

**The Center for
Endocrinology,
Diabetes and
Metabolism**



The Jonas Brothers Perform for adoring fans at the 2010 Rock for Diabetes.

Spring 2011

Rock For Diabetes 2010

Inside

New Acting Division Chief **2**

Division News **3**

New in Research **5**

Upcoming Events **7**

Past Events **8**

As a supporter for the Center for Endocrinology, Diabetes and Metabolism, the Grammy nominated musicians, Jonas Brothers performed a very special live show for an excited crowd. The second annual "Rock for Diabetes" fundraiser was a successful event raising more than \$260, 000 for the Center. The event took place on May 16th, 2010 at home of Danny DeVito and Rhea Perlman who are longtime generous supporters of Children's Hospital Los Angeles and longtime friends of Dr. Francine Kaufman, physician at the Center.

"We're excited to be back here at the home of Danny DeVito and Rhea Perlman this year, " says Nick Jonas. "Speaking as a person who lives day to day with diabetes, anything we can do to help raise money and awareness to fight this condition is truly important to us."



Continued on

From left; Rhea Perlman, Kevin, Joe and Nick Jonas and Danny DeVito



Meet Our New Acting Division Chief

One of the first things you notice about Dr. Mitchell Geffner is that he is very approachable and welcoming. He always has a stash of chocolate on his desk, to share with you. He is infamous for his one-liners. He is a walking fine tuned spell checker. But probably what is foremost important to state is that with more than 20 years of experience as a clinician, researcher and educator, Dr. Geffner has spearheaded several positive changes in the area of education. He organizes and maintains a weekly educational conference schedule for fellows, house staff, students and faculty. In addition to our endocrine fellows, the program provides education for pediatric residents from Children's Hospital Los Angeles, as well as medical students, residents and observers from around the world.

He is a natural leader and educator and takes pride in his ability to encourage and support junior faculty and fellows along their

I chose to work with children because...

I am a kid at heart and always loved working with kids, beginning way back in my days as a camp counselor and as a basketball coach. I continue to be impressed with how impressionable children are and how much I can influence them as their doctor.

I come to work everyday because...

I love the balance of helping children, being part of an amazing team of health professionals and, making scientific discoveries, and training and molding future physicians.

My favorite part of my job is...

Seeing kids smile when I tell them how well they are growing and developing (sometimes with medicine and sometimes

just on their own).

My greatest satisfaction comes from...

Taking new scientific discoveries about the cause of hormonal conditions of childhood and converting them into new treatments for my patients.

What my day is like...

My typical day begins, with a quick glance at my e-mail and phone messages at 7:00 a.m. By 7:30, I am teaching students, residents and fellows, who will proceed to follow me to clinic to examine patients.

By early afternoon, I have stacked pressing meetings with fellows and research staff who actively work on research and clinical projects for the Center and team meeting with my administrative staff. This is followed by writing scientific abstracts and

The Center for Endocrinology, Diabetes and Metabolism Receives National Recognition For Providing Quality Diabetes Care



The National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) announced Children's Hospital Los Angeles has received Recognition from the Diabetes Recognition Program for providing quality care to their patients with diabetes.

To receive recognition, which is valid for three years, **The Center for Endocrinology, Diabetes and Metabolism** submitted data that demonstrates performance that meets the Program's key diabetes care measures. These measures include yearly exams, blood pressure tests, nutrition therapy and patient satisfaction, among others. When people with diabetes receive quality care as outlined by these measures, they are less likely to suffer complications such as heart attacks, stroke, blindness, kidney disease and amputations.

Sharon Braun & Janet Guerrero Nominated For Humanism

Sharon Braun and Janet Guerrero, two of our Centers' family members were nominated for The 38th Annual Morris and Mary Press Humanism Award.

The Morris and Mary Press Humanism Awards honor our CHLA employees who go beyond their daily job expectations in demonstrating superlative and consistent kindness and thoughtfulness in their interactions with co-workers, patients and guests. Their respect, service, excellence, knowledge and teamwork in customer relations make Children's Hospital

Los Angeles a warmer, friendlier and more compassionate place.

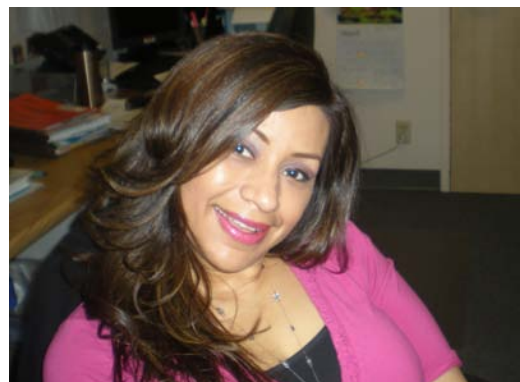
Sharon never misses an opportunity to volunteer for events that Children's Hospital Los Angeles may host; we love her enthusiasm for helping and her desire to excel.

When you mention Janet's name, you cannot think of a more professional and efficient employee. She is continuously praised for her excellent patient care service to our patients, families and staff.

We would like to congratulate both Sharon and Janet, it is an honor just to be nominated!



Richard Cordova, FACHE, Sharon Braun, RD, Eyal Ben-Isaac, MD



Janet Guerrero, Assistant to Dr. Mitchel Geffner, Dr. Jamie Wood and Dr. Francine Kaufman

What's New in Research!



Research in Newborn Babies

Congenital Adrenal Hyperplasia (CAH) can affect 1 in 15,000 newborns in the severe form, and 1 in 1,000 individuals in the mild form. Dr. Mimi Kim is interested in looking at an array of new issues that have recently been discovered, and will be studying cardiovascular disease risk in our patient population, including obesity and high blood pressure, along with studying the disease in newborn babies.

It's physicians like Dr. Kim, who forge their careers at Children's Hospital Los Angeles and share their desire to expand the frontiers of medicine, to define the course of a disease, develop more effective treatments and modalities or one day find a cure.

Congenital adrenal hyperplasia (CAH) is a genetic disorder characterized by a deficiency in the hormones cortisol and aldosterone and over-production of androgen hormone androgen, which are present at birth and affects sexual development.

Because cortisol production is impeded, the adrenal gland instead overproduces androgens (male steroid hormones). Females with CAH are born with an enlarged clitoris and normal internal reproductive tract structures. Males have normal genitals at birth.

In the most severe form, called salt-wasting CAH, a life-threatening adrenal crisis can occur if the disorder is untreated. Adrenal crisis can cause dehydration, shock and death within 14 days of birth.

There is no cure for CAH, but the disorder can be managed very well with medications.

Dr. Mimi Kim has begun a study that will characterize the CVD risk factors inherent to patients with CAH due to a deficiency of 21-hydroxylase enzyme activity, as is seen in 95% of cases. We would like to study a total of 20 patients with CAH, between the ages of 9-25 years, and compare them to 20 controls, of which 10 controls are healthy siblings of CAH patients.

Subjects will enroll in three study visits, involving a history and physical examination, measurements of body composition, fasting laboratory work, and radiologic studies. As part of our evaluation, we would like to measure carotid intima-media



Dr. Steven Mittelman has been elected into the prestigious Society for Pediatric Research.

Dr. Mittelman, a physician-scientist is engaged in creating new knowledge that advances the health and well being of young people.

He is involved in research concerning childhood obesity and is investigating the link between obesity and leukemia.

Congratulations on your continual success
Dr. Mittelman!



From left: Sebastien Bouret, Leo Mascarenas,



Type 1 Diabetes TrialNet is an international network of researchers dedicated to the study, prevention, and early treatment of type 1 diabetes. The Center for Endocrinology,

Diabetes and Metabolism at Childrens Hospital Los Angeles, is one of the nation wide centers that participates in Type 1 Diabetes TrialNet.

We are currently screening for the, *Natural History Study* of the Development of Type 1 Diabetes. The goal of this study is to learn more about how type 1 diabetes develops in “at-risk” individuals and to identify people at risk for developing type 1 diabetes. Individuals at greater risk may be offered the opportunity to continue on to other phases of the Natural History Study to receive close monitoring for the development of type 1 diabetes.

We are screening relatives of people with type 1 diabetes to find out if these family members are at risk for developing diabetes. First-degree blood relatives (siblings, children or parents) who are 1 to 45 years of age, as well as second-degree blood relatives (cousins, uncles, aunts, nieces, nephews, grandparents or half-siblings) who are 1 to 20 years of age may be screened to see if they have antibodies associated with a risk of developing type I diabetes.

Screening involves a simple blood test for the presence of diabetes-related autoantibodies that may appear years before type I diabetes develops.

For more information on Type I Diabetes TrialNet, visit <http://www.diabetestrialnet.org> or call 888-835-3761 or to schedule a screening e-mail the TrialNet study coordinator Meredith Bock, RN at Mbock@chla.usc.edu.



Let's Empower and Prepare (LEAP): Type 1 Diabetes Empowerment and Transition Program is reaching out to patients who are transitioning to adult care. The Center is partnering with USC Medical Center for the “Let's Empower and Prepare T1D Youth with Type 1 Diabetes” Transition program. The program is designed to assist young adults with type 1 diabetes as they transition from pediatric to adult care.

Through LEAP, we provide our patients with a review of diabetes education and group classes to help with carb counting, decisions regarding relationships, substance use and figuring out how to apply for low cost healthcare programs or maintain adult health insurance once pediatric coverage ends. For more information please contact **Marisa Cohen (323) 361-3174** or email Macohen@chla.usc.edu

Know it, Share it, Change it!

What is T1D Exchange?

The T1D Exchange is a project to learn how we can improve type 1 diabetes and its day-to-day management. In an effort to advance research several diabetes care centers across the country are working together hoping that by putting the information together from several centers we can learn whether some ways of treating type 1 diabetes are better than other ways.

Who can participate?

People of any age diagnosed

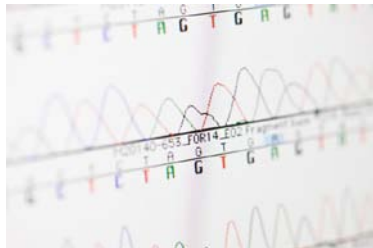
with type 1 diabetes.

What do I have to do as a participant?

The study involves the collection of information that is already being collected for your medical record. The information collected will be related to when you developed diabetes, how it was diagnosed and how it was treated. As time goes on, we will update the information about your diabetes and how it is being treated each time we see you.

This study **DOES NOT** require any extra visit, blood tests, or clinical procedures.

We are able to offer you a \$20 gift card for your participation. **Contact:** Jason Yun (323)361-7615 or jyun@chla.usc.edu for more information.



Read All About Our Newest Study WELKid DM Study

We are conducting a clinical research study, sponsored by Daiichi-Sankyo to learn more about the medication Welchol. We want to know if Welchol works and is safe to give to children and teenagers 10-17 years old with Type 2 Diabetes. Welchol has been approved by the FDA in adults and children for lowering bad cholesterol, and for lowering blood glucose in adults. The study will take place in 10-30

centers in the U.S. and 200 boys and girls will be in the study. We will enroll about 20 children.

If you are interested and qualify, you will receive study related medication, laboratory testing, blood glucose monitoring, physical exams, diabetes education, and money compensation per visit. For more information, please call Debbie Miller, RN at 323-361-7108



Genetics

We are interested in young people and adults who were diagnosed with Type 2 Diabetes when they were less than 18 years of age. Type 2 Diabetes is usually a problem only for adults, but now it is seen in kids and teenagers. We are working to learn the best ways to take care of diabetes in youth.

This study requires a small blood draw and an interview about your family and medical history. The visit will take about an hour. You will be compensated for your time. If you are interested you can contact Norma Castaneda at 323-361-5627 to see if you are eligible.

UPCOMING EVENTS

Save The Date

17th Annual Summer Camp for Turner Syndrome

The next annual summer camp for young women, ages 12-19 with Turner Syndrome will be **June 26-July 2, 2011**. It will be held at Pepperdine University in the city of Malibu. There will be dance classes, an evening excursion/Theatres in Los Angeles and nutrition counseling; one on one sessions and much more. *It is not unusual for a girl with TS to go through her teen years without having a close and trusting friendship.* Daley says. *“At camp, there’s nothing to hide. There is exceptional camaraderie from our first night at dinner.”*

To register contact: Beverly Daley, PhD

E-Mail: bdaley@chla.usc.edu Tel: (323) 361-2490

Support Groups

Support group for families living with diabetes meets on the 3rd Sunday of every month at the Lake Avenue Church in Pasadena. The meetings cover a variety of topics. For details and to register, please call Norma Castañeda at 323-361-5627 or email Ncastaneda@chla.usc.edu

College Preparation

Diabetes education for teens. Come receive information and tips on managing diabetes, as you as prepare to move away to college.

We will meet **June 11, 2011, 12:00 – 5:30**. For the whole scoop contact Daisy at (323) 361-5678 or email dvillatoro@chla.usc.edu

GOOD NEWS ARCADIA! THE BEST CHILDRENS' HOSPITAL IN L.A. IS NOW IN YOUR BACKYARD

Children's Hospital Los Angeles -Arcadia

468 East Santa Clara Street, Arcadia, CA 91006

The same expert physicians caring for children at the nationally renowned Children's Hospital Los Angeles are now seeing patients in a new location. Children's Hospital Los Angeles-Arcadia offers convenient access to a wide variety of pediatric specialist for initial evaluation and follow-up care. Specialist from the following areas are available in this new location:

- Endocrinology
- Gastroenterology
- Ophthalmology
- Orthopaedics
- Otolaryngology -Head and Neck Surgery
- Pediatric Surgery
- Pulmonology
- Laboratory Services
- Radiological Services

Appointments: 626.795.7177

Referrals: 888.631.2452

Hours:

Monday through Friday

8:00 a.m.-5:00 p.m.

Bearskin Meadow

8-Day Kids Camp **June 19-26**

10-Day Teen Camp **July 1-10**

Family Camp Multiple Sessions

Family Camp 1: **July 16-21**

Family Camp 2: **July 23-28**

Family Camp 3: **July 30-August 4**

Camp is a great place to meet new and long-lasting friends as well as teaching you how to manage diabetes. There are limited scholarships and transportation is available. Please inquire at:

Diabetic Youth Foundation

Phone: 925-680-4994

Website: www.dyf.org

Bowling Bash

This April 16th, staff and friends of the Center held the first ever Teen Bowling Bash at Lucky Strike -Hollywood. The event was a great chance for teens to meet other teens and adults with type 1 diabetes. We look forward to planning many more teen events in the future.

For more information on all our upcoming **Diabetes Family Events** please call Daisy (323) 361-5678 or email dvillatoro@chla.usc.edu



Rock For Diabetes



Continued from page 1

Guests enjoyed a live performance and got to take pictures with the Jonas Brothers. "It was thrilling to see the smiles on the children's faces as the Jonas Brothers sang and when Nick talked about his own diabetes," says Francine Kaufman, MD.

The Center for Endocrinology, Diabetes and Metabolism and its team of health professionals are recognized clinical and research leaders in all hormonal diseases of childhood, diabetes, obesity,

growth and bone metabolism. The Center currently provides comprehensive, multidisciplinary care, education, and training to nearly 2,000 children with diabetes and 4,000 children with other endocrine disorders throughout Southern California. The Jonas Brothers' Change for the Children Foundation are a testament of a dedicated community of philanthropic leaders and we are grateful for their generosity.

1st Congenital Adrenal Hyperplasia (CAH) Family Day

Our first CAH family day was organized by the Center for Endocrinology, Diabetes and Metabolism at Children's Hospital Los Angeles on August 21, 2010, as a coordinated effort between the Center, Cares Foundation (Congenital Adrenal Hyperplasia Research Education & Support), and Coach Art. The theme was beach party, in the Meditation and Healing Garden, with tiki umbrella tables and beach tunes that helped us surf through the August heat wave! The family day team beamed with enthusiasm, and included support group leaders from CARES who had travelled from Las Vegas, San Diego and Orange County to make this first LA event for CAH a tremendous success. Volunteers from Coach Art, a non-profit organization dedicated to providing free art and athletic lessons to children with chronic illness, ran a multitude of activities including a family photo booth, arts & crafts bingo, and a caricature artist station! At the same time, children and teenagers went to different educational tables to answer questions about CAH in order to win raffle prizes.

Dietitians, Sharon Braun and Katie Klier, demonstrated healthy snack options at the nutrition table, while CHLA nurses, Susy Nuques and Marta Gonzalez, demonstrated the emergency Solu-cortef shot at the Emergency Table. Dr. Patrice Yasuda and several support group leaders from CARES Foundation were at the resources table. The CAH team gave talks to parents, with Dr. Mitchell Geffner speaking about CAH, and Dr. Mimi Kim speaking about transitional care. Dr. Steve Kim and Roger De Filippo represented the ongoing collaboration between the Center for Endocrinology and the Division of Urology.

A special thanks to Ashley Fontanetta, Gretchen Lin, Aaron Thomas, Namrata Joshi, Sinjira Somanut, Bhavna Bali, Jason Yu, Albert Garcia and all of the volunteers who helped make this a fantastic day for our families, See you again next year!

12th Annual Diabetes Family Day Continues To Go Strong

This year's Annual Diabetes Family Day took place at Lake Avenue Church, on Oct.9th, 2010. We began our morning with families from Childrens Hospital Los Angeles, sharing success stories on how to manage diabetes coordinated by psychologist Patrice Yasuda and attending physician Dr. Lynda K. Fisher. Special speaker, Joe Solowiejczyk, RN, MSW, CDE focused his lectured on our event's theme "*Diabetes and The Family*" *Making it work for everyone*. The educational event also featured a very informative presentation on *Family-Centered Research and Technology* by Dr. Jamie Wood. Dietitian, Sharon Braun demonstrated savory recipes on how to stretch a chicken into four meals. The children who attended where divided into four age groups and each group participated in various diabetes educational activities such as games, computer rally's, and crafts. We closed with lunch and vendor exhibitions. Thanks to everyone physicians, staff and family and friends of staff who volunteered and made this event a huge success.

2nd Annual College Prep

The transition to college is often challenging for both the family and the young adult with diabetes. In order to help prepare our families for this transition, Jamie R. Wood, MD, conducted a *College Prep Session* at Childrens Hospital Los Angeles on August 21, 2010. We invited college bound high school students and their parents to the 3-hour event. Dietitian Sharon Braun, demonstrated interesting ways to cook on campus and introduced great ideas on how to make nutritious food choices in a college cafeteria. Mr. Edward Roth, Director Student Affairs Disability Services at University of Southern California, discussed how your university or college can help you. We discussed living away from home and reviewed recent technology in diabetes management. There was an exciting raffle drawing for Kaplan online test prep courses.3rd Annual College Prep will be June 11, 2011, to RSVP call Daisy (323) 361-5678.

giving

Your generosity will make a world of difference in the lives of children treated at the Center for Endocrinology, Diabetes & Metabolism. With your financial support we are have been able to:

Continue to be a place of caring, hope and learning for over 6,000 children with endocrine disorders and type 1 and type 2 diabetes.

Provide family education, classes, educational materials, family retreats and camps.

Participate in clinical research studies in the areas of diabetes, growth, adrenal and other endocrine disorders

In 2010, U.S. News & World Report ranked the Center for Endocrinology, Diabetes, and Metabolism as the top pediatric endocrinology program on the West Coast and 6th in the nation.

This important recognition is confirmation of our extraordinary commitment to excellence and innovation. And it is a testament to the support we receive from a dedicated caring people like you.

For more information, please contact Sarah Todd, at 323- 361-1787 or by email at Stodd@chla.usc.edu



There may be no more important gift than providing for the health of our society's children for they are the future.

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The Center for Endocrinology, Diabetes and Metabolism
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Los Angeles, CA 90027
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Fax: 323-361-1350

In spite of our best efforts, errors and omissions may occur, Please inform us of any inaccuracies by contacting Daisy Villatoro at 323- 361-5678 or dvillatoro@chla.usc.edu.