The 35th annual Brass Ring Luncheon and Fashion Show to benefit The Guild of the Children's Diabetes Foundation was held on Tuesday, November 19, 2013, at the Denver Marriott City Center. The luncheon attracted more than 800 guests who came to view the Mariel Holiday Collection fashion show, presented by Denise Snyder, with a special presentation of evening wear by Alberto Makali. Ed Greene, from CBS4, hosted the show as Master of Ceremonies. Brass Ring Luncheon Chair, Adrienne

Continued on page 2
Ruston Fitzgibbons, expressed her heartfelt gratitude to everyone who attended and helped make the Brass Ring Luncheon a successful day. She stated that the real honorees of the afternoon were the children and young adults from the Barbara Davis Center for Diabetes. Adrienne thanked the auction chairman, Eva Schoonmaker, and the auction basket chairman, Judy McNeil, for their tireless efforts in making the auction a success. Former Guild President, Gina Abou-Jaoude, told the audience the heart-wrenching story of when her son, Dominic, was diagnosed with type 1 diabetes, in 1998.

Runway models unveiled fashion-forward winter styles from Mariel’s Boutique, as well as gorgeous ball gowns from Alberto Makali. The fashion show concluded with a model showing off a stunning wedding dress. However, the real stars of the afternoon were the kids. Younger children modeled the newest spring fashions from Little Me’s boutique. The youngest model, Keaton, stole the show with his plaid pants and trendy fedora. The young models were followed by a parade of children of all ages who represented the 6,000 patients receiving care at the Barbara Davis Center for Diabetes. Christina Finch, 14, and Ellie White, 12, spoke about their experiences living with type 1 diabetes and how it has helped shape them into the young women they are today. Newly diagnosed patient, Aspasia Vasquez, gave the pre-meal prayer.

Executive Director, Bertha Lynn, spoke about her positive experiences with The Guild of the Children’s Diabetes Foundation. She cited Guild members’ contributions to the Helping Hand program, which helps provide costly diabetes supplies to families in need.

The ballroom was elegantly decorated with red curtains and tablecloths, with a bright white runway taking center stage. Gorgeous red roses with silver ornaments graced the tables.
Live auction items included 20 tickets in a Kroenke Suite at the Pepsi Center for a Nuggets or Avalanche game, a weekend as an astronaut at the Kennedy Space Center, a five-course meal for 10 people with wine pairings at Ivy at the Glenn, a four-night stay at C Lazy U Ranch, which includes a moonlight copper tub soak and gourmet meals, two box seat tickets to the People’s Choice Awards, and a trip to Hawaii with a stay at the Grand Wailea including a dinner cruise and scuba certification.

We would like to extend a special thank you to Ruckus Apparel, Josh Schmitz; The Look Hair Design & Makeup, Gina Comminello; Ink Monstr; Broxton Art, Travis Broxton; Janssen Photography, Glenn Janssen; Hairstylists Courtney Blalock, Alex Cox, Adrian Perez Garcia, Shuree Palizzi, Nicole Phifer, Amena Saffi; Mariel, Denise Richard; Little Me’s, Jennifer Riches; Makeup Artists Gina Comminello, Helen Conroy, and Jessica Heemstra; and Conspiracy Film’s Rich Lerner and David Baud. Thank you for making the Brass Ring Luncheon an outstanding success!
Brass Ring Luncheon

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Children's fashion models: Natalie, Isaiah, Hadley, Aidan, Abby, Gage, Amyiah, Keaton and Parker

Ginny Messina, Jesse Ketter
Helen Hanks, Kathy Crapo
Gretchen Pope, Chris Petre, Rene Milstein
Message from Bertha Lynn

A LETTER FROM THE EXECUTIVE DIRECTOR

iewers keep asking me if I miss being on the news. While I loved it for those 37 years, I am enjoying new opportunities to serve the community. I’m challenged in new and exciting ways in this position. I’m honing my business skills, while being an advocate for families who deal with diabetes, and working with healthcare professionals who are trying to eradicate diabetes. Recently, at The Peninsula Beverly Hills Hotel, a team from Children’s Diabetes Foundation supported our founder, Barbara Davis, in presenting the Kickoff Luncheon for The Carousel of Hope. Barbara’s family and friends, including Raquel Welch and Anjelica Huston, attended. It’s amazing to watch Barbara work a room when lives are at stake. It’s that energy that spurred her to launch the Children’s Diabetes Foundation and the Barbara Davis Center when her daughter Dana was diagnosed with diabetes. Decades later, thanks to Barbara’s passion and research at the Center, the quality of diabetes patients’ lives around the world is vastly improved and our staff continues to focus on supporting those efforts to eliminate the disease.

REFLECTION ON AMY DAVIS

Amy Davis’ history with the Children’s Diabetes Foundation reaches back practically to its beginning. My history with her goes back only a few months, but in that short time, she made a lasting impact on me. My fondest memory of Amy was at the Barbara Davis Center, delivering holiday teddy bears she’d purchased for the children. It was priceless to see Amy’s reaction as young patients and their siblings clutched the unexpected gifts. This spring, Amy gave me a gift I’ll never forget. It was the gift of her presence at an unprecedented gathering of the past presidents of The Guild. These Guild leaders, who have given so much to the Children’s Diabetes Foundation, reached out to welcome me to their heart felt cause. I heard, later, how much Amy, the first president of The Guild, had wanted to attend in person, but she was just too ill. That didn’t stop her from being present, though. I was absolutely floored and inspired when a very determined Amy joined us via mobile phone “Face Time” from her hospice bed. It was such a selfless display of dedication to the fight against diabetes! We were so fortunate to have had Amy as part of our CDF family and look forward to carrying on her legacy. We will never forget her enthusiasm and her commitment to finding a cure. Amy, you will be greatly missed.
THE BARBARA DAVIS CENTER: #1 IN THE WORLD!

The Barbara Davis Center for Diabetes is ranked #1 in the world for Type 1 Diabetes Mellitus Care! That’s according to Expertscape, “an online objective ranking of medical expertise.” Dr. Marian Rewers, the Center’s interim Executive Director, ranks among the top 10 Type 1 Diabetes Experts, “identified as among the most knowledgeable and experienced diabetes doctors in the world.” (Expertscape, June 2014)

MANAGING TYPE 1 DIABETES AS AN ADOLESCENT

The Barbara Davis Center for Childhood Diabetes will receive a $2.1 million grant to help teach adolescents with type 1 diabetes how to manage their disease and improve their health outcomes and quality of life. The study is called the Flexible Lifestyle 3mpowering Change (FL3X), funded by the National Institutes of Health’s National Institute of Diabetes and Digestive and Kidney Disease.

The study will position diabetes educators as health coaches who teach youth to identify issues that impede their diabetes care and help find solutions that work individually for teens in their daily lives. These educators also work with teen’s family members to establish support systems that reduce conflict and build positive communication patterns. The real goals are for these educators to help adolescents better manage their diabetes by checking their blood sugar, giving the right amount of insulin, choosing a healthy diet, and engaging in appropriate physical activity.

Other health care providers are involved in the trainings. They include a professor of nutrition, a psychologist and health coaches to deliver the interventions. Two hundred fifty teens, ages 13-16, with type 1 diabetes will take part in the study. Many of the teens are considered to be high-risk kids and also are under insured. The BDC will start recruiting adolescents in April and will follow them for 1 ½ years. For more information, contact 309-724-8478 or visit www.type1FL3X.com.

ENTERPRISING KINDERGARTNER RAISES MONEY FOR HELPING HAND

— by Dana Shepard

Boyd Griffin, who is a kindergartner at Las Animas Elementary School in Las Animas, Colorado, came to his Barbara Davis Center appointment with a special plan. His schoolmates had put together all their pennies for childhood diabetes and he wanted to give a check to the BDC for the amount raised. Boyd came with his entire family to this appointment. They requested the funds benefit people who might have difficulty affording their diabetes supplies. He hoped the check would go to the Helping Hand committee at the Children’s Diabetes Foundation. We gratefully accepted Boyd’s contribution and donated it according to his wishes.
EFFECTS OF METFORMIN ON CARDIOVASCULAR FUNCTION IN ADOLESCENTS WITH TYPE 1 DIABETES

Dr. Kristen Nadeau, Associate Professor of Pediatric Endocrinology at the University of Colorado Denver and Children’s Hospital Colorado, is recruiting for the EMERALD research study. Adolescents with type 1 diabetes, ages 12-21 years, are eligible to participate to better understand the early risk factors and treatment for heart disease among young people with type 1 diabetes.

Our previous studies found that poor insulin action (insulin resistance) in adolescents with type 1 diabetes related to heart, blood vessel, muscle mitochondrial and exercise problems. Thus, insulin resistance may be a cause of the increased risk of heart disease in people with type 1 diabetes, as it is in type 2 diabetes. The EMERALD study examines whether a medication called Metformin, known to improve insulin resistance and HbA1c in adolescents with type 2 diabetes, also may improve insulin resistance and HbA1c in type 1 diabetes. The study also looks at whether Metformin can improve the heart, blood vessel, muscle mitochondrial, and exercise problems of adolescents with type 1 diabetes. This information is important to know so that we can better understand how insulin resistance contributes to severe health-related conditions such as diabetes, obesity, and heart disease, and how we might improve it early on.

Participants will receive a health and physical exam, body composition testing, fitness testing, EKG and echocardiogram, measurements of blood vessel function, an MRI of the heart and calf muscle to assess blood flow and energy utilization, and a measurement of how well insulin is working in the body. Participants will be compensated for their time.

This research is being sponsored by the National Institutes of Health (NIH), the American Diabetes Association (ADA), and the Juvenile Diabetes Research Foundation.

For more information, please contact Amy West at amy.west@childrenscolorado.org or (720)777-5774.

THE DAISY STUDY CELEBRATES 20 YEARS

The DAISY Study (Diabetes Autoimmunity Study in the Young) celebrated its 20th anniversary this year at the Barbara Davis Center for Diabetes. The DAISY study is an observational study that follows children with an increased risk of developing type 1 diabetes. The study looks at factors such as viruses, food they eat, stress, allergies, exposure to other children, and more. Drs. Marian Rewers and George Eisenbarth conceived of the study in 1993. Since then, the study has screened more than 30,000 individuals and has followed 2,500 of those with the highest genetic risk for diabetes. By ruling out certain environmental factors, the DAISY study, one day, will be able to identify a cause for type 1 diabetes.

Photo: © Shutterstock

Daisy Study celebrants
Questions and Answers

— H. Peter Chase MD

Q: Should youth with diabetes use "sports" and/or "energy" drinks?

A: First, there is considerable difference between "sports" and "energy" drinks. Sports drinks generally are flavored beverages that contain carbohydrates, minerals, electrolytes, and most importantly, water. In contrast, "energy" drinks usually provide stimulants, such as caffeine and guarana (a plant extract containing caffeine). The American Academy of Pediatrics recently reviewed both types of drinks and noted, "stimulant containing 'energy' drinks have no place in the diets of children or adolescents."

In addition, in a recent survey of 22,000 U.S. 8th, 10th, and 12th grade students, those who used energy drinks also reported more frequent use of alcohol, cigarettes and drugs.

The Pink Panther books have included discussion of "sports" drinks (primarily Gatorade®) for more than a decade. Many of the sports drinks are high in carbohydrates and calories. The original Gatorade has 14 grams of carbs and 50 calories per 8 ounces. (There are now several variations of Gatorade, so one must look at the label.)

With exercise, water needs increase dramatically. This is particularly true for someone with diabetes if blood sugar levels are high (resulting in more sugar and water lost in urine).

Thus, increased water intake, particularly with high sugar levels, prolonged exercise or in hot temperatures, is critical.

Due to the carbohydrate and caloric content, we do not recommend consuming sports drinks other than for heavy exercise (and then, often diluted with water). Use outside of vigorous exercise can lead to high blood sugar levels and excessive weight gain. Talk to the dietitians or providers when you come to clinic if you have further questions.

A: What can be done to prevent ingrown toenails?

A: This is discussed on page 236-237 of the 12th edition of Understanding Diabetes. Briefly, almost all ingrown toenails occur in the big toe. They are usually associated with cutting the nail too short at the corners. Then skin grows over the nail and as the nail grows into the skin, an infection occurs. Treatment is soaking in warm water with Epsom salts initially. If the toe remains warm and red, antibiotics are usually indicated. As with any infection, diabetes management may be affected.

Remember to always cut the large toenails straight across.
The Annual Meeting of The Guild of the Children’s Diabetes Foundation was held on Monday, January 20 at the Denver Country Club. Guild President, Gina Abou-Jaoude, began the meeting by presenting Dr. Marian Rewers with The Guild’s donation. Dr. Rewers expressed his gratitude for The Guild, and the positive impact it has made on the Barbara Davis Center and its patients. Dr. Rewers was especially moved by the Helping Hand program, which provides diabetes supplies and covers other expenses for families in need. Gina expressed her gratitude to The Guild for members’ hard work before giving the floor to the new President, Dalyla Creaghe. The meeting concluded with guest speaker Linda Buzogany author of “The Superman Years.” The book is based on her family’s struggle with her son’s diabetes. Her family has received care at the Barbara Davis Center for the past 14 years, since her son was diagnosed at the age of two.
LINDA CHASE’S ANTIQUE-FRAMED WINDOW PAINTINGS FOR SALE

Linda Chase now has a booth at the Brass Armadillo Antique Mall, off I-70 and Kipling (or Ward), to sell her antique-framed window paintings. Her booth is located on the Wyoming Street aisle, which is located next to the last aisle to the far right (to the east). One-hundred percent of profits go to the CDF Guild-Helping Hand Fund. In recent years, you likely have seen her windows at auctions for the BRI and the Denver Carousel Ball. They also were sold in the University Hospital Bookstore, with all profits going to The Guild of the Children’s Diabetes Foundation. The Helping Hand committee currently provides $80,000 per year for diabetes supplies to families in need at the Barbara Davis Center.

THE GUILD’S MEMBERSHIP TEA

The Guild’s Annual Membership Tea took place on Monday, February 10th at The Madden Museum of Art in Greenwood Village. Guild members decorated tables with a fun, Valentine’s Day theme and invited potential new members to come as their guests. The ladies participated in a raffle which consisted of numerous Valentine’s Day prizes. Jewels for Hope volunteers sold heart-shaped jewelry. Barb Tobias, author of “Tossed and Found – where frugal is chic,” was the meeting’s guest speaker. She encouraged members of The Guild to push beyond their boundaries, be brave, and commit to doing one thing that will change their lives forever.

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

Barb Tobias
A TRIBUTE TO AMY DAVIS
— Dr. Marian Rewers, Barbara Davis Center for Childhood Diabetes

On April 16, 2014, our Center lost a long-term friend and generous benefactor – Ms. Amy Davis (not related to the Barbara Davis Family). Any time you mention the name Amy Davis, people can only say she was a wonderful person with a kind, caring, beautiful spirit. She was hugely involved in the Denver area community and was an enthusiastic volunteer of her time and energy. Sadly, she passed away at the age of 86.

Amy Davis’ history with the Barbara Davis Center goes back to 1977 when the Children’s Diabetes Foundation (CDF) was started with the purpose of supporting research, education and treatment of type 1 diabetes. Amy was the Founding President of The Guild of CDF. The Guild is an auxiliary group of volunteers who provide support for the CDF by volunteering their time and raising funds. Amy immediately went to work raising money. She created the educational focus of The Guild efforts and devised many sponsored events for children with diabetes to attend: The Denver Broncos Picnic featuring some of the players, the Nuggets providing 200 tickets for children and their families to attend an exhibition game and ski trips to Breckenridge and Winter Park. The Guild volunteers helped to organize events such as the Carousel Ball and Carousel Days. By the end of 1979, there were 532 members of The Guild. Amy created a strong core of volunteers and was so popular that more people continued to offer their time and money. Over the past 36 years, The Guild has raised over $2 million for the Barbara Davis Center and continues to be the strongest partner of the Children’s Diabetes Foundation.

After leaving The Guild, Amy continued providing encouragement and support to the Barbara Davis Center. Over the years, she has donated funds to help purchase needed equipment, such as a research camera which allows the viewing of blood flow in the retina for the eye clinic. She often asked no recognition be given to her philanthropic endeavors. The faculty and staff of our Center who knew her remember what a lovely person she was and how she was passionate and enthusiastic about her work and those she helped.

Mrs. Barbara Davis said: “Looking back on the founding of the Children’s Diabetes Foundation, Amy Davis was with us from the very first day. It’s so sad to hear that our dear, darling friend is gone. It will be a loss not only to me, but to people around the world. She was a great lady who did for others. Her passing leaves a great hole in this world.”

Throughout her life, she was devoted to Wyoming and Colorado causes. Amy grew up in Kenilworth, Illinois but spent summers in Colorado and, after 1941, at her family’s Y Cross Ranch outside Cheyenne, WY. She worked for NBC’s Today show creator, the Wyoming state legislature, the Wyoming governor, and President Eisenhower. The Courtenay C. and Lucy Patten Davis Foundation was founded in 1992 and, after her father’s death, Amy ran the organization and volunteered with local non-profit organizations. She has supported numerous other causes that were focused on healthcare, open space, education and served at one time as President of the Auxiliary for the Children’s Hospital in Denver.

Ms. Amy Davis and her family achieved success and wealth; Amy spent three decades giving to her community and paying forward. Her passion for life drew people to her and she touched many lives with her enthusiasm for supporting important causes including research to prevent diabetes and state-of-the-art care for all children with diabetes. She will be missed by her numerous friends and the community of Denver.

WEBSITES:
13TH EDITION OF THE FIRST BOOK FOR UNDERSTANDING DIABETES

As with previous editions, every chapter has been updated to include the latest advances and current management. Some of the important changes follow.

- Perhaps the biggest change is a new chapter titled, “The Bionic Pancreas.” This chapter presents currently available features as well as those in development.
- Information about the new 36 hour ultra long-lasting insulin, Degludec (or Tresiba) is included. It is now approved for use almost everywhere, except in the U.S.
- New knowledge relating to prediabetes (for both type 1 and type 2 diabetes) is presented.
- The new 2014 American Diabetes Association recommendations for HbA1c levels for different aged children are included.
- The school/work chapter is changed to include the new Standards of Care for children with diabetes.
- The two nutrition chapters are updated to include the new FDA “Choose My Plate” guidelines.
- New methods to prevent low blood sugars are emphasized in the exercise chapter.
- Screening for diabetes-related eye and kidney changes are updated per the ADA recommendations.
- Some “advantages” and some of the “difficulties” in the use of continuous glucose monitors (CGM) are reviewed.
- The research chapter has been updated in relation to the prevention of diabetes, prevention of complications and for the “bionic” pancreas.

It should be noted that work also has begun in updating the larger book, Understanding Diabetes and the 13th edition should be available in early 2015. The books have been consistently updated since the first edition in 1976, and are the primary sources used in the U.S. for diabetes education.
## ORDERING MATERIALS

All our publications may be ordered by using this form, or by calling the Children’s Diabetes Foundation at 303-863-1200, or by visiting our website at www.ChildrensDiabetesFoundation.org

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SAVE THE DATE FOR THE 2014 “TIED TO A CURE” GOLF TOURNAMENT!

Excitement is growing as sponsorship opportunities are filling up for the 2014 “Tied to a Cure” Golf Tournament, benefitting the Children’s Diabetes Foundation. The date for this year’s tournament is Monday, July 14 at the acclaimed Colorado Golf Club in Parker, Colorado. The tournament kicks off with a shotgun start at 10:00 am.

The field is limited to 125 players in this matchless tournament. In addition to playing one of the country’s finest golf clubs, players will have an opportunity to help raise money to support the efforts of the Children’s Diabetes Foundation and the Barbara Davis Center for Diabetes.

Visit our website for sponsorship and foursome opportunities at www.childrensdiabetesfoundation.org or call Lorie Johnson at 303-948-1234.

We hope to see you there!
UPDATE ON THE CONGRESSIONAL DIABETES CAUCUS

Formed in 1996, the Congressional Diabetes Caucus has grown to be the largest with 350 members in the 113th Congress. The Caucus’ mission is to educate members of Congress about diabetes and to support legislative activities that would improve diabetes, research, education and treatment. The Caucus was successful in receiving a $1.5 billion grant for the Special Diabetes Program, which funds juvenile diabetes research along with Native American treatment and prevention programs through the Indian Health Service. The Caucus played a major role in providing Medicare coverage for blood testing strips, glucose monitors and diabetes management education. While the Caucus primarily focuses on type 1 diabetes, its efforts have expanded to type 2 diabetes, which is beginning to strike individuals in their youth.

SCIENTISTS GENERATE INSULIN-PRODUCING BETA CELLS IN MICE

Scientists have reached a new breakthrough for the treatment of type 1 diabetes by successfully turning mouse skin cells into insulin-producing beta cells. When these new cells were transplanted into diabetic mice, their blood sugar levels returned to almost normal. If scientists are able to find a way to turn human skin cells into beta cells, it could mean the end of daily injections for people with type 1 diabetes. Because there are simply not enough beta cell donors to match the demand, scientists have begun turning abundant cells, such as skin cells, into beta cells. Although the study is still in the very early stages of research, the transformation of skin cells to beta cells has the potential to bring an end to the constant pricks and pokes that come with type 1 diabetes.

KRIS FREEMAN DOESN’T LET TYPE 1 DIABETES SLOW HIM DOWN

Kris Freeman, four time Olympic cross-country skier, doesn’t let type 1 diabetes slow him down, either on or off the snow. Kris was among the 14 men and women cross-country skiers who were selected to represent USA in the 2014 Sochi Winter Olympics. Diagnosed with type 1 diabetes at age 19, Kris was never afraid he wouldn’t be able to attain his goal of competing in the winter Olympics due to his diabetes. In order to succeed, Kris knew he had to pay attention to what his body was telling him at all times. When he competes, Kris wears an Omnipod: a tubeless insulin pump that distributes insulin automatically. In the 2014 Olympics, Kris placed 52nd in the Men’s 15km classic, 54th in the Men’s skiathlon 30km, and 57th in the Men’s 50km freestyle.
The Guild hosts social events for children who have type 1 diabetes. To learn about upcoming events, follow the Children’s Diabetes Foundation on Facebook and Twitter for the most up-to-date information.
THE CAROUSEL OF HOPE KICKS OFF AT THE PENINSULA BEVERLY HILLS HOTEL

The Carousel of Hope Kickoff Luncheon took place at The Peninsula Beverly Hills Hotel on May 20, 2014. Mrs. Barbara Davis hosted the event which had a great turnout with more than 100 guests in attendance.

Presenting sponsor, Mercedes Benz USA, featured an S-class vehicle displayed at the front entrance. Fred Gibbons, of Treefrogs, elegantly decorated the room with spectacular pink roses and peonies, along with our traditional carousel horses adorned in flowers. Pacific Wine and Spirits provided étoile Rose upon arrival and Newton Red Label Chardonnay and Claret wine for the buffet-style lunch. Mercedes-Benz and Neiman Marcus both provided beautiful items for the gift bags. Mrs. Davis kicked off the luncheon by thanking everyone for their support in the fight against type 1 diabetes. Dr. Robert Slover flew in from the Barbara Davis Center for Diabetes to give attendees an update on the patient clinics and research taking place at the center. Carousel of Hope Producer, George Schlatter, and Music Director, David Foster, provided details on The Carousel of Hope which will be held at the Beverly Hilton Hotel on October 11, 2014. Mrs. Davis was thrilled with the event: “It was a great kickoff, everyone was eager to participate and we are so glad to have everybody on our side. We are a team, and our team is going to win the fight against diabetes. Hillary Clinton said it takes a village to raise a child; it takes the world to cure a disease”. We extend a special thank you to our Presenting Sponsor, Mercedes-Benz, and our Angel Sponsors: Viacom (CBS, Paramount, Nickelodeon), HBO, Disney, 20th Century Fox, Guess?, Inc., Rick Caruso’s The Grove, St. Regis Hotels, Saks Fifth Avenue, Neiman Marcus and Pacific Wine & Spirits.
CAN A GLUTEN-FREE DIET DURING PREGNANCY REDUCE THE RISK OF TYPE 1 DIABETES?

A new study suggests that a maternal gluten-free diet potentially could protect children against type 1 diabetes. Researches from Denmark compared 30 mouse pups born from gluten-free mothers to 30 pups from gluten-fed mothers and found that when mothers ate a gluten-free diet, the internal bacteria in both mother and offspring changed significantly. The intestinal bacteria appeared to create a protective barrier against development of type 1 diabetes in the mouse pups.

Typically, mice pups will develop type 1 diabetes within 13 weeks of birth, but the pups that were born from gluten-free mothers did not develop the disease. Researchers are optimistic that the same findings can be applied to humans. Study co-author Camilla Harmann Friis Hansen states “We therefore hope that a gluten-free diet during pregnancy and lactation may be enough to protect high-risk children from developing diabetes later in life.” (Medical News Today)

SALMON BURGERS

— From: American Diabetes Association

Serves: 6

Ingredients:

- Cooking spray
- 1/2 small onion, chopped
- 1 clove of garlic, chopped
- 1 red bell pepper, seeded and chopped
- 1 tablespoon Thai red curry paste
- 1 pound skinless salmon, cut into chunks
- 1 egg
- 1/4 cup of cilantro
- 6 iceberg or bibb lettuce leaves
- 2 scallions, thinly sliced

Directions:

Preheat oven to 475 degrees. Coat a baking sheet with cooking spray and set aside.

Place onion, garlic, bell pepper and Thai curry paste in a large food processor and blend until smooth. Add salmon, puree until smooth. Add the egg and cilantro and puree until incorporated.

Scoop the mixture in ½ portions onto the baking sheet and press lightly to form a patty. Repeat to make 6 patties.

Spray the top of each patty with cooking spray and bake for 15 minutes.

Serve each salmon burger in a lettuce leaf and top each with 1 tablespoon of sliced scallions.

Nutrition information per serving (1 salmon burger):

- 165 calories
- 8g fat (1.5 saturated)
- 150mg sodium
- 4g carbohydrate
- 2g sugar
- 1g fiber
- 19g protein
- 355mg potassium
A child reaching for the brass ring on a carousel is symbolic of the most important goal of the Children's Diabetes Foundation — The 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 or 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 at www.ChildrensDiabetesFoundation.org. Donations are tax deductible. Tax ID #84-0745008

Remember a loved one — Help CDF “Catch the Brass Ring”

Enclosed is my contribution of $ __________________

In memory of __________________
In honor of __________________
Occasion __________________

Please send acknowledgements to:
(Amount of gift will not be mentioned)
Name __________________
Address __________________
City __________________ State ________ Zip ___________

In memory of __________________
In honor of __________________
Occasion __________________

Please send acknowledgements to:
(Amount of gift will not be mentioned)
Name __________________
Address __________________
City __________________ State ________ Zip ___________

The Brass Ring Fund
CONGRATULATIONS, BARBARA DAVIS CENTER FOR DIABETES ON BEING RANKED NUMBER ONE IN THE WORLD!

See page 6

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Paws for a good cause! Megan, age 11, a patient at the Barbara Davis Center, donates her giant teddy bear to the Center to help brighten other patients’ day. Thank you, Megan!