NEWSNOTES

CHILDREN'S DIABETES FOUNDATION AT DENVER — SUMMER 2010

Brass Ring Luncheon photos: © Paul Docktor

2009 BRASS RING LUNCHEON AN ENORMOUS SUCCESS

The 2009 Brass Ring Luncheon, benefiting the Children's Diabetes Foundation, was one of the most stunning ever, held on November 9th at the Denver Marriott City Center. It was the 31st Brass Ring Luncheon and included a fabulous fashion show

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(Continued from Cover)

Brass Ring Luncheon

presented by Saks Fifth Avenue, an extensive and exciting auction, and as always, a lovely environment for attendees to mingle with friends. The colors were yellow, black and white and every detail from the invitations to the décor, and even the dessert were color coordinated. The black and white fleur de lis patterned tablecloths wowed the attendees to no end. Ladies were scrambling for the favors which were adorable yellow and black checkered patent leather purses.

Nearly 850 guests arrived at the hotel early for the auction and Jewels for Hope tables that preceded the Brass Ring Luncheon. Exquisite yellow roses were flowing from the centerpieces, and the lighting and backdrop displayed the traditional carousel horses throughout the luncheon.

We can't thank our fabulous Emcee, Channel 4's Ed Greene, enough for the wonderful work he did with our program, opening the show with a beautiful introduction of our 2009 Brass Ring Luncheon chair, Jamie Angelich. Jamie was then joined on stage by 14 children who live with diabetes. She and the kids interacted with the audience and it was a terrific delivery by each one of them. She told the children stories about people in the audience and their children and how they dealt with their diabetes. The children also thanked the sponsors and supporters who made the event possible and even made a point to thank them personally, at their tables.

Last year's chair, Judy McNeil, spoke on behalf of Guild President Gail Johnson, and reminded everyone about the primary reason they were there. She spoke about the programs that are supported by the generosity of patrons and stressed the importance of events like these and the desire to find a cure. Judy then brought Michelle Josifek, a Barbara Davis Center patient and former Charlotte Tucker Scholarship Recipient to the stage. The crowd listened intently as Michelle shared her heartfelt story about her life with diabetes. She thanked her husband and family for their unwavering support and expressed her gratitude to the Barbara Davis Center, sponsors, and attendees of the Brass Ring Luncheon for their continued efforts to fund research and programs for diabetes.

Bottom left: Zetana Behymer00

Bottom right: Michelle Josifek

Brass Ring Luncheon

Jamie Angelich with Barbara Davis Center patients

Cheri Meagher, Diana Docktor, Jamie Angelich and Roxanne Vierra

Sharon Kamen, Diana Docktor and DiAnn Marcotte

Live Auctioneer, Reggie Rivers, had everyone bidding as he presented three fabulous items. The first of which was six box seat tickets to The original Broadway hit, Wicked, at the Buell Theatre in Denver. Then came the chance to see the newly popular Dr. Oz Show being taped in New York City. This package included 2 VIP tickets to the taping of one of his shows, Northwest/Delta airfare to New York, and a two-night stay at the New York Marriott. The best was saved for last, as Reggie introduced a fabulous package for five nights in an ocean front accommodations at the Outrigger Reef on the Beach. Also included were Northwest/ Delta airfare, a lunch buffet for two at The Willows, and two passes to Sea Life Park. The live auction was a huge success and helped the auction raise over $50,000. We thank our generous auction donors and bidders for their tremendous help for our cause! Jewels for Hope raised the bar by taking in over $7,000 to assist the Guild in providing funds for treatment and research of type 1 diabetes!

Our Be-A-Star children were busy greeting guests as they arrived, offering them information on the cost of diabetes to a family of a child with the disease. Contributions received go directly to assist in providing support to families who can't afford this on their own. The guests received a plush beanie animal as a thank you for their donation.

The Children's Diabetes Foundation would like to extend special thanks to our Premier Sponsors: Patty Jenkins and The Crazy Merchant, Inc/ The Wilmac Foundation, and to our Major

Master of Ceremonies, Ed Greene

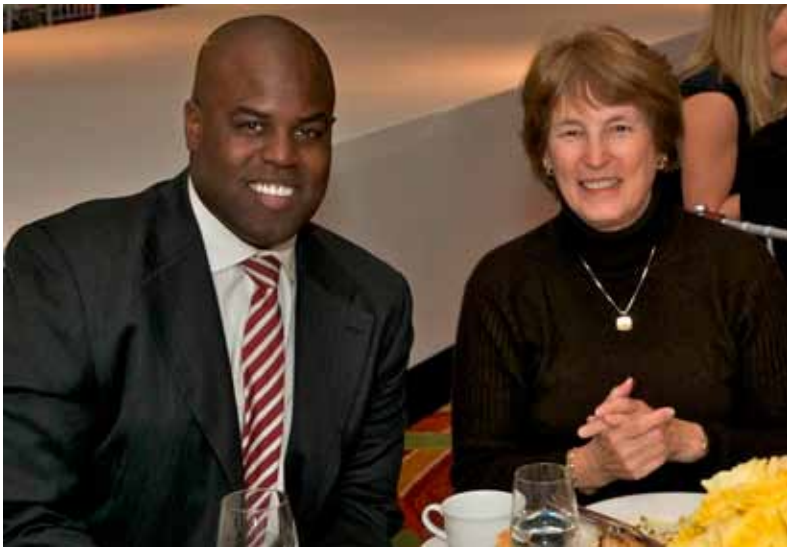
Sponsors: Saks Fifth Avenue, Denver Marriott City Center, Loews Denver Hotel, and The Denver Post Community.

In addition, we want to thank our Benefactor Sponsors: Fred & Roxanne Vierra and our Angels Sponsors: George & Gail Johnson and Matt & Cheri Meagher/Meagher Oil & Gas Properties.

Without our many Corporate sponsors none of this would be possible…We thank each of you: Jamie Angelich, Allan & Margot Frank, Bill & Judy Korstad, Don & DiAnn Marcotte/ Midtown Construction, LLC, Jim & Beth Jackman and Charlie & Judy McNeil/NexGen.

A special thanks to our Platinum Sponsors: Forest Oil, David and MaryAnn Keyte, Wells Fargo Bank – Jan Chase, Sr. Vice President/Healthcare Market Manager.

Thank you to our media sponsors: CBS4, The Denver Magazine, and The Denver Post and a big thnk you to all our volunteers, including the Wheat Ridge Cheerleaders and Pom Squad, our wonderful Be-A-Star children, and all our auction volunteers! We definitely couldn't do it without you.



Reggie Rivers, Live Auctioneer and Dr. Georgeanna Klingensmith

BRASS RING LUNCHEON – SILENT AUCTION

The 2009 Brass Ring Luncheon Silent Auction was a tremendous success! Co-chairmen, Diana Docktor and Judy Korstad worked tirelessly, donating countless hours in organizing a fabulous auction, featuring nearly 400 fabulous items- how do we begin to thank you? We express our heartfelt appreciation to the businesses and individuals who donated their time and gifts to the silent auction. Some of the featured items in this year's auction included: a one – week stay at Marriott's Newport Coast Villas, Beauty and the Beast ballet tickets, a men's classic Rousseau Chronicle watch and much more! A special thank you to Sharon Kamen, for her devotion in assembling nearly 100 baskets. The baskets played an important part in the success of the auction. The auction brought in over $50,000 for the Children's Diabetes Foundation.

19TH BIENNIAL CAROUSEL OF HOPE TO INCLUDE GUEST ARTISTS JENNIFER LOPEZ AND MARC ANTHONY

Photo: © Berliner Photography, LLC

Children's Diabetes Foundation is in high gear on the Foundation's 19th Carousel of Hope. This year's event, presented by Mercedes-Benz USA and chaired by CDF founder Mrs. Barbara Davis, will be held at the Beverly Hilton hotel in Beverly Hills, CA on October 23, 2010. Major Sponsors to date include, Mercedes-Benz USA, Guess?, Inc., American Airlines, The Beverly Hilton and Exclusive Wine and Spirits Sponsor Moet Hennessy USA.

Never an affair to disappoint in the entertainment department, guest artists for the 2010 Carousel of Hope will be superstars Jennifer Lopez and Marc Anthony and participating in the program will be Academy Awarding-winning actress Halle Berry along with music legends Clive Davis and Quincy Jones, who also serve as Music Chairmen with Grammy-winning producer David Foster. We are proud to have long-time friends of the Children's Diabetes Foundation Jay Leno and George Schlatter serving as our Master of Ceremonies and show producer. Rickey Minor, Emmy-nominated music director of *American Idol,* music director of *The Tonight Show,* producer and composer, will be our Music Director.

There will be silent and live auctions, chaired by Dana and Nancy Davis, with donations from Mercedes-Benz USA, American Airlines, Avjet, CHANEL, Four Seasons Maui, Kitson, Jimmy Choo, Los Angeles Lakers, The Oprah Winfrey Show, Oscar de la Renta, Ritz-Carlton Hotel Company, Saks Fifth Avenue, Tiffany & Co., Valentino, Versace, Wolfgang Puck, and many, many more.

Since its inception in 1978 this biennial event has raised over $75 million to benefit clinical care and research at the BDC, which this year celebrates 32 years of helping children with diabetes.

HAWAII BOUND!

A Barbara Davis Center Physician and a Diabetes Educator Speak at the 3rd Annual Hawaiian Symposium

On April 10, 2010, Dr. H. Peter Chase, and Georgia Anna Koch, RN BSN CDE, from the Barbara Davis Center for Childhood Diabetes (BDC), traveled to Honolulu to speak on type 1 diabetes to military families with children with type 1 diabetes at Tripler Army Medical Center, and to civilian families with type 1 diabetes in the communities of the islands of Oahu and Hawaii. Dr. Chase and Georgia Anna presented topics related to the treatment and management of type 1 diabetes from the perspective of their roles at the BDC. Dr. Chase also presented information on the most current diabetes research efforts and on the latest diabetes therapy technology.

Approximately 90 parents and children attended this one day symposium. The main goal of these annual symposiums is to bring the military and civilian families together and have them hear about new and/or alternative ways to care for and manage their children's diabetes. They also may learn first hand the most current type 1 diabetes research findings at the BDC and worldwide.

The credit for the concept of the Hawaii symposiums goes to Hope Cooper-Oliver, MSN, MPH, CDE, Directorate of Health, Education & Training at Tripler AMC. Hope is a very dedicated and strong advocate for the children and their families with type 1 diabetes at Tripler. She has been the leading coordinator of these symposiums in the last three years and has invited the BDC staff to speak each time. Mayna Levin, Executive Director of JDRF Hawaii Chapter in Honolulu, Leo Garcia, and Sharif Bari, have also been instrumental in bringing the BDC staff to speak at these events.

Georgia Anna Koch, Josephine Maltsberger, Aiden Maltsberg and Dr. H. Peter Chase

Hope Cooper-Oliver, Dr. and Mrs. H. Peter Chase

AN UPDATE FROM DR. WADWA

Determinants of Macrovascular Disease in Adolescents with Type 1 Diabetes or "BMW" Study

— Paul Wadwa, MD

The purpose of our research study is to assess risk for cardiovascular disease in adolescents with and without type 1 diabetes. We are finishing the baseline visits from 400 participants and are gearing up to begin two-year follow-up visits in August 2010. ***Thank you to all who participated*** ☺

What have we learned so far?

Preliminary results will be presented at the American Diabetes Association annual conference this June. The study team will be presenting data about cardiovascular disease risk factors in youth with type 1 diabetes, awareness of A1c levels and diabetes control, and periodontal health and diabetes. This research will continue to inform health care providers and patients on how to help limit cardiovascular disease risk factors in adolescents with type 1 diabetes.

(For more information please contact the study team – contact information below)

Why do we want to continue the study?

Type 1 diabetes is a major cause of cardiovascular disease (heart attack and stroke). In type 1 diabetes patients, atherosclerosis (blood vessel plaque) occurs earlier in life, compared to the general population without diabetes. Atherosclerosis is known to begin in childhood. The purpose of this research study is to assess risk for cardiovascular disease in adolescents with and with out type 1 diabetes as participants get older and recruit new participants to enroll in the study.

Who can sign up for this study?

1. You were enrolled in the BMW study before and want to complete a 2nd study visit

Or

2. You have had type 1 diabetes for more than five years, and are between the ages of 12 and 19, and are seen at the Barbara Davis Center.

Or

3. **You do not have diabetes and no major medical conditions and are between the ages of 12 and 19**

What will happen in this study?

The study visit will take about an hour and a half and will consist of a blood draw (after fasting for at least eight hours; no food or beverages (except water), weight and height measurements, a urine collection, and some non-invasive measurements of your pulse. Participants will receive a report of their cholesterol levels and will be compensated.

Who should I call with questions or to schedule an appointment?

Franziska Bishop: 303.724.6764 or Franziska.Bishop@ucdenver.edu

IMPORTANT WEBSITES

Children's Diabetes Foundation
www.ChildrensDiabetesFoundation.org

Barbara Davis Center for Childhood Diabetes
www.BarbaraDavisCenter.org

Juvenile Diabetes Research Foundation
www.jdrf.org

American Diabetes Association
www.diabetes.org

Children with Diabetes
www.ChildrenwithDiabetes.com

LANDMARK STUDIES ON EXERCISE AND HYPOGLYCEMIA IN YOUTH WITH TYPE 1 DIABETES

— H. Peter Chase, MD and Rosanna Fiallo-Scharer, MD

Type 1 diabetes is one of the most common chronic diseases in children. Unfortunately, the fear of low blood sugars (hypoglycemia) prevents many families from achieving good control of the diabetes. Hypoglycemia is scary, and when severe can result in seizures or unconscious episodes. Although exercise is recommended for all youth with regular diabetes, hypoglycemia during or after exercise is one of the most frequently identified specific causes of severe hypoglycemia.

Three landmark studies in the Clinical Translational Research Center (CTRC) at The Children's Hospital have been important in making exercise safe for children with type 1 diabetes. The first two studies have been performed as part of a working group (DirecNet) of pediatric endocrinologists at the Barbara Davis Center/Denver Children's Hospital, Yale University, Stanford University, Nemour's Children's Hospital in Florida, and the University of Iowa with coordination by the JAEB Center for Health Research in Tampa, FL.

An initial study developed the 60 minute treadmill methodology used in all later studies. The initial study found that during the exercise, one out of four of the children had blood sugar levels below 60 mg/dL and half of the children had values below 70 mg/dL. The children stayed in The Children's Hospital overnight to study the incidence of delayed nocturnal hypoglycemia (low blood sugar levels). Surprisingly, lows occurred

during 48% of nights following a day when the children had exercised, and on 28% of nights when the same youth spent the night in the hospital after a day without exercise. This was published in the Journal of Pediatrics 147: 5 28, 2005.

An important second study focused on preventing the low blood sugars during the afternoon exercise session. Youth using an insulin pump turned off the pump (no insulin) during the 60 minutes of exercise and for 45 minutes after the exercise. Low blood sugars were approximately 1/3 as common when the insulin was discontinued (16% of children) as on another day when insulin was continued for the same youth (48% low). This was published in Diabetes Care 29, 2006.

In a third study (currently in press: Journal of Pediatrics), Dr. Craig Taplin (a 3rd year Endocrine-Diabetes fellow at The Children's Hospital/ Barbara Davis Center) studied methods to prevent the delayed low blood sugars during the night. The same afternoon exercise program was used as in the two above studies. He found that discontinuation of the insulin during exercise and administration of half of the usual insulin for 45 minutes after the exercise, followed by a 20% reduction of basal insulin from 9 p.m. to 3 a.m. essentially prevented low nighttime blood sugars. As these changes in insulin delivery are only possible for youth using an insulin pump, the administration of a medicine, terbutaline, was also studied. This can be used by youth using injections and not using an insulin pump. This medicine prevented low blood sugars at night but caused blood sugar levels to be too high. Further studies will be needed to determine the correct dose of terbutaline.

In summary, knowledge from these three landmark studies, all done in collaboration with The Children's Hospital, Denver and the Barbara Davis Center for Childhood Diabetes, should help to make life safer and easier for the 3,000 children with type 1 diabetes followed at the Center, as well as for the millions of children with diabetes around the world.

DR. EISENBARTH HONORED WITH THE COMMITMENT TO THE DREAM AWARD AT 11TH ANNUAL DREAM GALA

Barbara Davis Center's very own Executive Director, George Eisenbarth, MD, PhD, was honored on Saturday, May 8th at the Rocky Mountain Chapter of the Juvenile Diabetes Research Foundation International's 2010 Dream Gala. The black-tie event, chaired by long-time JDRF supporters Karey and Michael Finch, was held at Invesco Field at Mile High. The Dream Award was presented to Dr. Eisenbarth by Dr. Richard A. Insell, who referred to him as one of the top three research scientists in the world.

A graduate of Columbia University, Dr. Eisenbarth received his MD and PhD from Duke University Medical School. At the Joslin Diabetes Center, where he founded the Immunology Section, Dr. Eisenbarth and his colleagues discovered that type 1 diabetes was a chronic autoimmune disease with multiple stages (based on discovery of progressive loss of first phase insulin secretion of prediabetic twins in the presence of islet autoantibodies) and that, with a combination of immunologic assays and progressive loss of insulin secretion, diabetes could be predicted. He further described the ability of oral insulin to delay diabetes in the NOD mouse. Insulin and its peptides can be used to prevent type 1 diabetes in animal models and the use of insulin and its peptides is an area of active study in man, originally in DPT-1 and now in TrialNet.

His immunogenetics laboratory at the Barbara Davis Center pursues the study of the MHC and trimolecular complex in the role of autoimmunity with the goal of eventual prevention of autoimmune diseases, and, in particular, diabetes. Dr. Eisenbarth continues his role as an actively practicing clinician treating patients with multiple autoimmune diseases. Dr. Eisenbarth is past president of the Clinical Immunology Society, and currently serves on the Editorial Boards of the Journal Diabetes and the Journal of Clinical Endocrinology Metabolism. Among many other awards, he received the 1986 Outstanding Scientific Achievement Award by the American Diabetes Association, the 1997 David Rumbough Scientific Award by the Juvenile Diabetes Research Foundation, the 2006 Laureate Pasteur-Weizmann/Servier International Prize and Tribute, and the 2009 Banting Prize for Outstanding Lifetime Scientific Achievement by the American Diabetes Association. Dr. Eisenbarth serves on the steering committees of TrialNet, TEDDY and the Immune Tolerance Network and is a founding member of the Brehm Coalition.

"JDRF gave me my first grant, a Career Development Award, which started me on a lifetime quest," Dr. Eisenbarth explains. "We can now predict diabetes in man and prevent it in animal models. Trials of prevention in man are currently in progress. For all the families helping in our research, I am very optimistic that therapy will be revolutionized in this decade and safe prevention of diabetes may shortly follow."

Congratulations to you Dr. Eisenbarth from all of us on a well-deserved honor!

QUESTIONS AND ANSWERS

— H. Peter Chase, MD

Q: Dr. Chase, you seem to be constantly reminding our 16-year-old son about checking his blood sugar before driving. Is this necessary?

A: Previous simulator driving studies have shown that driving with low blood sugar can impair driving even more than high blood alcohol levels (i.e., being "drunk"). A recent study by Cox, et al. (Diabetes Care 32, 2117, 2009) reported that 52% of drivers with type 1 diabetes had at least one hypoglycemia-related driving mishap over a 12 month period. Thus, this is a real concern for families having a young driver with type 1 diabetes. I must confess I have been the "bad guy" in recommending suspension of driving privileges on more than one occasion when youth were driving without first checking a blood sugar. A time of extra concern is after sports practices or games, when the risk for low blood sugar is particularly high. I have heard the story of a person being confused and unable to find their house even with they were only a block away. A simple blood sugar check could prevent a serious tragedy to the person with diabetes or to others.

P.S: Do be aware that the state of Colorado allows a driver to name one or two contacts on their license for emergency purposes (https://www.colorado.gov/apps/dor/emergency/contact/start.jsf)

Photo: © kentmeireisphotography.com

Q: Our glucagon is about to expire. Should we discard it?

A: No. Glucagon will continue to have some activity for many months, and even when the new glucagon is obtained may be worth having as an extra at grandparents, etc. Instead of just tossing the outdated vial, it should be used for practice purposes by someone who has not previously mixed the liquid and powder. If nothing else, leave it at the Center so that it can be used by a newly-diagnosed person's family for practice purposes. Do remember that glucagon, insulin and blood sugar strips spoil at temperatures above 90° or with freezing. Glucagon is best kept at room temperature in the home. Thus, they should not be left in a car.

ANNUAL MEETING OF THE GUILD

The Annual Meeting and Installation of Officers for the Guild of the Children's Diabetes Foundation took place on January 11, 2010. This wonderful annual event was held at the Denver Country Club.

Gail Johnson, 2010 Guild President, opened the meeting, giving her final report as President. She presented the following contributions from The Guild to George Eisenbarth, MD, PhD, Executive Director for the Barbara Davis Center: $40,000 annual contribution to the Barbara Davis Center ($16,000 for research and $24,000 for the Clinic)!

Gail then installed the 2010 Guild Officer Board, who will do a fabulous job moving forward. President Sharon Kamen, President-Elect Judy McNeil, Recording Secretary Sandi Ross, Treasure Gina Abou-Jaoude, Treasurer-Elect Ann Cotton and Corresponding Secretary Susan Squyer, congratulations!

Following the installation of the officers and remarks from 2010 President Sharon Kamen, the meeting was concluded and the audience was treated to a fashion show. Denise Snyder, the owner of Mariel's on Larimer Street, presented the latest in fashion from her store. Denise kindly donated 10% from the clothes sold to the Guild.

L to R: Gail Johnson, Gina Abou-Jaoude, Sandi Ross, Susan Squyer, Judi McNeil and Sharon Kamen

CHARLOTTE TUCKER SCHOLARSHIP RECIPIENTS

Skyler E. Barry
Redken Salon Academy

Liam Bercow
University of Colorado

Jeremiah Bossow
Mesa State College

Stephanie Byrum, Front Range Community College

Aaron Crotser, University of CO at CO Springs

Oumar Diallo
Carleton College

Sam Edgerton
Art Institute of Phoenix

Ashton Farris, Denver Academy/Court Reporting

Robert Freeze
Chadron State College

Caleb French
Sheridan College

Nikki Galasso
Colorado State University

Shari Grinnell
Bob Jones University

Sam Holland
Colorado State University

Amber Hoyle
Mesa State College

Alexi Hubbell, SW CO Community College

Hannah Kohlts
Adams State College

Julianna Kubic
Metro State University

Branden Kullby
Colorado State University

Kevin Maniscalco
University of CO

Matt Marovich
University of N Colorado

AWARDED FOR 2010-2011

Kayla McDonald, CO State University/Pueblo

Zsuzsanna McNeil University of CO

Chaqoia McPherson Community College/Denver

Cory Meier, Community College of Denver

Lannie Meyers Iowa State University

Zachariah Milby University of Colorado

Amber Peet University of N Colorado

Cody Purcell CO State Universit

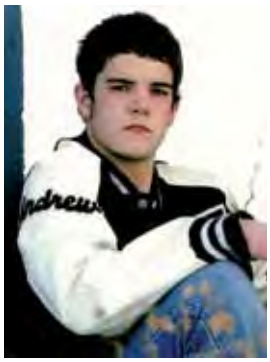
Amanda Raso Fort Lewis College

Rochelle Resendez Metro State College

Kayla Rhoades, Red Rocks Community College

Alyssa Ruptak Hesston College

Kenneth Scally Adams State College



Andrew Schroeder CO State University

Justin Storms, Colorado State University

Morgan Strand University of Nebraska

Tina Stringfellow, Arapahoe Community College

Hannah Turner CO School of Mines

Destinee Upton, Red Rocks Community College

Kristina Wallace Community College/Denver

Not pictured: Ryan Wroblewski, CU at Colorado Springs

The 2010-2011 Scholarship Luncheon attendees

2010-2011 SCHOLARSHIP RECEPTION

The 2010-2011 Charlotte Tucker Scholarship Reception was held June 16th at The Governor's Residence at the Boettcher Mansion on a perfect Colorado afternoon. There was enthusiasm in the air as the recipients and their families arrived. Attending guild members enjoyed meeting and learning more about these exceptional and talented group of recipients as they met their families and shared stories.

The Guild Awarded 41 students $2,000 each to be used for higher education at a college or trade school of their choice. The 41st scholarship, one additional, was made possible by John & Sandi Ross and Sue Morgan in honor of their parents, Les & Ellaine Morgan. Guild President, Sharon Kamen gave a warm welcome to all, and praised the scholars for their accomplishments. Selection chair, Dalyla Creaghe spoke briefly about the selection process, introduced Gail & Ron Carda, Warren Hanks and Sharon Kamen, members of the Selection Committee that were present, and thanked them for the many hours they devoted to the process. A fabulous buffet was enjoyed by all, after which Dalyla spoke briefly about each recipient present, as Sharon presented them with a certificate of merit. Those in attendance were visibly "touched" as each recipient responded with grateful thanks.

Ann Rheem, Sandi Ross and Dalyla Creaghe, Selection Chair

CHARLOTTE TUCKER SCHOLARSHIP OPPORTUNITIES FOR 2011-2012

The Guild of the Children's Diabetes Foundation is always proud to award scholarships to high school seniors and college students who are current patients at the Barbara Davis Center. The scholarship program was established in memory of past Guild President, Charlotte Tucker, who encouraged young people from the Barbara Davis Center to follow higher career and educational pursuits.

Applications for 2011-2012 will be available in February 2011. Patients who are college or trade school bound will be notified regarding applications in February 2011. If you don't receive information or have questions, please call Susie Hummell at the CDF office after February 15th, 2011 at 303-628-5109 or 800-695-2873.

The 2010 Brass Ring Luncheon & Fashion Show

This year's Brass Ring Luncheon is set for Wednesday, November 10, 2010 at the Denver Marriot City Center. The luncheon will feature a fashion show of the Jacqueline Conoir Collection by Vancouver designer Rozemerie Cuevas. Proceeds of the event will benefit The Guild of the Children's Diabetes Foundation.

If you have any questions or would like to make a reservation, please contact Susie Hummell, Event Coordinator, at 303-628-5109 or Susie@childrensdiabetesfoundation.org

BAUBLES, BANGLES 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
Real or costume, 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?
— by Gretchen Pope

2010 GUILD OFFICERS

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President
Sharon Kamen

President-Elect
Judy McNeil

Recording Secretary
Sandi Ross

Treasure
Gina Abou-Jaoude

Treasurer-Elect
Ann Cotton

Corresponding Secretary
Susan Squyer

Immediate Past President
Gail Johnson

SAINT JAMES POLAR BEAR CLUB TAKES THE PLUNGE

Reza Kolahifar founded the Saint James Polar Bear Club in 2009. On January 17, 2010 at 10 a.m., 18 people braved the icy water of Long Island Sound for the clubs first annual plunge and raised over $1,250 for the Children's Diabetes Foundation, a cause close to Reza's heart because his ten year old niece has type 1 diabetes.

The air temperature was a cool 34º and the water temperature (taken with a thermal scanner that was brought by the Nissequogue Fire Department) was a cooler 32º. They came from all different walks of life; attorneys to high school students and everything in between. Their youngest polar bear was 14 years old and their oldest was a youthful 55 years young. It was a successful day and fun was had by all, mostly those who were dry on shore…

Next year's dive is scheduled for Sunday, January 16, 2011 and Reza hopes to have 100 participants.

2ND ANNUAL "J-TAP" DIABETES GOLF TOURNAMENT

Benefit for the Barbara Davis Center set for August 21st

Jack E. Brown, daughters Tiffany, Alissa and wife, Phyllis, have organized another fun-filled day on the links in hopes of finding a cure for diabetes. Jack, a 38-year diabetic, bills the event as, "One big party for a good cause". This year's tournament will take place at the Eagle Terrace Golf Club in Broomfield and feature two-man scramble with prizes awarded in several categories including, men's and woman's longest drive, closest to the hole on par 3, lowest team score (1st, 2nd, 3rd and 4th), longest putt, and highest score. Registration costs are $100 per person (includes golf, lunch, and range balls). Register with a friend or as a single – all are welcome!

For more information or to register please contact Jack Brown at jack_phyllis@msn.com or (303) 901-7322

ONE IN THREE BABIES BORN TODAY: A MOTHER'S STORY

— Kerri Lind

Four years ago this July, my daughter Kendall and her twin cousins, Caden and Chloe (whom were born 11 hours prior to Kendall), were asked to participate in a photo shoot for the Carousel of Hope Journal. Barbara Davis wanted an ad with three little ones to read, "One in three babies born today will have diabetes in their lifetime." At the time, Kendall, Caden, and Chloe were just seven months old; a perfect fit for the full page message from Mrs. Davis. Their faces were printed in the Journal among many kids of all ages who had actually been diagnosed with type 1 diabetes, not to mention the President of the United States, former Presidents and many celebrities. We felt so honored to be part of this publication and shared the book with everyone we knew. Eventually the excitement died down and we were back to the daily grind as new parents. Occasionally we would look at the book or share it with new friends. It was a nice coffee table conversation starter. That book has a different meaning for us now.

Fast forward to December 2009, Kendall had turned four on the 16th and was at home with me and her nine month old sister for a week while her daycare provider was on vacation. Over the course of the week I couldn't help but notice how thirsty she was. She just couldn't get enough to drink. The excessive drinking, of course, caused frequent urination. I kept thinking to myself this just wasn't normal. A few weeks earlier my husband mentioned her fruity-smelling breath no matter how often he brushed her

teeth. I didn't really think they were connected and thought to myself we would just keep an eye on her until after the New Year and if it "got worse" we would call the doctor. But deep down I just couldn't let it go. After one of our good friends' little boy was diagnosed with type 1 diabetes about a year earlier and learning of the symptoms, the thought of diabetes sat at the pit of my stomach.

I started to research the symptoms of diabetes on the computer. One can diagnose anything online these days and there were multiple sites offering similar information, many of them in list form. I read them over and over again thinking to myself, she has almost every one of these symptoms, but there is no way she could have diabetes. It just wasn't possible; there isn't even anyone in our family with type 1 diabetes. I called our family friend and described to her what I was seeing. We were both thinking what are the odds, but agreed we should have her see the pediatrician. Luckily we were able to get in that afternoon, December 23.

In the little exam room filled with happy zoo animals my life came crashing down before me. I knew the minute she asked me to sit down. I could see her mouth moving and hear sound coming out of her mouth, but I couldn't focus on what she was saying. Something about sugar spilling into her urine, no ketones (whatever that was), the Barbara Davis Center tomorrow, be there at 8 a.m. The tears that had welled in my eyes began streaming down my face.

Top Photo: © Martin Crabb
Bottom Photo: © Janssen Photography

"Mommy, what's matter?" Kendall asked. All I could say was that our lives will never be the same. We got in the car, where I simply sobbed until I could pull myself together and call my husband. That night was one of the worst nights in my life and a prelude to the next few difficult days that were ahead of us.

We spent the morning of Christmas Eve at the Barbara Davis Center with a nurse educator learning about diabetes. What was happening and will happen to Kendall's body. We learned about insulin, what it is, what it does and when. We practiced pricking our fingers and how to draw up insulin in a needle. We learned about lows and how to treat them. What ketones are, how and when to test for them. There was a plethora of overwhelming information we tried to absorb in a short amount of time. Then came the time to give Kendall her first of thousands of shots she would receive in her lifetime. Kicking and screaming I held her across my lap as the nurse administered the insulin. My heart, broken into tiny pieces, screamed this isn't fair, this isn't fair. We would repeat this scenario Christmas morning prior to opening gifts from Santa and for several mornings after (except it was my husband holding her down while I inflicted the pain on my daughter).

The following week we returned to the Barbara Davis Center for the official new onset training, a entire day of meeting with counselors, dietitians, and doctors. Kendall was going from one to four shots of insulin a day, from five to six finger pokes, and a strict eating schedule to help get her blood sugar under control. As difficult as it was, I knew I had to be strong for Kendall, to let her know she was going to be okay. That WE were going to be okay. But the strong one, the brave one, was really Kendall. It is amazing to see how resilient kids are and how fast they learn about their bodies. In February we learned Kendall also has celiac disease, another autoimmune disease. So in addition to watching her carbohydrate intake, she must also live on a gluten-free diet for the rest of her life. At the age of four, Kendall can tell you when she is low, check her own blood sugar, and knows that she cannot eat the same foods everyone else is eating at the lunch table. She is amazing.

We have been through a lot in the past six months. Diabetes has affected every member of our family. We try to give anyone who is willing the opportunity to test Kendall and give her insulin and Kendall is surprisingly open to having different people try it. In March we were finally comfortable enough to send her to the preschool, we were originally going to start after the New Year. It took a few weeks and a tremendous amount of faith, but both the preschool and Kendall have adjusted well. We have survived our first class party, a few birthday parties, and we are still learning how to survive the day-to-day challenge of raising a child with type 1 diabetes. It helps that she is in the "honeymoon" stage right now, receiving only one to two shots a day. But I know that inevitably this phase will end and it will be even more challenging as she grows older.

It has been four years since we took that picture of Kendall, Caden, and Chloe. "One in three babies born today will have diabetes in their lifetime." Never in a million years did we think it would be one of them. The words just didn't seem like they could be true. Now we know they are and we think about it every month, every week, every day, every hour.

Photo: © kentmeireisphotography.com

HealthONE CAROUSEL CLASSIC
PLAY for the CURE
to benefit Children's Diabetes Foundation

HEALTHONE CAROUSEL CLASSIC PLAY FOR THE CURE

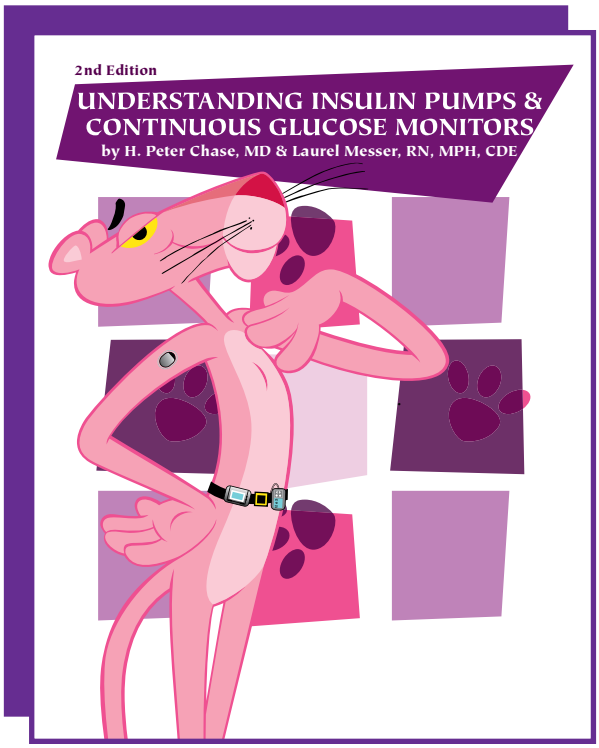
To benefit the Children's Diabetes Foundation

The HealthONE Carousel Classic Play for the Cure golf tournament was held on June 7, 2010 at the Cherry Creek Country Club. The first ever Carousel Classic was a huge success and raised $160,000 for research programs at the Barbara Davis Center for Childhood Diabetes. Michael McDonald and Dan Fuller were the event chairmen. The grand prize for the winning foursome was a fabulous trip to the Carousel Classic flyaway golf tournament in Las Vegas on November 7th and 8th.

Photos: © Janssen Photography

SAVE THE DATE!

The McDonald Automotive Carousel Classic Play for the Cure tournament is set for November 7th and 8th in Las Vegas, Nevada. For foursome or sponsorship information, please contact Lorie: 303-948-1234 or Kelli: 303-584-9191



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NOW AVAILABLE

2nd edition – Understanding Insulin Pumps and Continuous Glucose Monitors (CGMs)

By: H. Peter Chase, MD and Laurel Messer, RN, MPH, CDE

THE ONLY BOOK AVAILABLE FOR PATIENTS WITH DIABETES COVERNG BOTH INSULIN PUMPS AND CONTINUOUS GLUCOSE MONITORS (CGMs)

The field of insulin pumps and CGMs is moving so rapidly that the need for a second edition of this book was imperative. All chapters are now revised. However, some of the important changes are listed below:

- An attempt has been made to integrate the teaching about insulin pumps and CGMs – as they complement each other greatly. Together they are the two major technologies being used for diabetes management today!
- The chapters in basal rates (Chapter 5) and insulin boluses (Chapter 6) are updated with latest information – including a figure from a research article published in 2010 showing the importance of giving boluses 20 minutes prior to meals.
- The advantages of an insulin pump over insulin injections in the prevention of hypoglycemia during exercise have received a new emphasis.
- The chapter (Chapter 14) on Psychological Aspects offers new ways to deal with pump and CGM issues
- The overview on CGMs (Chapter 16) deals with important issues including practical methods of CGM (or insulin pump) adhesive issues
- Two brand-new chapters were created because readers of the first edition stated they wanted more information on how to adjust insulin levels based on "Real-Time" CGM readings (Chapter 18) and on "Retrospective" CGM readings (Chapter 19). These two new chapters provide the information to help any person/family make the needed insulin adjustments to attain the most optimal glucose control currently possible.
- The research chapter (Chapter 20) includes information relating to recent studies of the "**Bionic**" pancreas (using an insulin pump and a CGM) and where current studies are leading future diabetes care.

The new edition is available by calling 303-863-1200 or 800-695-2873 or at www.childrensdiabetesfoundation.org.

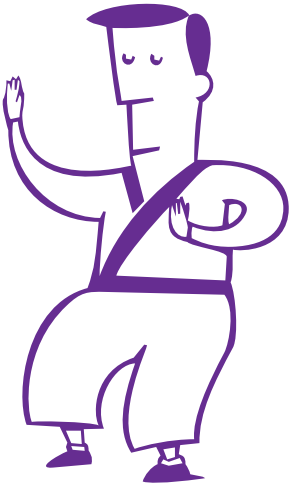
NEVER GIVE UP ON YOURSELF OR YOUR DREAMS!

Tyler is an 11 year old boy who was born with Cystic Fibrosis and at the age of seven was diagnosed with type 1 diabetes. Tyler does not allow his illnesses to control his life. He stays very involved in school activities, rides his bike, and plays outdoors as much as possible, oh yes and he plays his Xbox 360 too!

Tyler's parents enrolled him in classes at the Denver Karate Academy in Lakewood, Colorado when he was six years old. It has taken him four years of training, attending classes five nights a week, a lot of practicing and hard work, along with determination on the part of the instructors and Tyler, to reach the first goal he set for himself. He reached a goal he had set when he was accepted on to the academy's Demo Team, which performs at all kinds of events. Tyler has just graduated to a First Degree Dan Black belt in Karate. Tyler and his instructors are now working towards his next goal, which is to learn the special weapon of his choice and his Second Degree Dan. He is also looking forward to playing football in the fall as he moves into junior high school.

Tyler would like you all to know that no matter what is going on in your life, if you have an illness or a handicap, don't give up on yourself. A handicap or illness can only hold you back from doing what you want or becoming what you want to be in life if you allow it to.

Remember NEVER GIVE UP ON YOURSELF AND SET YOUR GOALS HIGH, you can accomplish anything if you BELIEVE IN YOURSELF.



We are always interested in your articles for Winners Circle. Please submit them to Casey@ChildrensDiabetesFouundation.org or send them to: Children's Diabetes Foundation, attention Casey Frey 777 Grant Street, Suite 302, Denver Colorado 80203

The following recipes are copyrighted MealMakeoverMoms.com

KRAZY FACE FRUIT KEBABS

Makes at least 35 kebabs

INGREDIENTS:

1 large honeydew melon
1 quart strawberries
Mini marshmallows
1 cantaloupe
1 small bunch seedless red grapes
Twenty five 10-inch wooden skewers

DIRECTIONS:

1. Slice two or three inches off the bottom of the honeydew melon and remove the seeds. Use a melon baller to scoop out melon balls.

2. Place a paper towel inside the cavity to absorb any liquid, and cover the opening with plastic wrap. Place the melon, cut side down, on a decorative plate. Use a permanent marker to draw a funny face on the honeydew melon.

3. Prepare the rest of the fruit by cutting the cantaloupe into cubes and washing and drying the strawberries and grapes.

4. To make the kebabs, thread one or two of the pieces of each fruit and two marshmallows onto the skewers and any order that you and your children choose. Stick the kebabs around the face on the melon, until they resemble crazy hair.

NUTRITIONAL INFORMATION PER SERVING:

25 calories
6g carbohydrate,
0g protein
0g fat (0g saturated)
1g fiber
35% vitamin C

QUICK QUESADILLA POCKETS

Makes 6 to 8 servings

INGREDIENTS:

1 tablespoon canola oil
1/2 teaspoon chili powder
1 1/2 cups frozen corn kernels, thawed
1/2 cup salsa
Six to eight 8-inch flour tortillas
1 large red bell pepper, finely chopped (about 1 ½ cups)
1/2 teaspoon onion powder
1 15 ½ ounce can pinto beans, drained and rinsed
2 cups preshredded, reduced-fat Mexican cheese blend or Cheddar cheese
1/2 cup reduced-fat sour cream, optional

DIRECTIONS:

1. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside. Heat the oil in a large nonstick skillet over medium-high heat. Add the bell pepper, chili powder, and onion powder and cook until the peppers are tender, about 5 minutes.

2. Preheat the oven to 400ºF

3. Add the corn, beans, salsa, and 1 1/2 cups of the cheese to the skillet and cook until the cheese melts and the mixture is heated through, about 2 minutes.

4. To assemble the quesadillas, arrange the bean mixture evenly over half of each of the tortillas. Fold over, press down gently, and place each on the prepared baking sheet. Sprinkle the remaining cheese over the tortillas.

5. Bake until the cheese melts and the tortillas become crisp on the outside, about 10 minutes. Cut into quarters and serve. Top with sour cream as desired.

NUTRITIONAL INFORMATION PER SERVING:

340 calories
630mg sodium
6g fiber
25% vitamin A
30% calcium
11g fat (4.5 saturated)
44g carbohydrate
17g protein
30% vitamin C
15% iron

WHAT CAN I DO IF MY CHILD IS OVERWEIGHT?

The incidence of American children who are overweight and obese is at an all time high. Almost 25% of our children are overweight, and 30% are heavier than children were in 1990 for two main reasons—unhealthy eating and lack of physical activity. If you are an overweight parent, consider intervention for the entire family. Intervention includes changing eating and lifestyle patterns.

How do you know if your child is overweight?

Look at your child. Weight problems do not occur overnight. Keep a critical eye on your child's growth and development.

Monitor your child's growth chart. Your pediatric endocrinologist plots your child's height and weight on a growth chart during every clinic visit. The BDC calculates body mass index (BMI), which quantifies excess weight adjusted for height and weight. BMI is strongly correlated with body fat. If your doctor does not do that, ask him to calculate it for you.

Seek advice from your pediatrician. Ask your pediatrician for a referral to a registered dietitian for help in planning a healthy eating guide for your child. If you are a patient at the BDC, ask your provider to see a dietitian.

Take childhood obesity seriously—do not assume your child will outgrow it. Childhood obesity can lead to type 2 diabetes, asthma, pediatric hypertension, coronary heart disease, increased stress on weight-bearing joints, bone fractures, adult obesity, low self-esteem, and poor peer relationships.

Seven habits that contribute to overeating/weight gain

1. Grazing throughout the day, instead of eating planned meals and snacks

2. Skipping meals

3. Super-sizing portions

4. Drinking soda or juice with meals, instead of water or a high-calcium beverage

5. Serving meals buffet style, instead of serving controlled-portion meals

6. Eating beyond fullness

7. Watching television, playing computer games for more than two hours each day

Tips for ways you can help your child avoid unhealthy eating habits

- Provide healthy foods
- Encourage the eating of breakfast
- Review lunch menus with your child's day care/preschool/school or caretakers
- Get kids to help in kitchen/cooking; even young children can help with simple tasks
- Strive to serve appropriate portions to the entire family
- Identify and limit treats/occasional foods—even Cookie Monster is limiting how many cookies he eats
- Discourage the use of food as a reward, which often occurs in early childhood (for example, potty training); use stickers instead
- Use tools to combat hunger, including offering fruit or vegetables when a child is hungry, or offering a sugar free beverage instead of food
- Slow down the pace of eating
- Read food labels
- Teach balanced eating to all family members
- Teach children to eat only when they are hungry

These behavior tips also may help:

- Serve as a good role model for your child and eat healthy foods, including vegetables
- Encourage more chewing to help your child register fullness
- Divert the attention of a child who complains of hunger after eating with another activity, or make them wait 15 minutes and then, if still hungry, offer a nutritious snack
- Implement "The Age Bite Rule" for trying new foods or vegetables: A bite of vegetables or new food for each year in child's age as the minimum goal
- Allow seconds on vegetables only
- Become an active family, limiting screen time (computer, video games, and TV) to two hours per day and aiming of 60 minutes of activity per day.

What are safe dietary changes to make for growing children?

- Cut back on visible fat and invisible fat
- Cut back on sugar, especially from juice and snacks
- Know portion control so you can teach your children; use measuring cups or hand portions
- Encourage the eating of whole grains, such as brown rice, wheat pasta, whole-wheat bread, and whole-grain cereals
- Cut down on fast food (one

time per week); establish eating-out rules

• Drink water instead of juice or soda

• Limit the number of snacks given per day and select those with 100 calories or less

• Eat five fruits and vegetables per day

• Change to 2%, 1% or fat free milk if your child is two years old or older

• Serve lean meat, poultry, low-fat cheese, and fish

Eating environments

• Eat only in approved areas

• Not in the car—no dashboard dining

• Not in his/her room alone

• Eat meals at home together

• No TV while eating

• Develop a reasonable meal schedule for children; children should not eat dinner at 9 p.m. because they are unable to sustain hunger that late in the day, which contributes to overeating

• Prevent grazing throughout the day by having structured eating in approved places

• Develop rules for snacks (asking permission or providing an allowable snack box)

Tips to Increase Physical Activity

If you can't do 60 minutes of activity at one time, try taking a few 30-minute walks per day.

Accumulating activity during your day is helpful. Several 10-minute bursts of activity throughout the day (stair climbing, housework, gardening) - can help you meet your activity goal.

Kids can play outside, ride their bike, help around the house and take their dog for a walk to get more activity.

Healthy Eating

Check out the food pyramid for children at: http://teamnutrition.usda.gov/Resources/mpk_poster2.pdf. The following are some best and worst food choices for children, not listed in order of preference.

Parents need help, too! Involve extended family members; everyone will benefit. Involve your child's school and community in promoting healthy lifestyles. Your involvement can make a difference.

Reference

US Department of Agriculture, Food and Nutrition Service. My pyramid for kids. Available at: http://teamnutrition.usda.gov/Resources/mpk_poster2.pdf

Accessed December 7, 2007.
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K-0522
Article adapted from article on website www.RD411.com.

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If you would like to submit an article or a letter to Newsnotes send information to:

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Know the symptoms of Childhood Diabetes:

- **Loss of weight**
- **Extreme thirst**
- **Excessive irritability**
- **Frequent urination**
- **Bedwetting (previously controlled)**

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 online.

Donations are tax deductible.
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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, Colorado
777 Grant Street, Suite 302, Denver, CO 80203
303-863-1200, 800-695-2873, www.ChildrensDiabetesFoundation.org

HELP US CATCH THE BRASS RING; SUPPORT OUR CAMPAIGN FOR THE CURE

In America, every day, 35 children are diagnosed with type 1 diabetes -- more than one child every hour. In fact, one in three babies born today will have diabetes in their lifetime. We need your support of our annual CAMPAIGN FOR THE CURE to keep them well. It is a race against time to stop this worldwide epidemic, and every donation counts.

Your donations to our annual REACHING FOR THE BRASS RING: A CAMPAIGN FOR THE CURE support our commitment to give all BDC patients the same high quality care. No child is turned away. Insulin, supplies and clinic visits can cost up to $800 or more a month -- a financial burden for any family, impossible for the uninsured and impoverished. Through your gifts we provide treatment and supplies to nearly 30% of the BDC's patients who otherwise could not afford it.

Please, help us catch the brass ring by supporting our CAMPAIGN FOR THE CURE. When you help children with diabetes you empower them to create a better future for all.

Children's Diabetes Foundation at Denver

REACHING FOR THE BRASS RING

A CAMPAIGN TO CURE DIABETES

Your gift will support clinical and research programs at the Barbara Davis Center for Childhood Diabetes. Please give generously.

Count me in for a donation of $_____ **Donate online at ChildrensDiabetesFoundation.org/C2C**

❏ Enclosed is my check payable to CDF.

❏ My contribution can be matched by my company _____ (name of company).

❏ Charge my credit card:

❏ Visa ❏ MasterCard ❏ American Express

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