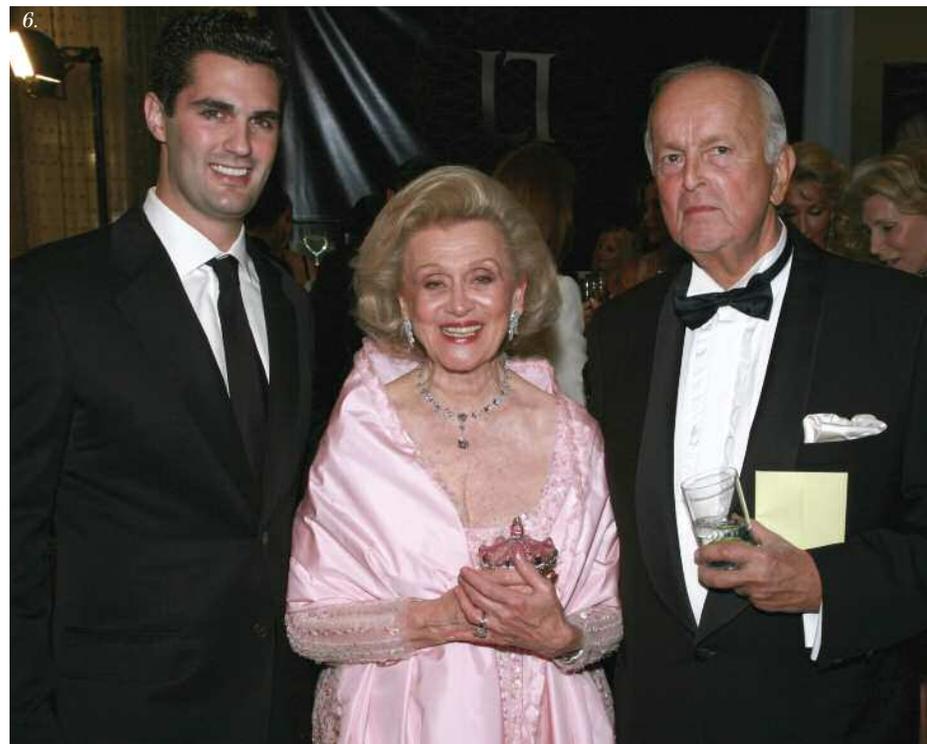
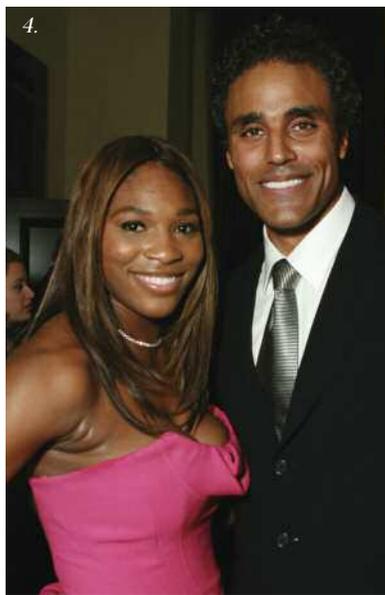


The Carousel of Hope

1. Kenny "Babyface" Edmonds
2. Barbara and Nancy Davis
3. Alana Stewart and Ed Limato
4. Holly Robison Peete and Rodney Peete
5. Kristin Davis
6. Leslie Moonves, Barbara Davis, Julie Chen

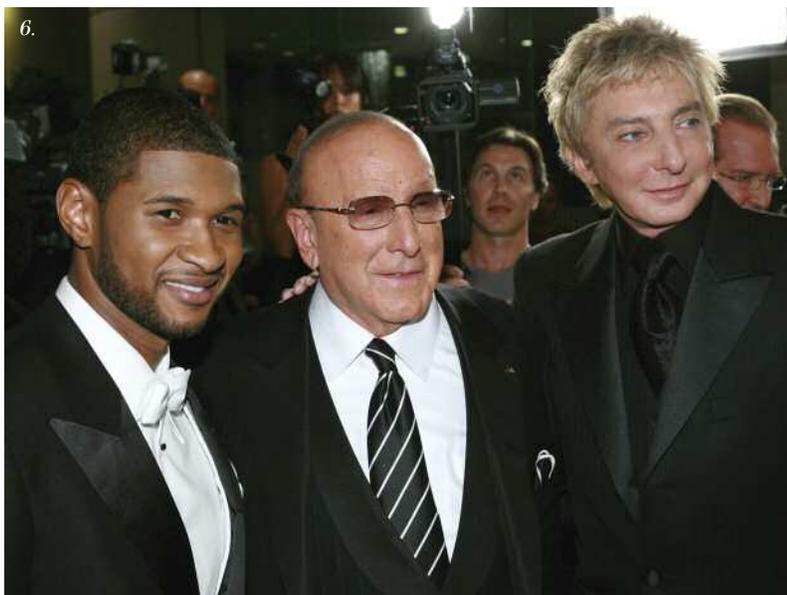
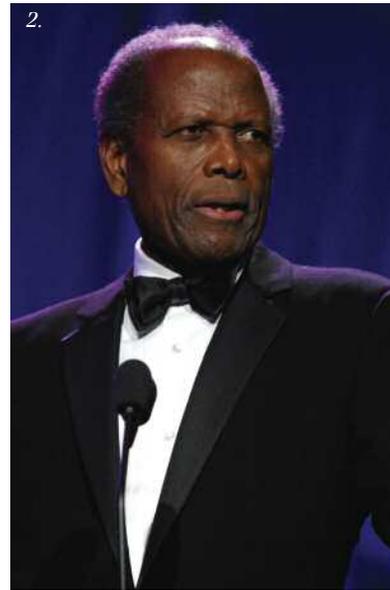


The Carousel of Hope



1. Kelly Culshaw
2. Whitney, Elena and Gregg Davis
3. Sharon Stone
4. Serena Williams, Rick Fox
5. Andie MacDowell, Mimi Rogers
6. Alexander Davis, Barbara Davis, Norman Sheresky

The Carousel of Hope



1. Jennifer Hudson
2. Sidney Poitier
3. David Furnish
4. Minnie Driver
5. Teri Hatcher
6. Usher, Clive Davis, Barry Manilow

The Carousel of Hope

● Hundreds of people are an indispensable part of The Carousel of Hope event, especially the incomparable TV veteran George Schlatter and his professional crew, the gifted Music Director multi-talented, Grammy award-winning David Foster, and the evening's wonderful Master of Ceremonies, Jay Leno, who propelled the evening forward with his matchless humor.

● The Children's Diabetes Foundation would like to thank the evening's major sponsors: Mercedes-Benz USA, LEVIEV, GUESS?, Inc., Entertainment Industry Foundation, Novo Nordisk®, American Airlines, the Beverly Hilton and Sanofi Aventis®. We also thank Grey Goose Vodka, Mirassou Winery, FIJI Water, Missoni, Treefrogs Florist and the renowned sculptor Robert Graham, who donated the magnificent High Hopes and Brass Ring awards. The evening was supported by the entire entertainment industry, including all the studios, talent agencies and television networks, as well as leaders from the corporate world.

● Distinguished and beloved by many, Sir Sidney Poitier began the evening's festivities with a heartfelt welcome to the crowd and a warm introduction of Mrs. Barbara Davis, founder of the Barbara Davis Center with her late husband Marvin. Mrs. Davis spoke movingly of how the Barbara Davis Center gives a better life to over 5,000 children with diabetes from around the world, protecting them from the alarming complications of the disease. She thanked guests and show participants including Halle Berry and Sharon Stone for helping to stop the diabetes epidemic.

Clive Davis was honored with the Brass Ring Award, presented by Barry Manilow, for his broad-reaching and enduring achievements in the music industry and his heartfelt desire to help his fellow man, including creation of The Clive Davis Department of Recorded Music at New York University. Time stood still when guests saw Clive Davis escorting the dazzling Whitney Houston as his guest for the evening.

The High Hopes Award was bestowed on Quincy Jones, for his inspiring, creative magic through the years and for his generous contributions to the betterment of mankind and to the cultural fabric of this nation. In addition to the beauty of the musical creations Quincy Jones has brought to the world, "Q," as he is known to his friends, has traveled to Africa for UNICEF and met with Nelson Mandela on halting the spread of AIDS.

Featured performer Barry Manilow turned in a splendid performance with a selection from his new album "*The Greatest Songs of the Sixties*" and some of his famous songs which continue to bring joy to millions of fans around the world. Kenny "Babyface" Edmonds rocked the house with his exciting performance. The beautiful and talented Katharine McPhee surprised and delighted the audience by singing one of Whitney's hits, "*I Have Nothing*." Jennifer Hudson of "American Idol" fame followed Katharine with a powerful performance from December's Dreamgirls. A highlight of the Ball was a song and dance number from the hit Broadway production of Chicago, skillfully performed by Usher with an entourage of dancers.

Some of the many celebrities who joined together to help the

cause were: Halle Berry, Whitney Houston, Rita Wilson, Annette Bening and Warren Beatty, Sharon Stone, Forest Whitaker, Stevie Wonder, Natasha Henstridge, Randy Jackson, Andie MacDowell, James Denton, Teri Hatcher, Tom Arnold, David Furnish, Garcelle Beauvais, Jackie Collins, Serena Williams, Michael Vartan, Brooke Shields, Kristin Davis, Jennifer Tilly, Jeremy Piven, Virginia Madsen, Minnie Driver, Christine Lahti, Rick Fox, Harry Hamlin and Lisa Rinna, Naomi Campbell, Henry Simmons, Hilary Duff, Haylie Duff, Paris Hilton, Nicky Hilton, Cheryl Tiegs, Joan van Ark, Wolfgang Puck, Holly Robinson Peete, Vanna White, Lori Laughlin and Alan Thicke.

A special edition 2007 CL-Class Mercedes-Benz sedan sold for \$195,000 in the live auction; two sparkling pairs of gorgeous LEVIEV diamond earrings modeled on stage by Brooke Shields and Andie MacDowell sold for \$50,000 and \$36,000; Elton John's dreamy and generous donation of two sought-after tickets to his extravagant White Tie & Tiara Ball in the UK included two American Airlines first-class tickets, a stay at the luxurious Ritz Carlton in London and two tickets to Wimbledon sold for \$60,000.

The spectacular over 500-plus-item Silent Auction chaired by Dana Davis and Nancy Davis has so far raised almost \$800,000. The tempting and beautifully displayed Silent Auction area featured numerous trips around the world, including a \$30,000 stay at the new St. Regis Bora Bora. An art gallery area raised \$90,000, featuring works by Helmut Newton, Louise Bourgeois, Ed Ruscha, Chuck Arnoldi, Harry Benson, Laddie

John Dill, Frank Gehry, Richard Meier, Ed Moses, Alexandra Nechita and many more. Mercedes pedal cars designed and decorated by Blumarine, Elton John, Sharon Osbourne, Roberto Cavalli, Versace, Missoni, Teri Hatcher, the Lakers, MTV, Sponge Bob Square Pants, and Warner Brothers (Superman car) sold quickly.

Color Me Mine donated the plates which were hand painted by celebrities including George Clooney, Samuel L. Jackson, Alicia Keys, Oprah Winfrey, Reese Witherspoon, Ray

Romano, Brooke Shields, Rod Stewart, Mike Myers, Bette Midler, Lara Flynn Boyle, Brendan Fraser, Tom Arnold and many more. Other tempting items included autographed guitars from such legends as Sting and B.B. King, a signed sax from Kenny G, a one-on-one with the great Shaquille O'Neal, more sports offerings and sports memorabilia, dining at all the top restaurants and an elaborate catered dinner from Wolfgang Puck; magnificent fashion donations from: Prada, Ralph Lauren, Fendi, Oscar de la Renta, Valentino and more; and dazzling jewels from LEVIEV, Cartier, Bulgari, Chanel, Christian Dior, Mikimoto, Neiman Marcus and Gearys.

The crème de la crème as the evening ended were the gift bags

donated by GUESS?, Inc., brimming with wonderful items from GUESS?, Inc., including generous donations from: MAC, LEVIEV, Mattel, Inc., Christopher Radko, The Walt Disney Company, Jolie Jones, Grey Goose Vodka, My Very Necessary Medical ID Card™, absolution : spyschool, BlueStarJets, Jackie Collins, Elizabeth Mason-Paper Bag Princess, Equinox Fitness Clubs, Foot Petals, Jelly Belly Candy Co., Jennifer DeLonge, Kiehl's Since 1851, Lance Christopher Salon, Los Angeles Confidential Magazine, Ronna Schary Photography and The Sports Club L.A.

Funds raised at The Carousel of Hope provide clinical care and research at the Barbara Davis Center where diabetic children and young adults from all over the world receive the finest treatment available. The Los Angeles chapters of the American Diabetes Association and the Juvenile Diabetes Research Foundation International also receive a portion of the proceeds.



1. Joan Van Ark 2. Katharine McPhee and Thierry Chaunu 3. Mercedes pedal cars

The Carousel of Hope



Some participants of the 2006 Carousel of Hope Diabetes Symposium

**THE 2006
CAROUSEL OF
HOPE
DIABETES
SYMPOSIUM:**

**Progress and
Challenges in Islet
Transplantation**

Supported by an educational grant from Amylin Pharmaceuticals, Inc. and Eli Lilly and Company

This Symposium was focused on the primary topic of islet beta cell replacement therapy as a treatment for insulin-dependent diabetes. This issue encompasses diverse disciplines regarding autoimmunity, islet isolation and transplantation, and islet cell physiology and pathology. The Symposium assembled a variety of renowned basic scientists and clinical investigators to

exchange ideas on the multi-faceted challenges faced in achieving euglycemia through transplantation in diabetic patients.

Howard Davidson, Ph.D., Assistant Professor, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Davidson is currently at the Barbara Davis Center investigating the processing of diabetic autoantigens and the development of antigen-specific therapies.

George Eisenbarth, M.D., Ph.D., Executive Director of the Barbara Davis Center for Childhood Diabetes; Professor, Department of Pediatrics, Medicine and Immunology, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Eisenbarth has pioneered studies of organ specific autoimmune disorder, and in particular, prediction of type 1 diabetes and trials for its prevention. The main premise of his work is that in animal models we can now prevent type 1 diabetes and that applying novel technologies to achieve prevention of childhood diabetes has entered the realm of clinical trials.

Brian Freed, Ph.D., DABHI, Professor and Interim Head, Division of Allergy and Clinical Immunology, University of Colorado at Denver and Health Sciences Center, Aurora, , CO

Dr. Freed became Associate Professor of Medicine and Immunology and Executive Director of ClinImmune Labs at the University of Colorado at Denver and Health Sciences Center. He is currently the Interim Chair of the Division of Allergy and Clinical Immunology at the University of Colorado School of Medicine.

Satish K. Garg, M.D., MBBS, DM, Director of the Young Adult Clinic, Barbara Davis Center for Childhood Diabetes; Professor, Departments of Medicine and Pediatrics, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Garg is Professor of Medicine and Pediatrics at the Young Adult Clinic of the Barbara Davis Center for Childhood Diabetes. His research interests include early detection and treatment of renal and retinal complications of type 1 diabetes and development of new diagnostic and therapeutic tools related to clinical diabetes management including new insulin analogs and glucose sensors. He is an international lecturer, speaker and author who has

been published globally in peer review journals.

Ronald Gill, Ph.D., Professor of Medicine and Immunology; Director, University of Colorado Transplant Immunology Program, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Gill's laboratory interest centers on the transplantation of pancreatic islets as a treatment for insulin-dependent diabetes. The research addresses two primary issues: 1) transplantation immunobiology of pancreatic islet allografts and xenografts and, 2) the nature of autoimmune islet injury.

Peter Gottlieb, M.D., Barbara Davis Center for Childhood Diabetes; Associate Professor of Pediatrics and Medicine, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Gottlieb has been studying the role of autoreactive and regulatory T cells in causing autoimmune disorders, and in particular type 1 diabetes. He is a clinical investigator in human immune intervention trials for the prevention and reversal of type 1 diabetes. His work is based on applying the knowledge that has been gained in animal models, so that prevention and reversal of type 1 diabetes can be achieved.

Dale L. Greiner, Ph.D., Professor of Medicine, University of Massachusetts Medical School, Worcester, MA

Dr. Greiner's work includes investigation into the pathogenesis of diabetes and the induction of islet transplantation tolerance using animal models and "humanized" mice.

David M. Harlan, M.D., Captain, U.S. Public Health Service, Chief, Diabetes Branch, Professor of Medicine, Uniformed Services, University of the Health Sciences Center, National Institutes of Health, Bethesda, MD

Captain David M. Harlan heads the Diabetes Branch of the National Institute of Diabetes, Digestive, and Kidney Disease's Division of Intramural Research at the NIH. The group he heads tests new immune system-based therapies to prevent or ameliorate type 1 diabetes mellitus (T1DM) and approaches designed to restore

pancreatic insulin production for those with T1DM.

John Hutton, Ph.D., Research Director, Barbara Davis Center for Childhood Diabetes; Professor, Departments of Pediatrics and Cellular and Structural Biology, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Hutton's laboratory provides a strong training environment in molecular cell biology, biochemistry and immunology emphasizing basic research on insulin secretion and the pathogenesis of type 1 diabetes. Additionally, he heads the Diabetes and Endocrinology Research Center at the Barbara Davis Center.

Igal Kam, M.D., Head of Transplant Program, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Kam became the Head of the Transplant Program at the University of Colorado Health Sciences Center. Under his leadership, the Transplant Program has performed over 1,100 liver transplants, of which 113 were Adult Living Donor Liver Transplants (ALDLT) using the right lobe of the liver; and 1,400 kidney transplants plus 110 kidney/pancreas transplants.

Olle Korsgren, M.D., Ph.D., Professor of Transplantation Immunology, Department of Clinical Immunology, Rudbeck Laboratory, Uppsala University Hospital, Uppsala, Sweden

Dr. Korsgren's research activity has been focused on making islet transplantation a possible treatment for patients with type 1 diabetes. This has led him into several different areas, from the ontogeny of the fetal pancreas and the development of techniques to make human islet isolation possible, to the immunological problems involved in islet allo- and xenotransplantation.

Harold Lebovitz, M.D., Professor of Medicine, Division of Endocrinology, The State University of New York Health Science Center at Brooklyn, Staten Island, NY

Dr. Lebovitz's major recent research activities have focused on the pathophysiology and treatment of type 2 diabetes and the metabolic syndrome,

particularly as they relate to body composition, ethnic differences and the mechanisms of action of pharmacologic agents.

Han Myint, M.D., FRCP(Glasgow), FRCP(Edin), FRCP(London), Professor of Medicine; Director, Blood and Marrow Transplant Program; Director, Hematology Malignancies Program, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Prior to joining UCDHSC he served as the director of BMT at Rush University Medical Center, Chicago. His clinical and research interest is leukemia, lymphoma, myeloma, autoimmune disorders and all aspects of transplantation, graft versus tumor effect and tumor vaccines.

Ali Naji, M.D., Ph.D., Professor of Surgery at the University of Pennsylvania School of Medicine in Philadelphia, PA

His research interests focus on the immunobiology of transplantation and immune pathogenesis of autoimmune diabetes.

Bill Pietra, M.D., Medical Director of the Pediatric Cardiac Transplant Program at The Children's Hospital, Denver; Associate Professor Pediatrics and Faculty, Division of Pediatric Cardiology, The Children's Hospital, Denver, CO

Dr. Pietra's clinical interest is in heart transplantation and the induction of tolerance in infants and children. His basic science interest is in the immunobiology of heart transplantation in mice.

Marian Rewers, M.D., Ph.D., Clinical Director of the Barbara Davis Center for Childhood Diabetes; Professor, Department of Pediatrics and Preventive Medicine, University of Colorado at Denver and Health Sciences Center, Aurora, CO

Dr. Rewers researches prevention of diabetes and its complications. His "Diabetes Autoimmunity Study in the Young" has tested over 25,000 newborns for diabetes genes and followed 1,200 of those and 800 infant relatives of diabetic persons to identify environmental factors that cause autoimmunity and diabetes.

● **Camillo Ricordi, M.D., Stacy Joy Goodman Professor of Surgery, Chief Division of Cellular Transplantation, Scientific Director and Chief Academic Officer, Senior Associate Dean for Research, Diabetes Research Institute, Miller School of Medicine at the University of Miami, Miami, FL**

● Dr. Ricordi is well-known for developing the technology that made it possible to isolate large numbers of pancreatic islets and for leading the team that performed the first series of successful clinical islet allografts in 1990. His research objective is to develop a cure for type 1 diabetes.

● **Judy Shizuru, M.D., Ph.D., Associate Professor of Medicine, Division of Blood and Marrow Transplantation, Stanford University Medical Center, Stanford, CA**

● Dr. Shizuru's interests lie specifically in the way in which hematopoietic stem cell grafts alter antigen-specific immune responses to allo-, auto- and viral antigens; the cellular and molecular basis of resistance to engraftment of allogeneic hematopoietic stem cells; and isolation and characterization of alveolar stem and progenitor cells.

● **Megan Sykes, M.D., Harold and Ellen Danser Professor of Surgery and Professor of Medicine (Immunology), Harvard Medical School; Associate Director, Transplantation Biology Research Center, Massachusetts General Hospital, Harvard Medical School, Boston, MA**

● Dr. Sykes' research is in the areas of hematopoietic cell transplantation, achievement of graft-versus-leukemia effects without GVHD, organ allograft tolerance induction and xenotransplantation. She is President of the International Xenotransplantation Association and is a Councilor of the International Transplantation Society.

● **Jay Skyler, M.D., MACP, Professor, Division of Endocrinology, Diabetes and Metabolism; Associate Director, Diabetes Research Institute, University of Miami, Miller School of Medicine, Miami, FL**

● Dr. Skyler is Chairman of the Type 1 Diabetes TrialNet, an international network conducting clinical trials to prevent type 1 diabetes or interdict the type 1 diabetes disease process.

● **C. Bruce Verchere, Ph.D., Associate Professor, Department of Pathology & Laboratory Medicine, University of British Columbia, Vancouver, BC, Canada**

● Dr. Verchere is head of the Diabetes Research Program at the Child & Family Research Institute at the British Columbia Children's Hospital in Vancouver, Canada. His research aims to understand how pancreatic islet beta cells function and why they are killed or are dysfunctional in both type 1 and type 2 diabetes, and in transplanted islets, with the long-term goal of enhancing beta cell survival and function in diabetes and islet grafts.

● **Alexander Wiseman, M.D., Medical Director, Islet Transplantation Director, Renal Transplant Clinic; Assistant Professor, Division of Renal Diseases and Hypertension, University of Colorado at Denver and Health Sciences Center, Aurora, CO**

● Dr. Wiseman's research focuses upon novel immunosuppressive therapies in transplantation and early inflammatory events following kidney and islet transplantation.

2006 DAVIS AWARD WINNER

● **Raymond Victor Rajotte, Ph.D., FRCPSC, FRSC.** Dr. Rajotte is a Professor in the Departments of Surgery and Medicine, Director of the Surgical-Medical Research Institute, Scientific Director of the Alberta Diabetes Institute, and Founder and Director of the Islet Transplantation Group at the University of Alberta in Edmonton, Canada. Dr. Rajotte has been a pioneer of islet transplantation research, leading this group from 'bench-to bedside' carrying out Canada's first islet transplants, resulting in the standard of care in 2000, using the 'Edmonton Protocol.' He has received numerous national and international awards, including the recent prestigious Alberta Order of Excellence.



CLINIC NEWS

— *George Eisenbarth,*
Executive Director



Drs. Satish Garg and Peter Chase have pioneered studies that will allow the introduction of continuous glucose sensing into clinical practice. Approximately six months ago, the DexCom sensor was FDA approved. Dr. Garg



Satish K. Garg, M.D., MBBS, DM

has been a principal investigator for this device that uses a “button-like” needle sensor that telemeters glucose values up to five feet away to a display that looks like a cell phone. The FreeStyle Navigator™, Abbot’s sensor, should shortly follow and has been studied by Drs. Peter Chase and Rosanna Fiallo-Scharer as part of an NIH consortium (DirecNet). Dr. Chase is about to start a study where the sensor will control an insulin pump overnight, turning it off if the patient becomes hypoglycemic. This generation of continuous sensors we believe is about to dramatically help our clinical care and the main advance is greater accuracy compared to the first generation.

The sensors have an alarm for glucose if it is too high or too low and gives the patient the information they need to improve their glucose control, and most important to prevent severe hypoglycemia which can result in coma or seizures. We see a day where most of our patients will wear such sensors continuously, and part of our goal is to speed their evaluation and introduction into clinical practice.

Dr. Satish Garg was asked and has accepted the editorship of “Diabetes Technology and Therapeutics,” the leading journal in the field of technology to improve diabetes care. This is a considerable honor, with considerable work attached, and we hope that we can recruit a new faculty member to the Young Adult Clinic as soon as possible and greatly appreciate the commitment of the CDF of \$100,000 toward this new clinical faculty position.



H. Peter Chase, M.D.



George Eisenbarth, M.D., Ph.D.

I was pleasantly surprised to be chosen to receive the 2006 *Pasteur-Weizmann/Servier prize* in Biomedical Research which is given every three years. I received the prize (which included \$100,000 euros) November 18th in Paris. The prize is administered through the Pasteur Institute in France and the Weizmann Institute in Israel. It reflects the tremendous contributions of the Barbara Davis Center to the immunology and genetics of type 1 diabetes, with studies such as DAISY (headed by Marian Rewers) and Trialnet (headed at the BDC by Peter Gottlieb) and my long-term laboratory colleagues, such as Liping Yu and Sunanda Babu and other BDC collaborators such as John Hutton. The prize reflects our progress in being able to predict childhood diabetes and the basic research that has provided the impetus for trials to prevent the disease. I believe in this area the real prize will be the prevention of childhood diabetes, something we cannot yet safely accomplish.

● **MANAGEMENT
OF DIABETES IN
YOUTH
CONFERENCE**



The 9th biennial educational meeting for diabetes health care providers

was held July 15-19 at the Keystone Conference Center in Keystone, Colorado with 400 attendees from every state in the U.S. This meeting was planned and coordinated under the watchful eye of Conference Director, Dr. H. Peter Chase. Guest speakers included Barb Bancroft, RN, MSN, PNP, Chicago; Bruce Buckingham, MD, Stanford University; Robert Eckel, MD, University of Colorado at Denver and Health Sciences Center; Stephanie H. Gerken, MS, RD, CDE, International Diabetes Center in Minneapolis; William H. Polonsky, PhD, CDE, University of California in San Diego; Jay S. Skyler, MD, University of Miami.

The meeting was an intense four days of general and breakout sessions. Members of the staff at the Barbara Davis Center and the guest speakers shared their

Plans are underway for the 2008 conference to be held July 12-16, 2008 at the Keystone Conference Center in Keystone, Colorado. Diabetes health care professionals—mark your calendars—it will be the one “must attend” meeting held in 2008.



Dr. H. Peter Chase receives an award from Dr. George Eisenbarth, Executive Director of the Barbara Davis Center

expertise by presenting at general sessions, leading breakouts, and facilitating panel discussions with patients and their parents. Practical day-to-day management was emphasized, with special attention given to new innovations in care, including continuous glucose monitoring, use of insulin pumps, new methods of insulin administration, diabetes burnout and eating disorders in diabetes.

The conference was once again “sold out.” Comments afterwards were “the best ever,” “the best conference I have ever

attended,” and “I’ll be back with other members of my team.” Thanks to Lisa Fisher, Sue Palandri, and Linda Schneider from the Children’s Diabetes Foundation for their hard work in making this conference possible.

Dr. George Eisenbarth, Executive Director of the Barbara Davis Center, presented Dr. Peter Chase, Conference Director since 1990, with an award for his many years of service and expertise in planning this conference. Dr. Chase plans on semi-retirement in the future, and the audience gave him a standing ovation.

NEWSNOTES is published twice yearly by the Children’s Diabetes Foundation at Denver. We welcome your comments. If you would like to submit an article or a letter to *Newsnotes* send information to:

Children’s Diabetes Foundation at Denver
777 Grant Street, Suite 302 • Denver, CO 80203

Linda Morris, Christine Lerner — *Editors*
Cindy Kalkofen — *Graphic Designer*
Dorothy Harrington — *Associate Editor*

KNOW THE SYMPTOMS OF CHILDHOOD DIABETES:

- **LOSS OF WEIGHT • EXTREME THIRST**
- **EXCESSIVE IRRITABILITY • FREQUENT URINATION**
- **BEDWETTING (PREVIOUSLY CONTROLLED)**

ANNOUNCING: UNDERSTANDING DIABETES, 11TH EDITION

This essential patient education book was first written in 1970 for families with type 1 diabetes. The current book, again updated, is in its 11th edition. It is commonly referred to as the “Pink Panther™ Book,” and has been used throughout the United States by thousands of health practitioners and people with type 1 and type 2 diabetes.

The material found in the 28 chapters covers all aspects of diabetes concerns. It is written at a level easily understandable by the young adolescent and his/her family. Every chapter

has been revised, and some of the special features are as follows:

Chapter 4
Update on the treatment of type 2 diabetes in children, including possible use of Amylin™ and Byetta™ in the future.

Chapter 6
Hypoglycemia: A new table of treatment depending on severity. A new section on preventing severe lows.

Chapter 7
Glucose Monitoring: Includes new information on Continuous Glucose Monitors (CGM).

Chapter 8
Insulins: A new section on the use of insulin analogs – including Lantus – in basal/bolus insulin therapy. Lente and Ultralente removed.

Chapter 9
Information on mixing rapid-acting insulin and Lantus.

Chapter 11
Nutrition: Now includes recommendations from The 2005 Dietary Guidelines.

Chapter 12
Diabetes and Nutrition: New section on “meal testing” to determine accurate I/C ratio for each meal. An expanded section on carbohydrate counting.

Chapter 13
Exercise: Includes some of the recent DirecNet study information on handling exercise and diabetes.

Chapter 14
Glycemic Control: Includes the 2006 ADA recommendations for HbA1c and glucose values in children.

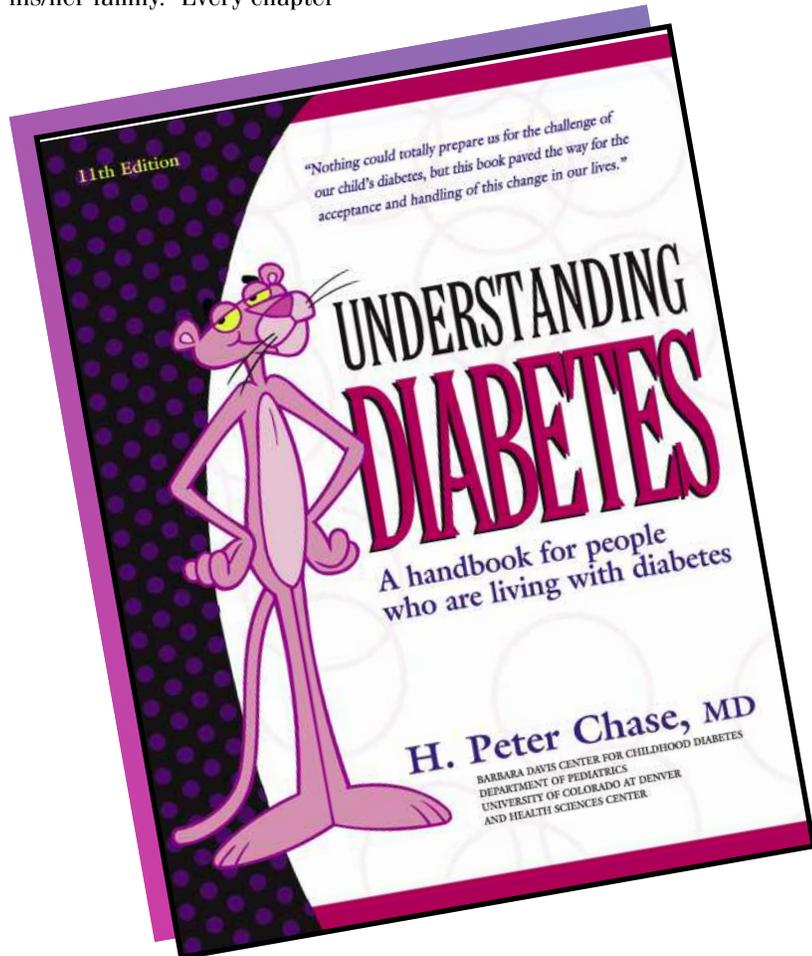
Chapter 21
New tables to assist families in making insulin adjustments.

Chapter 26
Insulin Pumps: Completely revised. Includes information on the new “smart” pumps.

Chapter 27
Pregnancy and Diabetes is updated.

Chapter 28
Research and Diabetes is completely redone, including the current status of islet cell transplantation and the Type 1 Diabetes/TrialNet prevention studies.

The Pink Panther™ & ©1964-2006
Metro-Goldwyn-Mayer Studios Inc.
All Rights Reserved.
www.pinkpanther.com



Barbara Davis Center



Questions and Answers

QUESTIONS AND ANSWERS

— H. Peter Chase, M.D.

Q: The new edition of the Pink Panther book talks about the three new continuous glucose monitors on pages 57, 58 and 309. How do you think they influence behavior?

A: Wow! This question could take many pages. I would start by saying that I think diabetes management will gradually change over the next decade, from blood sugar checking (second era) to the use of continuous glucose monitors (GCM – the third era). The first era was urine sugar checking. I think seeing glucose levels constantly is a great behavior modification device. (We used to pay psychologists big bucks to do this.)

What I mean by this is that one sees how different behaviors affect the sugar levels and then we modify our behavior to get the results we want. For example, one 9 year old young lady saw that she was always above 250 mg/dl one to two hours after meals. The ADA goal is to not be above 180 mg/dl at any time after a meal. Non-diabetics are below 140 mg/dl. After seeing the post-meal highs, which obviously raise the HbA1c, she moved all her Humalog® shots to 30 minutes prior to meals unless she was below 70 mg/dl. The result was glucose levels after meals below 180 and a fall in her HbA1c level. It was great behavior modification. This is just one example, but one could drum up dozens.

Q: Does a person have to wear a continuous glucose monitor continuously (24/7) or is it possible to wear it intermittently?

A: Wearing a continuous glucose monitor for even one week in a three-month period helps. It would be better to wear it one week a month – or even better, every other week! Our experience has been that some patients and their families get so used to being able to constantly see the sugar levels that they decide to wear it all the time with an occasional week off. It saves doing many blood sugars each day, and the alarms for highs and lows help to prevent the large fluctuations in blood sugars and possibly a severe low blood sugar. It will be the next era of diabetes management.

NOVO NORDISK DONNELLY AWARD WINNER

— By Jane Kranich



Cherry Creek High School graduate Matt Kranich was one of two winners of the 2006 Novo Nordisk Donnelly Award. The \$4,000 scholarship award recognizes athletes with diabetes who compete in tennis and is named after two college tennis champions, Diane Donnelly Stone and Tracy Donnelly Maltby, two sisters who have had diabetes since childhood. The Donnelly award, provided by Novo Nordisk, is open to adolescents from ages 14 to 21 who play tennis competitively in tournaments or on their school team. In addition to the scholarship, Matt received a trip to the World Team Tennis finals in Newport Beach, California, where he was recognized during ceremonies at the semi-final matches and received his award from tennis legend Billie Jean King. Matt will be attending the University of Denver where he will study business and play tennis.



Photo: 1 to r: Dianne Donnelly Stone, Dr. Peter Aurup of Novo Nordisk, Matt Kranich, Billie Jean King, Tracey Donnelly Maltby



Kindler family from Mexico with handmade mosaic of carousel horse

MICHAEL KINDLER



Michael Kindler with his parents, plus DeAnn Johnson, R.N. and Dr. Peter Chase, are shown in the photo at the time of Michael's July 2006 clinic visit. The Kindler family comes to the Center from Mexico each year. Michael's mother made the beautiful inlaid marble tile mosaic of the CDF logo with the child on the horse reaching for the ring and presented it to Dr. Chase. The mosaic is now hanging in the front hallway at the Center.

LEON AVAYU, JR.



Leon Avayu, Jr. is pictured with his mother and father and Dr. Chase and Susie Owen. The family travels approximately 19 hours to the Center from Chile and have come every year for the past six years. Leon developed diabetes at age 13 months and is now almost eight years old.





RYAN GUTZMER



My name is Ryan Gutzmer and I have had type 1 diabetes for 14 years and have known Celiac disease for five. Diabetes can be a struggle, especially when it is combined with the strict diet that Celiac demands. With encouragement from my doctors and my family, I embraced my active lifestyle as a way to cope. My major outlet has been ice skating. I have been skating for the greater part of my life.

When I started skating, my dream was to one day become a professional ice skater. I always loved performing for audiences and cherished the feeling it gave me. These were idle dreams and after two auditions with Disney on Ice® during my senior year of high school and no word back from Disney, my hopes for a professional skating career looked bleak. I decided it was time join the rest of my peers, so I started filling out college applications. Two weeks after high school graduation, with my university acceptance letter in hand, I received a phone call; my dreams had come true. I was offered a contract with Disney on Ice. Two weeks later I was in Mexico City, where I joined the cast of Disney/Pixars “Finding Nemo”! In May of 2006, I

finished my first tour, a grueling 11-months performing 423 shows to over two million people throughout the United States, Mexico, and Canada. At the age of 18, I was the youngest person in our cast. I enjoyed working with a very diverse group of people from around the world and performed in shows in different cities for the likes of Kobe Bryant and Travis Barker from the band “Blink 182.” All of these things combine for a very entertaining and compelling way of life.

No one in the show had ever skated or worked with a person with diabetes before. I decided it was time to educate my co-workers. I pulled out a copy of the Pink Panther® book and told everybody what happens when I have a low, versus what happens when my blood sugar levels are high. The rest of the education ranged from posting notes asking people not to eat the tasty “candy” in the first aid crate called “glucose,” to changing my pump set on the tour bus so everyone could see how the process worked. What I am most proud of is this year is the cast and crew of ‘Nemo’ decided to make a contribution to the Barbara Davis Center.

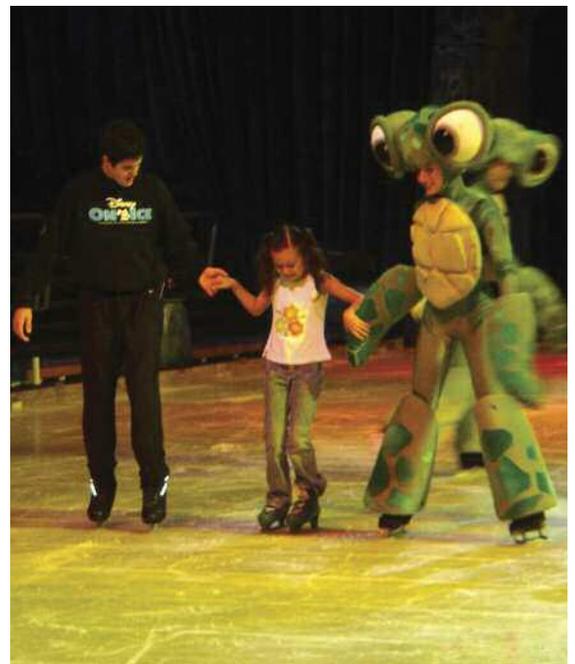


Swarming Tetras

Everyone wanted to play a part in finding a cure, and I commend them all.

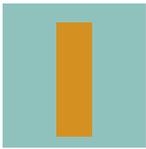
One of the best means of gaining good control of blood glucose levels is to have a consistent schedule. We were in a different city every week and constantly going through different time zones. Add that to a very demanding show in which I have six different numbers. During a three-show day, I would test my sugar up to 20 times. While on tour, all that testing has paid off. I have lowered my A1C by almost half a point.

At the end of June, I will be starting the Japan, Asia, and Australia tour with ‘Nemo.’ I want to thank everyone at the Barbara Davis Center for all their help with preparations. Throughout my skating career I never thought of diabetes as an excuse; it will never limit what I can do. The only limitations you have are the ones you put on yourself. So for all the diabetics out there, make sure you stay on top of your blood sugars and never give up on your dreams!



Teamwork

BARBARA DAVIS CENTER AT FITZSIMONS DONOR WALL



Is your child a patient at the Barbara Davis Center? Are you a patient at the Barbara Davis Center? Do you have a special interest in diabetes?

This is an opportunity for you, your family and your friends to have a presence at the new facility by purchasing a place on the donor wall — a lasting symbol of your support.

Help us Catch the Brass Ring — a cure for diabetes.



Photo: © Steve Groer Photography

FUNDING OPPORTUNITIES:

LEVEL 1

\$50,000 and above

LEVEL 2

\$30,000 to \$49,999

LEVEL 3

\$10,000 to \$29,999

LEVEL 4

\$1,000 to \$9,999

LEVEL 5

\$100 to \$999

DONOR WALL FORM

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Cell Phone _____ E-mail _____

Amount \$ _____

(Name as you wish it to appear on donor wall)

Make check payable to Children's Diabetes Foundation or

Visa MasterCard American Express

Name on Card _____

Card # _____ Exp. Date _____

Mail payment to:

Children's Diabetes Foundation — Donor Wall

777 Grant St, Ste. 302 • Denver, CO 80203

EDUCATION AND PUBLIC AWARENESS

— Ingrid Warden, *Chairman*
— Susan Greenwald, *Co-Chairman*



The Education and Public Awareness Committee promotes public awareness of the symptoms of diabetes and provides information to schools about diabetes care.

Reminder: Update your child's Individualized Health Plan (IHP) at the beginning of every school year. It is recommended that families allow at least two to three weeks for the IHP to be filled out by your diabetes care provider. Families can request an updated IHP if they did not do so during their summer appointment.

Each child should have a 504 plan written for their specific needs at school which might include allowances for:

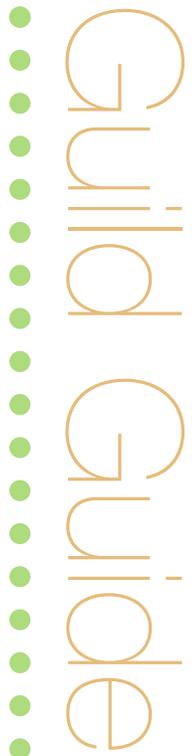
- Eating whenever and wherever necessary to treat low blood sugar
- Unlimited bathroom and drinking privileges
- Full participation in extra-curricular activities, including sports and field trips
- Eating lunch at an appropriate time with enough time to finish eating
- No penalty for missing school due to illness or medical appointments
- Assistance with blood glucose monitoring if necessary
- Assistance with other diabetes tasks if necessary

The Rehabilitation Act of 1973, the 504 plan, protects individuals

with disabilities against discrimination in any program receiving federal financial assistance. Children with diabetes are specifically protected under Section 504 since diabetes is listed among the chronic health conditions covered in the category of "other health impairment."

Accommodations should be documented in either a Section 504 Plan or in an Individualized Education Program (IEP) for those children who have specific academic needs in addition to diabetes.

Our committee always welcomes input and new members; if you are interested, please contact Regina Reece at the Children's Diabetes Foundation office: 303-863-1200 or e-mail regina@childrensdiabetesfdn.org



GUILD MISSION STATEMENT

*The Guild of the Children's Diabetes Foundation at Denver **raises funds** for clinical and research programs for the Barbara Davis Center for Childhood Diabetes. The Guild **promotes** diabetes awareness and education; **assists** families in need; **provides** continuing education scholarships and **sponsors** social activities for children and their families.*

2007 GUILD EXECUTIVE COMMITTEE

President — Debbie Gradishar
President-Elect — Sally Newcomb
Treasurer — Adrienne Fitzgibbons
Treasurer-Elect — Cheri Meagher
Corresponding Secretary — Sandi Ross
Recording Secretary — Judy Korstad

ANNUAL SKI TRIPS FOR BDC PATIENTS

It's that time of year to think about our annual ski trips for our patients at the Barbara Davis Center. The ski program is offered to our children who are between the ages of 8-18. The ski dates for the Winter Park 2007 season are:

- ❖ SATURDAY, JANUARY 6
- ❖ SATURDAY, JANUARY 20
- ❖ SATURDAY, JANUARY 27
- ❖ SATURDAY, FEBRUARY 3
- ❖ SATURDAY, FEBRUARY 10

Trips are limited to 40 registrants per trip. Please look for your registration form to arrive in the mail by mid-November. If you do not receive a form or if you have any questions, please call the Foundation office at 303-863-1200 ext. 5103. P.S. We're always seeking parent chaperones!



Bangles, Baubles and Beads

*If a Bead or a Pearl, A piece of Gold or Silver,
would help toward a cure...*

*Would you give from YOUR jewelry drawer
To raise money to find a cure.*

*We have started Jewels for Hope to help save our true 'Jewels,'
Children who live with Diabetes.*

*We are asking you to give a piece of Jewelry,
Costume or real, it does not matter.*

*Someone else will treasure it knowing
it will help us toward a cure.*

Now won't you reach into your Jewelry Drawer?

JEWELS FOR HOPE



One of the unique things about Jewels for Hope is how all-inclusive it is; some people donate jewelry, some people buy jewelry, and some people get involved helping us as volunteers! We need and appreciate all.

The community has been wonderfully generous. Our last snippet in Newsnotes resulted in fabulous donations from caring people in several different states. Thank you! We've received great local publicity which also resulted in donations. Our late summer Library Sale was so successful, we scheduled another Library Sale for October. Of course our largest event is the Brass Ring Luncheon.

Now our hope is for people to donate one piece of heirloom-quality jewelry, and hopefully we will raise even more money for our mission against diabetes.

We now have a website, where upcoming events are always posted:

www.jewelsforhope.org

To make a jewelry donation or for more information, please contact Jane Kranich at (303) 691-1550 or Carole Kaiser at (303) 781-7381, or e-mail us at info@jewelsforhope.org.



Some of the items made by the Jewels for Hope Committee

**CONNECT WITH
THE DENVER
DIABETES
SUPPORT GROUP**

WHAT WE DO: Families throughout the metro area get together to have pot-luck dinners and participate in other fun events.

WHY: To connect with other families who also live with diabetes in a fun relaxed atmosphere.

WHEN: We usually meet on weekends, bi-monthly.

CONTACT: For more information or to be put on our e-mail list, e-mail Linda Monas at edlin6@comcast.net or Nancy Crease at crease@earthlink.net



SCHOLARSHIP RECEPTION



The Children's Diabetes Foundation was once again surprised with an anonymous donation in the amount of \$25,000 which enabled us to increase the budget for scholarships awarded in 2006. The Guild awarded 45 students \$2,000 each to be used for higher learning at an institution of their choice. The Scholarship Selection Committee

is under the leadership of Pat Lansing, Chair, who facilitated the meeting, as the committee carefully reviewed each application and chose the recipients based on required criteria.

The Governor's Mansion, chosen by Co-Chairs Suzy Love and Sandi Ross, was a picture-perfect location to host more scholarship recipients and their families than ever before. The Guild was excited and honored to have such a large number of guests on hand to honor each of these students.

Guild President Chris Foster welcomed students and their families and introduced Catherine Canny, Ph.D., who encouraged them to be all they can be, to work to the best of their ability and always strive for excellence. Before sending everyone off with warm encouragement, Pat Lansing introduced the winners and spoke briefly about each student and then presented each winner with a certificate of recognition.



Row one l-r: Haylee Hammond, Melissa Main, Michelle Josifek, Corissa Powers, Michael Van Der Westhuizen and Carissa Remillard

Row two: Audrey Lewis, Melissa Gehlich, James Hruby, Bryce Enewold, Andrew Kohlhepp, Paige Parker, Cara Morefield, Jason Hill, Stephanie Swihart and Amber Hasting

Row three: Kayla Lafferty, Erica Crotser, Elliot Makuh, Elliott Petri, Chance Whelchel, Thomas Pericak, Caleb Lierman, Claire Le Lait, Angie Kopetzky, Rachel Gonzales, Gina Musso and Frinza Naqvi



L-r: Sandi Ross, Reception Co-chair, Pat Lansing, Selection Chair and Suzy Love, Reception Chair

THE GUILD AWARDS CHARLOTTE TUCKER SCHOLARSHIPS



The Guild of the Children's Diabetes Foundation is always proud to award scholarships to high school seniors and college students. The scholarship program was established in memory of past Guild President, Charlotte Tucker, who encouraged young people from the Barbara Davis Center for Childhood Diabetes to follow higher career and educational pursuits. Applications for 2007-2008 will be available in February 2007. Patients who are college age (17-23) will be notified regarding how to receive an application in February 2007. If you don't receive information then, please call Susie Hummell at the CDF office at 303-863-1200 or 800-695-2873.

CHARLOTTE TUCKER SCHOLARSHIPS



*Kacey Aykus
Metro State College*



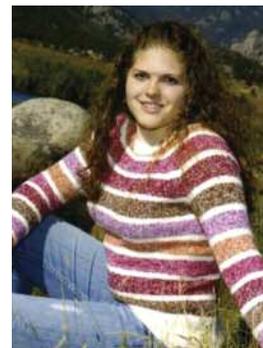
*Kelley Brown, Fort Hays
State University*



*Sasha Browning
Univ. of Nevada, Reno*



*Melissa Carlisle
Loma Linda University*



*Erica Crotser
University of N. Colorado*



*Bryce Enewold
Mesa State College*



*Melissa Gehlich
Colorado State University*



*Rachel Gonzales
University of Colorado*



*Haylee Hammond
University of N. Colorado*



*Amber Hasting, Arapahoe
Community College*



*Jason Hill
Colorado State University*



*James Hruby
University of Wyoming*



*Wendy Johns
Metro State College*



*Michelle Josifek
Colorado Christian University*



*Andrew Kohlhepp, Embry
Riddle Aeronautical U.*



*Angella Kopetzky
Morgan Community College*



*Kimberly Kuncel
Casper College*



*Richard Kuncel
Chadron State College*



*Kayla Lafferty
Colorado Christian University*



*Clair Le Lait
Colorado Scholl of Mines*

AWARDED FOR 2006-2007



*Taryn Lee
Seattle Pacific University*



*Audrey Lewis
Regis University*



*Caleb Lierman
Metro State College*



*Melissa Main
Colorado State University*



*Elliot Makuh
Colorado School of Mines*



*Mary McNally
Casper College*



*Zach McCracken, Seword
County Community College*



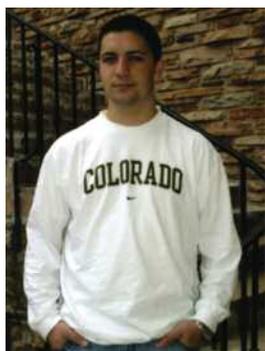
*Cara Morefield
University of Vermont*



*Gina Musso
Johnson & Whales Univ.*



*Frinza Naqvi
Kingwood College*



*Thomas Pericak
University of Colorado*



*Carissa Powers, Arapahoe
Community College*



*Corissa Remilland
Day Spring Center*



*Zack Southward
Fort Lewis College*



*Stephanie Swihart
Metro State College*



*Staci Tucker
University of Wyoming*



*Laura Ulmer
University of Wyoming*



*Juan Villarreal
Metro State College*



*Michael Van Der Westhuizen
NC School of the Arts*



*Chance Whelchel
Chadron State College*

Not pictured: Jennifer Brown - Adams State College, Christy Carroll - Metro State College, Tessa Nixon - Boise State University, Paige Parker - Front Range Community College and Elliot Petri - Colorado School of Mines

BRL KICKOFF PARTY AT ANDRISEN MORTON ANNOUNCES FEATURED DESIGNERS



Andrisen Morton Women's in Cherry Creek North was an exciting place for guests on Wednesday, May 17th at the official kickoff party for the 2006 Brass Ring Luncheon to be held on November 16th at the Denver Marriott City Center.

The fabulous hors d'oeuvres at the kickoff were underwritten by the Denver Marriott City Center and Andrisen Morton. Kickoff Chair Sharon Kamen thanked the kickoff guests, including Angel Sponsors: Forest Oil, David and Mary Ann Keyte, Patty Jenkins, Meagher Oil & Gas, Matt and Sheri Meagher, Arnold and Connie Pohns and Dick Saunders of Saunders Construction.

Dave Morton and Craig Andrisen of Andrisen Morton were introduced by BRL Chair Cheri Meagher and featured designers for the year, Pamela Roland and



From Left: Craig Andrisen, owner - Andrisen Morton; Diana Docktor, Silent Auction Chair; Sharon Kamen, Kickoff Chair; Cheri Meagher, Brass Ring Luncheon Chair and David Morton, owner - Andrisen Morton

Moo Roo Handbags, were announced to delighted guests as elegant models strolled through the crowd.

Cheri Meagher thanked major sponsors, Andrisen Morton, Kroenke Sports Charities and the Marriott, as well as many

corporate sponsors. The winners of several door prizes provided by A Little Bit of Eden, Aum Gallery and Dr. Paul and Diana Docktor would be chosen throughout the evening. Diana Docktor serves as Auction Chairman of the Brass Ring Luncheon.

GAYLES FOUNDATION GOLF TOURNAMENT



The Gayles Foundation 7th Annual Four-Man Scramble Golf Tournament returned to Park Hill Golf Club

on August 4, 2006 with 15 teams of avid golfers participating. The tournament proved to be exciting with the following contests: a hole-in-one (\$10,000 cash prize), longest drive, closest to pin and longest putt.

The field of players consisted of local corporate sponsors, Rocky Mountain Court Builders and Sport Court. Along with corporate sponsors, there were celebrity teams such as AFL players Darcy Levy, Damien Harrell, Thal Woods, CU Alumni Charles Johnson, Alfred Williams, Rashidi Barnes and Nugget Ambassadors Walter Davis and Mark Randall. Each participant received a gift bag

and had the opportunity to win raffle items from Denver restaurants, gift cards, T-shirts and much more. There was also a silent auction with Avalanche and Nugget paraphernalia, autographed football jerseys and CU football game tickets, to name a few. The Gayles Foundation thanks everyone who made this tournament a success and wishes good luck to those who will compete at the 8th annual Golf Tournament in 2007. As in past years, proceeds from this event were donated to The Guild of the Children's Diabetes Foundation.



Fred Gayles presents the Children's Diabetes Foundation with a check from the Gayle Foundation's golf tournament



SPECIAL EVENING FOR MAJOR SPONSORS, “ANGELS” AND FRIENDS OF THE BRASS RING LUNCHEON



Brass Ring Luncheon VIP Reception: Sharon Whiton-Gelt and DiAnn Marcotte

Euro, Eclectic European Cuisine, hosted a fabulous evening to thank Major Sponsors, “Angels,” Corporate Sponsors and Friends for the 2006 Brass Ring Luncheon. Euro served elegant hors d’oeuvres to an excited capacity crowd of more than 100 on August 22, 2006.

Co-Chairs Sharon Whiton-Gelt and DiAnn Marcotte welcomed and thanked everyone.

They also announced that all would receive a fabulous gift bag. Gift bags donors included: Boots Retail USA, EatWellBeWell, LaNouvelle, Michael Moore and Highlands

WineSellers. Cheri Meagher, BRL Chair, expressed gratitude to Molly Hughes, CBS4, who will MC the event, to Will Jones, Altitude Sports, Kroenke Sports Charities, Marriott City Center, Andrisen Morton and the many sponsors for helping us to help the children reach their Brass Ring – “The Cure.”

Excitement built throughout the evening as Diana Docktor, Silent Auction Chair and Will Jones of Altitude Sports announced a live auction with items provided by: Andrisen Morton, The Crazy Merchant, Murray Motors and Renew Skin Care. Margot Gilbert Frank, long-time friend and contributor to the Children’s Diabetes Foundation was the

winner of a fabulous door prize donated by The Denver Marriott City Center (a weekend night stay to include breakfast for two).

Cheri Meagher expressed thanks to additional sponsors: Forest Oil/David and MaryAnn Keyte, Patty Jenkins, Meagher Oil & Gas Properties, Inc./Matt and Cheri Meagher, Connie and Arnold Pohs, Saunders Construction/Dick Saunders, Boyar Asset Management, BWAB Inc, Guaranty Bank & Trust, Ethically Speaking/Paradigm Care, James Crystal Broadcasting, NexGen Resources/Charlie and Judy McNeil, Post-News Community, Republic Financial Corporation, Florence Ruston/Jack and Adrienne Ruston Fitzgibbons, Trice Jewelers, Unitem Systems Inc., Betty Blecker, Cydney and Tom Marsico Family Foundation, Euro Eclectic European Cuisine, Inviting By Design, Loews Denver Hotel, Midtown Group, Loretta and Leigh Norgren Foundation, Shea Properties, Wells Fargo Bank/Executive Banking, Wells Fargo Bank/Private Client Services, Brundage Bone Concrete Pumping, Crimson Resource Management, Professional Building Solutions, Red Robin Gourmet Burgers, Vectra Bank, and Melvin and Elaine Wolf Foundation, Inc.





CELEBRATING A GUILD MEMBER



All birthdays are special, but some are bigger than others. For longtime Guild

Member, Goldie Zerobnick, it was a very important celebration for her in August as she celebrated her 95th birthday! Goldie has been with The Guild since its inception in 1979. She is still actively involved in Guild events, serving on the telephone committee, attending monthly meetings and our annual fundraiser, The Brass Ring Luncheon. The Guild was delighted we were able to enjoy Goldie's birthday at our September meeting. We would like to thank Goldie for all of her years of volunteerism and support for our organization.

REMEMBERING A SPECIAL FRIEND

— Christine Lerner, Executive Director



Although Florence Ruston passed away recently, she left us with so many great memories and will never be forgotten by the Children's Diabetes Foundation and The Guild. Florence was a part of this effort from our inception and served on many committees for The Carousel Ball and The Guild. In the 1980s, she created the name of The Brass Ring Luncheon and Fashion Show, and she helped to take the event to new heights. Florence was always bursting with ideas and enthusiasm, and as one of the most seasoned fundraisers in Denver, she taught us all so much. She believed in the work of the Children's Diabetes Foundation and The Guild and gave generously of her time, her resources, and most of all, her indefatigable energy. We will always remember Florence with love and gratitude.



Above: Adrienne Ruston Fitzgibbons, Florence Ruston and Angela Alexis at the 2002 Patron Reception



VISIONS OF SUGARPLUMS...

— Markey Swanson, RD, CDE
— Gail Spiegel, MS, RD, CDE



The holidays are upon us again, and what to do about those endless goodies

as “visions of sugarplums” that “dance through our heads?” Keep in mind, this is NOT just an issue in diabetes management, but a matter of how to maintain a nutritious food intake AND allow for fun with holiday food.

We have known for many years that sugary foods do not raise blood sugar any higher than starchy foods, but many people still worry about how these foods will affect their blood sugar. Keep in mind the most important factor affecting your blood sugars in foods is the total carbohydrate you eat, not the type of carbohydrate. And knowing how to balance your insulin with total carbohydrate intake will help keep your blood sugars in target range.

Does this encourage you to eat unlimited amounts of carbohydrate in the form of sugar? NO! That is not a healthy approach to eating. No one, with or without diabetes, should consume large amounts of carbohydrate calories from foods high in added sugar. On the other hand, it is appropriate



to have a piece of fudge or a sugar cookie as the occasion presents itself.

Another factor to consider during the holiday season is the **FAT** content of food choices. Unfortunately, many of the “goodies” you consume at festive holiday occasions will contain lots of SUGAR and FAT. If you are baking your own “goodies,” see the table below for ways to decrease fat and sugar.

Parents can be good role models during the holidays by providing fun and healthy food choices and activities. Variety is the key, and the decision to have smaller portions of less healthy snacks should be modeled for children. Note the list of favorite holiday goodies, portion sizes and corresponding amounts of fat and carbohydrate.

For all individuals at the holiday season, it is important to eat

healthfully as you usually do. When you make a choice to have goodies, keep the amounts within reason. For children with diabetes, estimated amounts of carbohydrate should be consistent with your normal intake, unless you adjust insulin for carbs. Above all **DO NOT FEEL GUILTY** about your food choices.

Remember, too, there are occasions when it is appropriate to take extra Humalog or Novolog insulin. Your special holiday meal will most likely be larger than normal. Discuss with your care providers the possible need for extra insulin prior to your meal, if you are not sure what to do.

Younger children will most likely not require extra insulin for the occasional treat or holiday meal. Excitement levels are often high and activity levels are extremely unpredictable. Additional carbohydrate may be needed to provide energy for extra activity.

It is important to stay active at this time of year. Regular activity will help burn off those extra calories from treats, keep your blood sugars in target range and your heart healthy. Cutting down on the amount of time you spend watching TV and videos or playing on the computer will also help. Below are some ideas of activities the whole family can do inside or outside the house.

EVERYDAY ACTIVITIES

- Take stairs instead of the elevator
- Take dog or brother/sister for walk
- Pick up your toys
- Help around the house
- Walk to store or around the mall
- Play outside

AEROBIC ACTIVITIES (3-5 TIMES PER WEEK)

- Skating
- Skiing/Snowboarding
- Snowshoeing
- Sledding
- Tubing
- Dancing
- Jumping rope

RECIPE ADJUSTMENTS*

Experiment with some of the tips below. See how well your first change in the recipe turns out before you make additional changes.

Tips to Reduce Fat

- Use non-stick spray, non-stick pans and muffin liners
- Cut back on butter, margarine or oil by up to ½, or substitute unsweetened applesauce, fat-replacements made from prune puree or butter flavored granules
- Substitute smaller amounts of liquid oils such as canola oil for less healthy solid fats such as shortenings, butter and margarine. Use ½ to 2/3 cup oil to replace 1 cup solid fat.
- Decrease chocolate chips, nuts and coconut by ½ or replace with other high flavor ingredients like dried cherries.
- Use low – or fat-free products in place of full-fat versions of ingredients such as sour cream, cream cheese, half and half and margarine.
- Keep in mind many ingredients used to make recipes lower in fat can increase carbohydrate content. Remember to account for this extra carbohydrate in your meal planning.

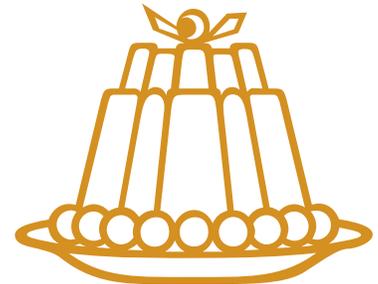
Tips to Reduce Sugar or Carbohydrate

- Cut back on added sugar by up to ½
- Replace some or all the sugar with a sugar substitute or baking blend. Each brand has different guidelines for use in recipes. Read the package guidelines for instructions.

** Table adapted from "Have Your Cake and Eat it Too," Diabetes Care and Education Practice Group, American Dietetic Association 2006.*

Holiday Goodies

	Carbohydrate	Fat
1 peppermint candy or 1 small candy cane	5-8 gms	0 gm
1 piece fudge with nuts (1 oz)	20 gms	4 gms
1 slice holiday bread (Approx. 1/15 of a 9x5" loaf)	20-25 gms	5 gms
1 sugar cookie, homemade! 3" size	15 gms	5 gms



**HAPPY, HEALTHY, HOLIDAY
EATING FROM YOUR BDC
DIETITIANS!**

PUMPKIN PIE PUDDING

— Author: Alaina, CalorieKing.com member

Preparation Time: 5 mins

Cooking Time: 0 mins

A light, delicious pudding that tastes just like pumpkin pie.

INGREDIENTS:

1 3/4 cup skim milk, cold
 1/2 cup canned pumpkin
 1 package (1.5 oz) sugar-free vanilla instant pudding
 1/2 tsp. pumpkin pie spice

DIRECTIONS:

Put milk and instant pudding into a medium size bowl; mix together until smooth. Add pumpkin and pumpkin pie spice and stir until smooth.

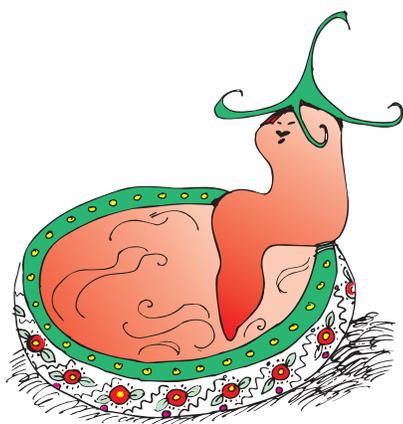
Serve, or chill and then serve.

VARIATIONS:

This pudding can be served with graham crackers, if desired. Serving suggestion is not included in the nutritional analysis.

NUTRITIONAL INFORMATION:

Number of Servings:	5	Calories:	68
Fat:	0.4gm	Carbohydrates:	12.7g
Protein:	3.3g		



CREAMY MEXICAN SALSA DIP

— Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

Preparation time: 30 minutes

INGREDIENTS:

3 cups low-fat plain yogurt, drained for 3 hours*	4 oz. can chopped green chilies, drained
1/4 cup prepared Mexican salsa	1/4 cup finely chopped cilantro
1 tsp. ground cumin	1 tsp. dried oregano leaves, crushed
1/4 cup finely chopped green onions	1 tbsp. lime juice
salt and pepper, optional**	6 cups assorted snacking vegetables such as: baby carrots, cauliflower or broccoli flowerets, celery sticks, cherry tomatoes, cucumbers, zucchini sticks
tortilla chips, optional**	
cilantro leaves, garnish	

1. In a medium-sized bowl, combine drained yogurt with all remaining ingredients for dip except salt and pepper. Allow to chill covered for 15 minutes or more. Before serving, adjust seasonings if desired.
2. Prepare all vegetables. Arrange on a large platter surrounding a medium-sized soup bowl. Optional: serve chips in basket.
3. When ready, spoon dip into center bowl, garnish with additional cilantro and serve. Enjoy, enjoy!

**Chef's Note: When yogurt is placed in a coffee filter or cheesecloth-lined sieve (over a bowl) and allowed to drain for several hours, much of the extra moisture drains away, leaving a thicker consistency. The longer it is drained, the thicker it becomes, ultimately becoming the consistency of cream cheese. With its good nutrition and low-fat content, drained yogurt is a great base for many flavored snacking dips to accompany both vegetables and fruits. Occasionally, the term "yogurt cheese" is used to designate drained yogurt.*

***Optional ingredients are not included in the dietary analysis.*

NUTRITIONAL INFORMATION PER SERVING: (Dip only)

Number of Servings:	6 - 1/2 cup each	Calories:	80	Carbohydrates:	9
Total Fat:	1g	Protein:	7g		

Carousel Days



● A FRIGHTENING ● FUN TIME FOR ● ALL



Children dressed up as princesses, goblins, action figures, clowns, firemen and cowboys for this year's Guild Halloween party at the annual Colorado School of Mines' Green Center, hosted by Phi Gamma Delta Fraternity. The fraternity has hosted The Guild's Annual Halloween party since 1983, offering an alternative to the large quantity of sweets offered elsewhere on this holiday.

The children enjoyed abundant amounts of pizza from Dominos and diet soda donated by Pepsi Bottling Group. While many children had a spooktacular fun time decorating pumpkins supplied by Guild members Robert and Judy Villano, others played games, had their faces painted and enjoyed a fascinating "haunted" maze. Children received prizes for the games and overflowing goody bags filled with fun toys and healthy treats provided by Clif Kids Z Bars and Abbott Laboratories. Tricia Turpenoff generously donated her time and expertise in photographing all of the children in their costumes.

Special appreciation is expressed to Event Chairmen Robin Adelstein-Martin and Debbie Gradishar, and to the Halloween Committee who worked so hard on the day of the event.



DAY AT THE ROCKIES



"Day at the Rockies" provided 800 BDC patients and their families with a fun-filled free day at Coors Field ballpark on Sunday, June 11th. The children also attended a pre-game tailgate party and enjoyed goody bags from our many sponsors including: Aramark Corporation, Colorado Rockies Baseball Club, Deep Rock Water, Fifty 50 Foods, Inc., Frito-Lay, Linstrom Entertainment, Sally and Gary Newcomb, The Pepsi Bottling Group, Robinson Dairy, Specialty Incentives, Inc., Urban Market Development and the Wheat Ridge Cheerleaders. A big thank-you to all of the volunteers who helped stuff goody bags prior to the event and to those who volunteered at the pre-game party. We send a special thank-you to Chairman Sheridan Newcomb for organizing this grand slam event.

EXECUTIVE BOARD:

Mrs. Barbara Davis, Chairman

Richard S. Abrams, M.D.

Jules Amer, M.D.

Stephen Daniels, M.D., PhD

Chairman of Pediatrics, The Children's Hospital, Denver

Ms. Dana Davis

Mrs. Nancy Davis Rickel

Richard F. Hamman, M.D., DrPH

Department Chair,
Preventive Medicine and Biometrics
University of Colorado at Denver and Health Sciences Center

Mrs. Arlene Hirschfeld

M. Douglas Jones, Jr., M.D.

Richard D. Krugman, M.D.

Dean, School of Medicine, University of Colorado at Denver and Health Sciences Center

Mr. Arnold C. Pohs

EX-OFFICIO MEMBER:

George S. Eisenbarth, M.D., PhD.

Executive Director, Barbara Davis Center for Childhood Diabetes, University of Colorado at Denver and Health Sciences Center; Professor of Pediatrics and Medicine, University of Colorado School of Medicine

SCIENTIFIC ADVISORY BOARD:

Richard S. Abrams, M.D.

Associate Clinical Professor of Medicine, University of Colorado School of Medicine; Rose Medical Center, Denver

Jules Amer, M.D.

Clinical Professor of Pediatrics, University of Colorado School of Medicine; Partner, Children's Medical Center, Denver

M. Douglas Jones, Jr., M.D.

Professor, Department of Pediatrics, University of Colorado School of Medicine; Section of Neonatology, The Children's Hospital, Denver

Brian Kotzin, M.D.

Vice President, Global Clinical Development, Amgen, Inc. Thousand Oaks, California

Aké Lernmark, M.D., Ph.D.

Robert H. William Professor, Department of Medicine, University of Washington School of Medicine, Seattle

Ali Naji, M.D., Ph.D.

J. William White Professor of Surgery,
Hospital of University of Pennsylvania, Philadelphia

Gerald Nepom, M.D., Ph.D.

Scientific Director and Director of Immunology and Diabetes Research Programs, Virginia Mason Research Center, Seattle

William V. Tamborlane, M.D.

Professor of Pediatrics, Yale University School of Medicine, New Haven, Connecticut

ADVISORY BOARD:

Mr. Michael Bolton

Sir Michael Caine

Ms. Natalie Cole

Mr. Phil Collins

Mr. and Mrs. Robert A. Daly

Mr. Tony Danza

The Honorable Diana DeGette,

U.S. House of Representatives, Colorado

Mr. Neil Diamond

Mr. Placido Domingo

President and Mrs. Gerald R. Ford

Mr. David Foster

Mr. Kenny G

Mr. David Geffen

Ms. Whitney Houston

Mr. Quincy Jones

Mrs. Michael Julltak

Ms. Sherry Lansing

Mr. Jay Leno

Mr. Paul Marciano

Miss Dina Merrill

Sir Roger Moore

Mr. Mo Ostin

Sir Sidney Poitier

Mrs. Ronald Reagan

Mr. Lionel Richie

Mrs. Adrienne Ruston Fitzgibbons

Mr. George Schlatter

The Honorable Arnold Schwarzenegger

and Ms. Maria Shriver, Governor
and First Lady of California

Mr. Steven Spielberg and Ms. Kate Capshaw

Miss Joan van Ark

Ms. Barbara Thornhill

and Mr. Gary L. Wilson

Mr. Stevie Wonder

ADVISORY BOARD

THE GUILD PRESIDENTS:

Mrs. Alan Angelich

Mrs. John Aylsworth

Mrs. Joseph Broughton

Mrs. Franklin L. Burns

Dr. Bonita Carson

Mrs. John Cowee

Mrs. Thomas P. D'Amico

Miss Donna Douglas

Mrs. Margy Epke

Mrs. Chris Foster

Mrs. Joseph Franzgrote

Mrs. Sally Frerichs

Mrs. Warren Hanks

Mrs. Walter Imhoff

Mrs. Olé T. Jensen

Mrs. Robert Knisely

Mrs. Suzy Love

Mrs. Calvin Pope

Mrs. Sheldon Roger

Mrs. Robert J. Stewart

Mrs. Diane Sweat

Mrs. Robert Tucker

Mrs. Thomas N. Tucker

Mrs. Peter Weingarten

FOUNDATION:

Christine Lerner, Executive Director

Sue Palandri, Program Director




During this season of holiday giving, help make a difference in the lives of children suffering from diabetes by donating to the Brass Ring Fund.



Printed on Recycled Paper

A child reaching for the brass ring on a carousel is symbolic of the most important goal of the Children's Diabetes Foundation — a cure. Your contribution on behalf of a loved one will make a difference. It will support treatment programs to assist children with diabetes in leading healthier lives and it will fund research to help CDF "Catch the Brass Ring" by finding a cure.

Mark an anniversary, birthday, special occasion; express appreciation or make a memorial tribute in honor of someone special with a contribution — for any amount — to the Children's Diabetes Foundation at Denver. We now accept gifts on line. Donations are tax deductible. Tax ID #84-0745008

The Brass Ring Fund

Remember a loved one — Help CDF "Catch the Brass Ring"

Enclosed is my Contribution of \$ _____

In memory of _____

Or in honor of _____

Occasion _____

Please send acknowledgements to:

(Amount of gift will not be mentioned)

Name _____

Address _____

City _____ State _____ Zip _____

From

Name _____

Address _____

City _____ State _____ Zip _____



Children's Diabetes Foundation at Denver

777 Grant Street, Suite 302, Denver, CO 80203

303-863-1200, 800-695-2873, www.ChildrensDiabetesFdn.org



George Eisenbarth, M.D., Ph.D.

BARBARA DAVIS CENTER PHYSICIAN WINS INTERNATIONAL AWARD FOR DIABETES WORK



George Eisenbarth, MD, PhD, Executive Director of the Barbara Davis Center for Childhood Diabetes at the University of Colorado at Denver and Health Sciences Center, was recognized Nov. 18 at the Sorbonne in Paris for his accomplishments in medical research concerning childhood diabetes. He was awarded the senior prize in biomedical therapeutics by Pasteur-Weizmann/Servier International.

The Pasteur-Weizmann/Servier prize in Biomedicine is given every three years. It is organized by two outstanding Research Institutes, namely the Pasteur in Paris and the Weizmann in Israel, and honors an investigator with long-term major contributions in fields related to medical research and translation of such research for patient care. Dr. Eisenbarth received a prize of 100,000 euros (about \$192,000) which he will give to a newly endowed chair, benefiting the Barbara Davis Center.

Eisenbarth was selected for the award for his work in the therapeutic treatment of diabetes. In his early work, Eisenbarth and colleagues discovered that type 1 diabetes was a chronic autoimmune illness. He proposed the now standard model of type 1 diabetes, which recognizes a genetic predisposition for the disease and a predictable series of stages that it follows. Eisenbarth has since instituted testing for infants that can predict diabetes, and therapeutic insulin treatments to prevent the disease.



Children's Diabetes
Foundation at Denver, CO
777 Grant Street, Suite 302
Denver, CO 80203
Address Service Requested

Nonprofit Org.
U.S. POSTAGE
PAID
Denver, CO
Permit No. 1752
