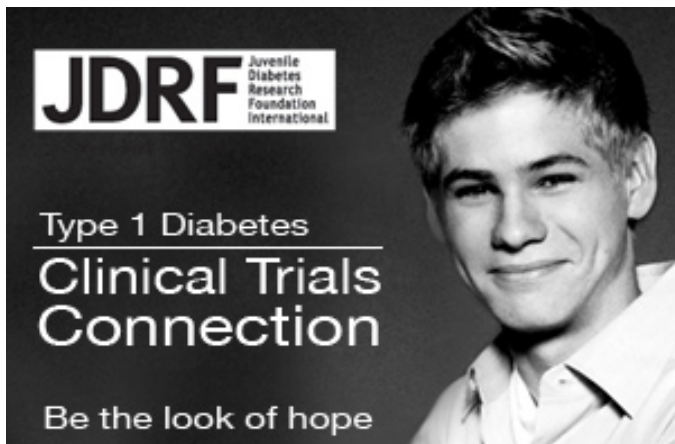




New JDRF Service Helps People Find Clinical Trials



This summer, JDRF successfully launched Clinical Trials Connection (www.trials.jdrf.org), an innovative online service to help people with type 1 diabetes and their families easily find information about clinical trials on new treatments for type 1 diabetes and its complications.

With more diabetes trials ongoing than ever before, Clinical Trials Connection simplifies the process of finding trials that people might want to take part in. The website enables people to search the National Institutes of Health's (NIH) database of currently ongoing trials, including JDRF-funded studies. Users need only provide criteria like the type of trial they are interested in, how long they have had diabetes, and how far they'd be willing to travel, and the service lists all studies that match those characteristics. It also provides contact information for the researchers conducting each trial, so users can contact them directly for more information after discussing their options with their healthcare providers. And once someone has registered with Clinical Trials Connection, the service will also automatically send them email updates on trials that are added to the NIH database that match their criteria.

JDRF developed Clinical Trials Connection because our constituents (people with type 1 diabetes and their families) told us that such a service would be a tremendous benefit to them.

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Ask a Parent

Dealing with a Picky Eater

Q: My two-year-old won't try new foods, and she is getting sick of eating the same things over and over. It's getting to the point where she'll barely eat anything at all. I'm afraid of her blood sugar going too low. I have tried everything to get her to try new foods. Do you have any tips?

A: A JDRF Online Diabetes Support Team member answers: As the parent of an eight-year-old who was diagnosed in 2003 at the age of two, I know how hard it can be to get kids to eat new and healthy foods!

My suggestion is to serve your daughter something she likes to eat along with a small portion of something new. Tell her that she can have more of what she likes if she eats the new food, too. I would also recommend a book called *Deceptively Delicious*, which shows you how to hide vegetables in other foods. In addition, I have found that when I tell our kids that I am trying a new recipe, they get excited about it. After we eat, we write down in the cookbook whether we liked it or not, and we list the ingredients we would add or take out the next time.

Just keep trying different things, and you will be successful with something!

Ask a Peer

Who Can "a 36-Year-Old Guy" Turn to For Help?

Q: If you're a 36-year-old guy who is not dealing well with his health issues emotionally or mentally, who do you talk to about it? Frankly, I'm concerned about myself in more ways than one. Do you walk in and tell your endocrinologist that you're at your wit's end and falling apart? Guys don't normally do that!

A: A JDRF Online Diabetes Support Team member answers: I am a type 1 diabetic and have been for 19 years, so I hear your concern about where you are at mentally in dealing with diabetes. Although it isn't commonly talked about, diabetes affects every part of a person – body AND mind.

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Guest Column:

The Dramatic Changes in Diabetes Care Over the Past 30 Years

Imagine 30 years of going to various diabetes camps – and having a front-row seat to observe how dramatically the care of type 1 diabetes has changed over that time period. That is what I have had the privilege to do over my more than 30-year career as a pediatric endocrinologist.

I first went to diabetes camp in 1978, when I was a pediatric endocrine fellow at Childrens Hospital Los Angeles. I'm still attending camp today. Our diabetes camp in Southern California is in the Big Bear Mountains, and although it is only about a three-hour drive from my house, it feels a million miles away from the hustle and bustle of Los Angeles.

The camp is rustic, filled with bugs, bears (real ones), and dirt. The air is clean, the sky is blue, and the stars shine brightly at night – things we don't get in L.A. Although the mountains are truly beautiful and pristine, I am the ultimate city dweller. And although spending time at camp sounds wonderful and exciting – and maybe even relaxing – all I ever really do there is work; in fact, I work harder there than anywhere else. After all, I am the one who is ultimately responsible for the medical management of the campers and counselors (most of them have diabetes, too), a role I have played since I first started going to camp three decades ago.

Things were so different in 1978. We did not have blood testing. We did not have insulin analogues or insulin pumps, or many of the other management tools that we have today. In fact, we had not yet even proven that blood glucose control mattered.

Back then, the campers would give us a urine sample to test for glucose. Four times a day, the urine for 120 campers would be brought to us in wooden blocks – one block per cabin – each containing 12 slots for cups filled with the samples and labeled with the campers' names. We would place two drops of urine and 10 drops of water in a test tube and wait for the colorimetric reaction to tell us if there was 0, 1, 2, 3, 4 or 5% glucose

[Read more...](#)

Ask a Peer

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You have taken an important first step by reaching out. Depending on what your specific issues are, I think there are several actions you can take. I don't think it's inappropriate to talk to your endocrinologist about having difficulty with the mental aspects of diabetes. Perhaps he or she can give you a recommendation for a therapist who specializes in dealing with diabetes, or at least has some experience with diabetic patients. I know therapy can carry a stigma for some people, but it may be appropriate and helpful.

Another possible outlet is connecting with your local JDJRF chapter. I have done this myself recently, and last weekend I had lunch with four other people who have type 1 diabetes. It was interesting to me, because I am not really the “support group type.” But casually meeting with and talking to other people with diabetes showed me how much I have been feeling alone in my diabetes, even though many of us have similar experiences. It was refreshing and a little freeing, to be honest.

If this seems a bit too “face-to-face” for you, there are some good online communities you can join, like [Juvenation.org](#), which is affiliated with JDJRF, and [dlife.com](#). These are places where you can interact with other people who have diabetes, ask questions about what you are going through, or just surf other people's questions and forums.

I hope this has been helpful. Hang in there! You are already on the right path, having dealt with diabetes for so long and being open to where you are at with the disease. What may seem like an insurmountable problem now may turn out to show you strength within yourself that you didn't know you had.

Guest Column:

The Dramatic Changes in Diabetes Care Over the Past 30 Years

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concentration in the urine. If there was none, we would send a scout to check on the the camper and make sure he or she wasn't having a low blood sugar reaction; if it was 5%, we would send a scout to make sure that the camper wasn't sick or in mild diabetic ketoacidosis (and to bring them back to check for ketones). The symptoms and the urine test results rarely correlated, however, since the results reflected what had happened four hours earlier.

In those days, most kids had just one or two shots a day. We decided the morning dose the night before, and if there was an evening dose, we decided what it would be at breakfast time.

Despite our best efforts, we had children who had seizures from hypoglycemia, and we had children in ketoacidosis. IVs could be seen hanging in the infirmary and on the porch, at the ready to help children who needed them to feel better. Some of our campers had poor growth, big livers, stiff joints, and other diabetes complications.

Since my first summer at camp, I have watched us introduce blood testing (the first year we did one blood test per camper per session), human insulin, insulin analogues, multiple daily injections, insulin pumps, continuous glucose monitors, and on and on. Diabetes research – including in children – has proliferated, and as a result of what science has learned, we have seen diabetes complications in that age range virtually melt away.

Today, the Big Bear camp is still going strong, and we also have a second camp in Lake Hughes, CA (which is less rustic and therefore more suited to city dwellers like me). At these camps, and at the myriad of other U.S. camps I have visited, there are children jumping in pools, riding on trails, and sitting around campfires. Few, if any, have IVs, and it is rare to nonexistent to see severe management problems.

Over the decades, our children and our diabetes camps have built up a world-class collection of devices and medications to effectively manage type 1 diabetes. The continuous glucose monitors, insulin pumps, and blood sugar checks let the campers stay busy doing what is most important: enjoying their summer camp experience – and staring up each night at the stars.

Medtronic offers several ways for people with type 1 diabetes to learn more about insulin pump therapy and continuous glucose monitoring. You can call 888-350-5455 to speak with a Diabetes Therapy Consultant or sign up for an informational webinar by visiting www.realdiabetescontrol.com/events.

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JDRF also recognized that the service would help advance its efforts to find a cure through research. Over its nearly 40-year history, JDRF has funded more than \$1.3 billion toward a cure, accelerating science to the point where we are now funding more than 40 human clinical trials of potential new treatments. However, funded scientists are finding it harder and harder to enroll participants in clinical trials in a timely and cost-efficient way. Clinical Trials Connection will help address that gap while making it easier for people with type 1 diabetes to participate in clinical trials to help find a cure.

All information provided through Clinical Trials Connection will be kept in the strictest confidence. To be an active part of research leading to a cure or to get more information about clinical trials, please visit JDRF's Clinical Trials Connection at www.trials.jdrf.org.

If you have a question for JDRF's Online Diabetes Support Team, go to www.jdrf.org/diabetessupport.