



ChildrensHospitalLosAngeles
International Leader in Pediatrics



world diabetes day

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Childrens Hospital Los Angeles

THE CENTER FOR
DIABETES,
ENDOCRINOLOGY
AND METABOLISM

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World Diabetes Day Around The World

Over 100 landmark monuments around the world will light up in blue as a beacon of hope for the 246 millions of people living with diabetes worldwide. To see the full participating landmark list go to www.worlddiabetesday.org/bluemonumentsmap

United States

- Pikes Peak, Colorado Springs, CO
- Qwest Field, Seattle, WA
- Coit Tower, San Francisco, CA
- Naismith Memorial Hall, Springfield, MA
- Four Freedoms Monuments, Evansville, IN
- Prudential Building, Boston, MA
- Soldiers' and Sailors' Monument, Indianapolis, IN
- LAX Airport, Los Angeles, CA
- Sears Tower, Chicago IL
- Empire State Building, New York, NY

World Wide

- Town Hall, Hurlingham, Argentina
- Obelisk, Buenos Aires, Argentina

- Sydney Opera House, Sydney, Australia
- Brussels City Hall, Brussels, Belgium
- Christ de Redeemer, Rio de Janeiro, Brazil
- Niagara Falls, Canada
- Hopewell Centre, Hong Kong, China
- Allianz Arena, Munich, Germany
- Hellenic Parliament, Athens, Greece
- Chitracut Public Gardens, Jaipur, India
- Leaning Tower of Pisa, Pisa, Italy
- Tokyo Tower, Minato-Ku, Tokyo, Japan
- National Museum of Archeology, Valletta, Malta
- Jet d'Eau, Geneva, Switzerland
- Taipei 101 Tower, Taipei, Taiwan
- Gateway of Ciudadela, Montevideo, Uruguay
- Plaza Alfredo Sadel de las Mercedes, Caracas, Venezuela

Unite for Diabetes

2007

The World Diabetes Day campaign sets out to raise global awareness of the rising prevalence of both type 1 and Type 2 diabetes in children in poor regions and under-served communities, increase the number of programs aimed specifically at the prevention of diabetes in children, and reach leading decision-makers in healthcare and education, as well as government agencies responsible for urban planning, food policies, and the promotion of physical activity.

What you need to know about diabetes

What is diabetes

Diabetes is a chronic condition that arises when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone made by the pancreas that enables cells to take in glucose from the blood and use it for energy. Failure of insulin production, insulin action, or both leads to raised glucose levels in the blood (hyperglycemia).

Complications of uncontrolled diabetes

Diabetes is a chronic, life-long condition that requires careful monitoring and control such that, with good control of blood sugar, complications do not occur.

- Cardiovascular disease, which affects the heart and blood vessels and may cause fatal complications such as coronary heart disease and stroke.
- Kidney disease (diabetic nephropathy), which may result in total kidney failure and in the need for dialysis or kidney transplant.
- Nerve disease (diabetic neuropathy), which can ultimately lead to ulceration and amputation of the feet and lower limbs.
- Eye disease (diabetic retinopathy), characterized by damage to the retina of the eye which can lead to vision loss.

Diabetic ketoacidosis

Diabetic ketoacidosis (DKA) is a life-threatening consequence of untreated or poorly controlled type 1 diabetes. It occurs because there is little or no insulin available in the body to help the organs or tissues take up glucose for energy. As a result, the body breaks down its only alternative resource - fats. Breaking down fats produces acidic waste products called ketones, upsetting the chemical balance of the body. As ketones build up in the body they cause the rapid breathing, increased heart rate, fruity-smelling breath, abdominal pain, vomiting, and tiredness that characterize diabetic ketoacidosis.

A Global Epidemic

There are about 250 million people with diabetes worldwide and it is on the rise. Diabetes is a global epidemic. Diabetes does not spare children. In fact, it is the most common chronic childhood disease. In many parts of the world, essential insulin is either not available or in short supply. Where it is available, it may remain inaccessible for reasons of economy, geography, or constraints on its supply. As a consequence, diabetes kills many children each year, particularly in low and middle-income countries because of lack of supplies and healthcare.

- Every 10 seconds a person dies from diabetes-related causes
- Up to 80% of type 2 diabetes is preventable by adopting a healthy diet and increasing physical activity.

In middle-income countries, half of diabetes-related medical expenditures is used for blood sugar control, which is essential for the prevention of acute life-threatening hyperglycemia. The remainder is split between general medical care and chronic complications. The life expectancy of a child with Type 1 diabetes mellitus in Zambia is 11 years. Mali 30 months, and in Mozambique, is only 1 year.

“No Child Should Die of Diabetes”

The Impact

The global diabetes epidemic has devastating human, social, and economic effects. The largest costs of diabetes worldwide are its devastating effects on families and national economies.

Facts About Type 2 Diabetes

- Diabetes is the fourth leading cause of death by disease globally
- Up to 80% of type 2 diabetes is preventable by adopting a healthy diet and increasing physical activity
- Diabetes currently affects 246 million people worldwide and is expected to affect 380 million by 2025 (that is a 55% increase)
- Every 10 seconds a person dies from diabetes-related causes
- Every 10 seconds two people develop diabetes
- Diabetic retinopathy is the leading cause of vision loss in adults ages 20 to 65 years in industrialized countries

How you can help

Insulin for LIFE

Insulin for Life www.insulinforlife.org, which has a Memorandum of Understanding with IDF to provide supplies in emergency situations, shipped insulin, syringes, meters, and test strips to help people with diabetes.

IDF Task Force on Insulin

The Task Force on insulin. Was set up to provide test strips and other diabetes supplies to regions that lack availability.

LEAD

LEAD (Novo Nordisk) The world's least developed countries (as recognized by the UN) are able to purchase insulin at 20% of the average price in the industrialized countries of Europe, North America, and Japan

Show your support!

Wear the diabetes pin to mark World Diabetes Day.

The blue circle is the global symbol for diabetes. You can buy the pin and other promotional items online from the IDF shop. Funds raised will go to support World Diabetes Day and the IDF Life for a Child Program helping children with diabetes in developing countries



Discovery Health Channel Features Dr. Francine Kaufman



Finally after a long awaited year we are happy to announce that the documentary featuring Dr. Francine R. Kaufman, the head of The Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles, will air on November 18, 2007 @ 9:00 am. Tune in to the Discovery Health Channel or check your local cable or satellite TV guide. "Diabetes: A Global Epidemic" examines the disease and what's being done to confront it across the world, from India to South Africa, Brazil, and Australia. We urge you to sit together with your family to watch this important program. You will see how different cultures and economies are affected by this surging problem.

Teaming up for Teens

The National Diabetes Education Program (NDEP) and Dr. Kaufman have collaborated on a recent published article, "Parents: You Are Key to Helping Your Teen Deal with Diabetes", Dr. Kaufman touches on the subject of the growing number of teens in the United States who are obese and the fact that these obesity rates are leading to an increase in the number of teens diagnosed with diabetes. This and other valuable resources are available at www.YourDiabetesInfo.org

NDEP Featured in Podcasts

The National Institute of Health (NIH) are developing a series of podcasts as interactive tools you can use as additional diabetes educational resources. In recognition of World Diabetes Day, November's podcast features Francine Kaufman, M.D., NDEP Chair-Elect, and Chair of the International Diabetes Federation's Consultative section on Childhood and . Also available will be podcasts in Spanish, featuring Saul Malozowski, M.D., the teen tip sheet. To download and listen to the podcasts promoting during National Diabetes Awareness Month, go to:

www.cdc.gov/podcasts

Division News

Dr. Lynda Fisher Re-elected Treasurer of ISPAD

International Society for Pediatric Adolescent Diabetes (ISPAD) is a society that promotes science, education and advocacy in childhood and adolescent diabetes. Dr. Fisher has been treasurer for ISPAD for the past two years and has been appointed for one more year. Dr. Fisher is an accomplished doctor at Childrens Hospital Los Angeles and an inspiring mentor to many.



We Thank You

We would like to thank Leslie and Michael Wilson for their continue financial support to The Center for Diabetes, Endocrinology, and Metabolism. With their gifts and the support of many others, we can continue to provide programs such as the Pasadena Support Group, which holds monthly meetings to educate our families, with guest speakers, social workers, and psychosocial activities for children with diabetes and their families.

Hollywood Spotlight on our Staff

ABC recently aired the special "Diabetes: The Quiet Killer" which featured several of our staff at Childrens Hospital Los Angeles. Including Dr. Daina Dreimane, Dr. Francine Kaufman, and Socorro Hernandez. We would also like to thank our patients, Quinn Lombardo and Adrian Rivera, for participating and being part of the diabetes awareness campaign. The show aired November 10th and we received many calls from parents recognizing our staff and giving us such positive feedback. We will hopefully play this and other special TV moments for you in our waiting room.

Fellows Volunteer at Ecuador

Dr. Avni Shah (3rd year fellow), Dr. Nina Ma (2nd year fellow), and Barry Conrad an old friend of CHLA, traveled to Ecuador to volunteer as medical staff for 2007 camp. Such hard work and dedication is inspiring and we are proud they are on our team.



Barry Conrad, Nina Ma, MD Avni Shah, MD

A reminder of beautiful words used daily to deal with a chronic illness like diabetes

WISDOM • TRUST • FAITH • PEACE • HOPE • LOVE • BELIEVE

SAVE THE DATE

Diabetes Family Retreat at The Painted Turtle

May 10, 2008

SUMMER CAMP

Diabetes Summer Session at The Painted Turtle

August 18-22, 2008

Diabetes Summer at Camp Conrad

Session 1 July 8-13, 2008 (ages 8-13)

Session 2 July 13-19, 2008 (ages 8-13)

Session 3 July 22-27, 2008 (ages 13-17)

Session 4 July 27, 2008 (ages 13-17)

Session 3-4 July 22- August, 2008 (ages 13-17)

For more information please visit

www.dys.org or www.thepaintedturtle.org