

Research in 2012 and Beyond

The best interests of people with type 1 diabetes are at the center of every decision made and carried out at JDRF. JDRF updated its research strategy to a ‘cure, treat, prevent’ model after an exhaustive review of research in 2009.

Curing type 1 diabetes will always remain the top priority. Now JDRF is investing more resources in new and better treatments that ease people’s daily lives, reduce complications, and prevent others from getting the disease. The organization is partnering with academia, biotech and pharmaceutical companies, governments, and other disease organizations to aggressively speed the development of new therapies and cures. The highly-anticipated artificial pancreas is a treatment with great promise.

This life-saving device would give millions of people a better quality of life and protection from dangerous diabetes episodes—and yield staggering national savings. A recent study in the British Medical Journal found that the development of an artificial pancreas could save Medicare almost \$2 billion in costs related to diabetes complications over the next 25 years.

LGS System: Everywhere But Here

Dr. Aaron Kowalski, assistant vice president of treatment therapies, gave an update on JDRF’s artificial pancreas project in Seattle this fall. The precursor to an artificial pancreas is a pump with a low-glucose suspend (LGS) feature that shuts off insulin delivery when blood sugar is

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JUVENILE DIABETES AS AN ADULT

The former name of this devastating disease is misleading. Statistics show that 50% of people diagnosed with type 1 diabetes are over age 18, and 85% of those living with the disease today are adults. Adults contend with difficult issues. There are complicated routines for daily survival, costly medical expenses, diabetes management at work, and a decision whether to have children.

Diabetes and Pregnancy

Amy Beth Meier of Issaquah, 36, was diagnosed with gestational diabetes in 2003 while pregnant with her son. Two years later, she learned she was in the honeymoon phase of type 1 diabetes. Getting used to life with diabetes was nothing like a honeymoon, however.

“There are so many life adjustments. Diabetes factors into every element of your life,” said Meier. “You become familiar with your body and blood sugar, and learn how different foods affect you.” She slowed her ‘go, go, go’ pace, rested more, and optimized her food intake.

Her second pregnancy involved constant monitoring of the baby’s development. She put extra effort into her health—carefully managing her personal stress and glucose levels—and delivered a healthy baby girl in 2007.

Mom and Mentor

Meier, a digital media manager, is determined to inspire her children. “One of my driving forces has been to set a good example of life with

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RESOURCES FOR ALL TYPE 1 ADULTS

JDRF created two toolkits for recently-diagnosed adults and those who’ve had it for years. The comprehensive booklets address many aspects of diabetes. Call 206-838-5153 for a free copy or download it from the ‘life with diabetes for adults’ section at jdrf.org. Toolkits are in the works for pregnant women and teenagers.

Northwest News

ALL ABOARD THE GINGERBREAD EXPRESS!

Catch the “Holiday Express,” six edible replicas of historic train stations at JDRF’s Gingerbread Village from Nov. 22–Jan. 1 at the Sheraton Seattle Hotel. Or view the displays, vote for your favorite, and make an online donation at gingerbreadvillage.org. Thanks to our sponsors Sheraton Seattle, Callison, KMD Architects, Master Builders Association, MulvannyG2 Architecture, Weber Thompson, and 4D Architects for keeping this holiday tradition on track!

JDRF ADDS BOARD MEMBERS

This summer, JDRF added talented team members to our boards. The JDRF Northwest Chapter Board welcomed Carol Ward, Matthew Campbell, and Craig Manalili. Georgia Spiropoulos, Carmen Eucker, Paul Hanson, and Dr. Sara Murdoch joined the South Sound Board. Todd Casey and Kirsten Anderson joined Spokane’s Inland NW Board.

THANK YOU, GRACIAS, MERCI!

Thank you to the generous individuals and companies who supported the JDRF Northwest Chapter this year at walks in Tacoma, Spokane, and Montana; and Nordstrom Beat the Bridge to Beat Diabetes, an Evening of Hope, Tee Off for a Cure, and Ride to Cure events. We’re grateful to each person that spread the word about type 1 diabetes, donated to JDRF, and shared their time and talents as volunteers and board members.

PROMISE TO END DIABETES

JDRF’s Promise to Remember Me campaign—now through May 2012—connects legislators to the people with type 1 diabetes in their district. Parents and children share their stories of life with diabetes, and ask lawmakers to ‘promise to remember’ them by supporting diabetes funding and legislation. Sign up at jdrfpromise.org and motivate legislators to act for a cure.

PATCH SPEEDS INSULIN DELIVERY

When people with type 1 eat, their blood sugar spikes almost immediately. The Insu-Patch is a new device that warms the skin and increases blood flow at the insulin infusion site. The patch can speed insulin delivery to the bloodstream up to 35 minutes, which reduces the time spent in a hyperglycemic state.

ALASKA TO HOST FIRST JDRF WALK

Families in Alaska have a new opportunity to meet others in the diabetes community, while raising funds and awareness for a cure. The JDRF Walk to Cure is tentatively scheduled for June 9, 2012 at Cuddy Park in Anchorage. Contact Mike Wyne at mwyne@jdrf.org or 508-873-3464 to register and get more details.

BE A JDRF INTERN

We need interns year-round for communication, marketing, and special event projects. College credit may be available. E-mail jdrfnorthwest@JDRF.org to learn more.

Events Calendar

Nov. 22–Jan. 1, 2012

January 29

April 15

April 28

May 5

May 12

May 20

June 9*

September 25

Gingerbread Village

Jump Into Your Diabetes Community Outreach Event

Missoula Walk to Cure Diabetes

Tee Off FORE a Cure Golf Tournament and Auction

Bozeman-Billings Walk to Cure Diabetes

South Sound Walk to Cure Diabetes

30th Annual Nordstrom Beat the Bridge to Beat Diabetes

Anchorage Walk to Cure Diabetes

Spokane Walk to Cure Diabetes

Sheraton Seattle Hotel, Seattle, WA

Jump Planet, Bothell, WA

UM Dornblaser Field, Missoula, MT

Coeur D’Alene Resort, Coeur D’Alene, ID

Daylis Stadium, Billings, MT

Cheney Stadium, Tacoma, WA

UW Husky Stadium, Seattle, WA

Cuddy Park, Anchorage, AK

Riverfront Park, Spokane, WA

* E-mail Mike Wyne at mwyne@jdrf.org for final date and location information



Triathlete Amy Beth Meier

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type 1 for them. If they're faced with diabetes, I want them to know that anything is possible."

To that end, she started a fitness routine in 2009. Tentative about lows or passing out at the gym, Meier eased into yoga, cardio exercises, and weight lifting. One year later, she completed the Danskin Triathlon.

"I wanted my kids to see me out there, so they could say, 'You can do it. I watched my mom do a triathlon!' When it was over, my young son hugged me at the finish line and asked, 'So, did you win?'"

"Yes," I said. "I did win."

Adrift at Sea

While living with diabetes can feel very isolating, John Hills is truly alone at sea with his disease. Hills, 50, is a sub-sea telecommunications project manager. He supervises the design, installation, and maintenance of global fiber optic systems laid on the ocean floor.

Diagnosed only a year ago, Hills is dealing with the overwhelming efforts necessary for survival, as well as ignorance about a disease that's not caused by overeating or inactivity. His career makes life more complicated. Assignments may last two or three months, but can be extended at the last minute. His first trip with type 1 was to Africa. He's now on his second excursion off the coast of the Middle East.

Trip preparation is nerve-wracking. "I don't know exactly how long I'll be gone, so I pack for the worst-case scenario. I can't get caught offshore without insulin."

Getting to a job involves long flights, jet lag, time zone changes, and long waits at customs and immigration. He works on large ships and small boats, often without a doctor aboard. Finding cool places to store insulin and healthy food are challenges, especially in regions where rice and noodles are staples. A stash of granola bars from his wife is his emergency snack.

Land Lover

At home in Seattle, Hills cherishes time with his family and coaching his son's soccer team. His 8-year-old son has learned to avoid a scolding when Hills raises his voice. "He'll look at me without batting an eyelid and ask, 'Do you need to check your blood sugar Dad?'"

Hills' resilience and family support will see him through this difficult transition. "Never in a million years did I think this would happen to me. The saying 'treasure your health because without it you have nothing' – never a truer statement was uttered."



Coach John and Jack Hills

Research in 2012 and Beyond (continued)

low. The Medtronic Veo, which has the LGS system, was approved in Europe in 2008 and is now available in 50 countries outside the US.

Kowalski shared that the next milestone after a LGS system is a hypoglycemia-hyperglycemia minimizer system, which would prevent dangerous high and low glucose levels. (Read more about this at jdrf.org. Click on 'research,' then 'treat,' and 'artificial pancreas research.')

Sounding Off to the FDA

JDRF is pushing for faster FDA approval of the LGS device without unexpected new road blocks. The FDA released guidelines on the design of clinical trials for LGS systems in June. A second set of guidelines for the systems that automatically dose insulin is expected on December 1. And JDRF is ready to go. "We're planning to have outpatient trials outside the US in 2012, and hopefully in the US after that."

Kowalski encourages people in the type 1 community to step up and be vocal to avoid further delays and obstacles. "It's absolutely critical that people sign up to be diabetes advocates."

A recent JDRF advocacy alert encouraged people to sign a petition to the FDA to keep the LGS system guidelines on track. More than 100,000 people signed in only a few weeks. Register at advocacy.jdrf.org to receive updates on the guidelines, FDA actions, and simple ways you can make the artificial pancreas a reality.

Let's Make Type 1 Diabetes a Memory

Every hour, three people are diagnosed with type 1 diabetes. And every day, 40 children—and their frightened parents—learn they have this life-threatening disease. JDRF is putting all of its resources toward treatments, cures, and prevention to make diabetes a thing of the past.

Last year, JDRF invested \$125 million in the most promising research around the world to help people with type 1 at all life stages. JDRF is working with the brightest, most dedicated scientists to: stop or slow disease progression in newly-diagnosed people, reverse type 1 and its complications in those who've had type 1 for years, and prevent it in people at risk and future generations. Research is providing better treatment options and new tools to help people live healthier lives now and in the future.

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**We need your help to make type 1 diabetes a memory.
Please support JDRF's efforts to end diabetes by:**

- Honoring family and friends with a holiday donation or tribute.
- Donating through workplace giving campaigns.
- Participating in a clinical trial or volunteering with the JDRF Northwest Chapter.
- Raising funds for Beat the Bridge, Walk, or Ride events.
- Making a planned gift, stock donation, or charitable donation from your IRA.

Please call 206-838-5153 for more information. Thank you, and we wish you a healthy, happy holiday season.

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