

End of Year Giving Opportunities

Every year, Gerald and Jane Heveron of University City purchase a charitable gift annuity. Besides being a wise investment, the Heverans, who have an adult daughter with diabetes, see this as a wonderful opportunity to support the diabetes programs at the Whittier Institute.

Charitable gift annuities offer a way to invest in The Whittier Institute and also increase income. They are easy to complete, pay a fixed, guaranteed income for life and can help manage year-end tax planning.

A gift annuity is an agreement between you and The Whittier Institute. With a gift of cash or an appreciated asset, you can receive a fixed income for life based on the amount of the gift and your

age when the gift is made. Another advantage is an income tax deduction for the year the gift annuity was established based on the value of the gift that is expected to remain with The Whittier Institute.

Charitable gift annuities are a great investment and help fight diabetes. If you would like to increase your income and support the Whittier Institute, a charitable gift annuity is a great option. We'd be glad to explain. Please call our gift planning professionals at 858 678.7120.

 THE WHITTIER INSTITUTE FOR DIABETES
9894 Genesee Avenue
La Jolla, California 92037
www.whittier.org

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THE Whittier Diabetes REPORT

Diabetes Resource Center

Project Dulce

Diabetes-Friendly Holiday

Latest Clinical Trials

Cold Pea Salad

Scripps Whittier Diabetes Program

Scripps/UCSD/Whittier Diabetes Research Program

Project Dulce – a program in partnership with Community Health Improvement Partners and the Council of Community Clinics

The Whittier Institute for Diabetes, a subsidiary of Scripps, is dedicated to diabetes research, education and patient care through a collaborative program with the University of California, San Diego.



Mission Statement:

The Whittier Institute for Diabetes supports the search to effect a cure for diabetes. To accomplish this, The Whittier will provide resources for innovative research, education and patient care, and will be a catalyst for collaboration among other leading organizations engaged in these endeavors.

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On the cover: Research Study Coordinator, Carolyn Sexton, RN, MSN with Abigail Ruiz. (Story on page 5.)

For more information, or to comment:
bakken.jodi@scrippshealth.org

Editor: Jodi Bakken

Design: Leslie Gunn, This Gunn for Hire

New Resource Center to Serve Community

Teaming up with Bristol-Myers Squibb (BMS), the Whittier Institute opened the Whittier Diabetes Resource Center in November.

“Bristol-Myers Squibb really wanted to build a center that would provide local, regional and international assistance to the diabetes population and the Whittier Institute’s reputation was unparalleled in its commitment to diabetes education and patient care,” states Sandi DiClemente, BMS area director for managed health care, western region.

The new Whittier Diabetes Resource Center includes an auditorium, a library and computer resource area, a kitchen for holding cooking classes and glass-walled labs – making it possible to view research projects first-hand. Housed on the second floor of the Whittier Institute, the center will host educational forums and activities

for professionals, patients and advocates in an innovative learning environment. The center is virtually “without walls,” in that programs will be conducted on-line, increasing access to those outside the San Diego area.

“The Whittier Diabetes Resource Center will be the catalyst for providing greatly expanded diabetes education and technology support services, such as insulin pumps and continuous glucose sensors,” states Dr. Daniel Einhorn, medical director of the Scripps Whittier Diabetes Program. “There will also be clinical research trials for physicians to participate in, linkages with government, industry and academic programs, as well as a place for people to get together and solve problems – a truly valuable center that will benefit everyone.”

The formal grand opening event will take place in early 2002. Specific event information will be posted as it becomes available on the Whittier Institute’s website at www.whittier.org.



Lobby of the new Resource Center at The Whittier Institute for Diabetes

The Success of Project Dulce

Pursuing Perfection: Raising the Bar for Health Care Performance

Due in large part to Project Dulce, Scripps was chosen among 12 health care organizations around the nation to receive grants to participate in a \$20.9 million initiative. The initiative, *Pursuing Perfection: Raising the Bar for Health Care Performance*, is sponsored by the Robert Wood Johnson Foundation and the Institute for Healthcare Improvement.

Many industries have embraced a systemic approach as the best way to bring about improvements in quality and performance that, in turn, significantly boost customer satisfaction and produce better results. The Pursuing Perfection initiative will apply the same approach to health care.

Award recipients Dr. Athena Philis-Tsimikas, Chief Medical Director of the Whittier Institute for Diabetes and Project Dulce, and Chris Walker, Executive Director, Project Dulce.



The first phase of the *Pursuing Perfection* initiative involves a \$50,000 planning grant for the 12 selected organizations. Under this grant, Scripps received funding for *The Scripps Quality Diabetes Care Initiative*, a pilot program modeled after Project Dulce, the successful community-based approach that uses trained facilitators to support patients in the self-management of their disease. The emphasis will be on ensuring integrated patient-centered, effective and timely care, utilizing staff from the Whittier Institute to ensure the program meets set goals. A second pilot will focus on cardiac patients. This new process will challenge institutions to identify and develop new systems and processes for delivering consistently high quality care.

At the end of a seven-month planning phase, up to six of the organizations will receive grants between \$1.5 million and \$3.5 million to help implement their plans.

The Pursuing Perfection program was launched in May with the release of survey findings indicating that 80 percent of medical providers believe fundamental changes are necessary in the health care system.

Project Dulce Recognized as Community Health Hero

The Council of Community Clinics has recognized the Whittier Institute’s Project Dulce as a Community Health Hero in the Disease Management area. Project Dulce was honored for its diabetes care and education for underserved populations in San Diego County.

Dr. Athena Philis-Tsimikas, chief medical director, and Chris Walker, executive director, were also commended on their unwavering dedication in developing and expanding the now nationally recognized Project Dulce program. Due to their efforts, Project Dulce is one of the most collaboratively developed disease management programs in the country.

Maire Robacker
is a Certified
Diabetes Educator
with the Scripps
Whittier Diabetes
Program



Enjoy a Diabetes-Friendly Holiday

By Maire Robacker

Holiday celebrations offer temptation for partygoers to abandon healthy nutrition habits, but calorie-laden festivities pose a special challenge to the 16 million Americans who have diabetes.

How can you stay on top of your diabetes management during the holidays? Know your limits. It is important to closely monitor your diet since it is easily altered during the holidays. Even if you do indulge in holiday goodies, practice moderation. Since the amount of sugar and other carbohydrates consumed directly affects blood glucose levels, it is important for people to continue closely monitoring their carbohydrate intake.

If cookies and pies are what you crave, then sugar substitutes are a good way to satisfy your holiday sweet tooth without losing the taste. They are widely available and easily carried in a purse or pocket in individual packets. “Free” foods are foods and drinks that contain less than 20 calories per serving. Some examples of “free” foods are bouillon, sugar-free carbonated beverages, unsweetened cranberries and rhubarb, cabbage, celery, cucumber, onions, mushrooms, salad greens, and sugar-free candy, gelatin, gum, jam or syrup. Also included are catsup, horseradish, mustard, unsweetened or dill pickles, low-fat salad dressing and salsa.

The American Diabetes Association provides these tips for healthy holiday eating:

- **Eat something before you go.** Have some vegetables, a salad or light snack before you go, so you won't be tempted to overeat when you get there.
- **Portion control.** Try selecting one serving of a few items that are low in fat, sugar and salt.
- **Desserts anyone?** Enjoy your favorite dessert this holiday season, but remember to indulge in moderation. Watch out for pecan pie. One slice of pecan pie has the same number of calories as two pieces of apple pie.
- **Holiday cheer.** If you're drinking alcoholic beverages, limit it to two to four servings per week. Drink alcohol only with a meal or snack. Do not drink on an empty stomach! Alcohol can actually lower blood sugar, but it also supplies a lot of empty calories. Avoid sweet wines, liqueurs and sweetened mixed drinks because of the high sugar content.
- **Exercise is a smart way to combat holiday calories.** Even 30 minutes of exercise several times a week can help

lower blood sugar, and the 30 minutes can be spread throughout the day.

Engage in activities such as dancing, walking or skating as available. Exercise is also a great stress reliever, especially at this time of year.

As you prepare for the holidays, don't let diabetes spoil your festive mood. Remember to monitor blood glucose levels routinely, pay attention to diet and practice moderation when you decide to indulge. Daily routines can be disrupted with parties, shopping and holiday events. Remember to take your medications as ordered. Plan ahead with a self reminder or carry extra medication with you. Focusing on friends and family instead of food can create a diabetes-friendly holiday environment.

It's also important to maintain emotional well-being over the holiday season. Unfortunately, the season can cause feelings of sadness, anger and depression for some people. Attending a support group can help express those feelings while obtaining support from others. Call 1-800-SCRIPPS (800.727.4777) to find a diabetes support group in your area.

Latest Clinical Trials at The Whittier Institute

The research team of Dr. Athena Philis-Tsimikas and Diabetes Nurse Educator Carolyn Sexton has been conducting clinical trials since 1998 and has developed quite a following of patients eager to take part in each new study. Conducted at the Whittier Institute, participants come from all over San Diego County, with some traveling as far north as Fallbrook and Valley Center, as far south as San Ysidro and as east as Ramona and Julian – even one all the way from Riverside County.

The clinical studies have focused on either pre- or overt Type 2 diabetes and hypercholesterolemia (high cholesterol). One recently completed study looked at cholesterol-lowering agents in high-risk populations to identify any benefits of raising healthy cholesterol through specific medications. The results will be announced in approximately six months at a national cardiac meeting.

The latest clinical trial involves people currently taking Metformin and whose Type 2 diabetes is mildly out of control, (with an A1C somewhere in the 7 to 8.5 percent range), and then adding a second medication, Glucotrol XL, to determine if the combination is effective in maintaining better control. Both drugs are

currently on the market with FDA approval and available with a prescription. Metformin helps to suppress glucose production from the liver and Glucotrol XL aids in stimulating insulin production. The hope is these two medications will work together synergistically to better control diabetes. A handful of doctors are already prescribing the drugs simultaneously, but some of the side effects of the high doses can result in very low blood sugar. The trial will determine the lowest effective dose.

The national study involves multiple sites throughout the country and the actual process started about eight months ago with investigator meetings, site visits and the development of a consent form explaining all the risks and benefits involved in the trials. The goal is to recruit approximately 200 patients nationally, with about 10-15 coming from the Whittier Institute. The participants originate from various health care settings, including community clinics and private physician offices, and will continue with their regular health care provider while making frequent monitoring visits to the Whittier Institute. Participation requires an initial consultation to receive diabetes education and blood work, followed by a weekly visit for the first two weeks, then

approximately one every other week thereafter for 18 weeks. In follow-up visits, caregivers monitor whether the medications are being taken properly, review blood sugar results and provide diabetes education. Although it is a double-blind study, safety measures ensure a cut-off level if blood levels rise above what is deemed appropriate, at which time the numbers are unblinded and the patient is notified.

Previous studies have shown that even patients placed in the placebo groups experience better control than others on the exact same medication in the outside community simply due to the extensive diabetes education they received in the study process. Patients learn about monitoring their food intake, better exercise regimens and other effective options to control their blood sugars.

There is an ongoing enrollment process and patients partake in the study for a total of 18 weeks. Once all the information is gathered, researchers will analyze the data and determine how these two medications can be used simultaneously to better control diabetes.

If you are interested in taking part in a clinical trial, please contact Carolyn Sexton, RN, MSN at 858.642.0233.

Dr. Athena Philis-Tsimikas is Chief Medical Director of the Whittier Institute for Diabetes and Project Dulce. Her research interest and publications focus on improving diabetes treatment and prevention in vulnerable, ethnic populations and in managed care systems.





Calculated Cooking

by Jeanne Jones

Cold Pea Salad

This easy to make and tasty cold dish is a delightful addition to any holiday menu because it can be made well ahead of time. In fact, it is even more delicious served two or three days after it's made when the flavors have had a chance to marry. It can be served either as a first course salad or as an accompaniment to the entree. It is particularly good with a traditional holiday feast because it blends well with the flavor range and adds brilliant color to the menu. Also, after the holidays this salad is a marvelous accompaniment for turkey sandwiches!

- 2 cups fresh or frozen green peas
- 1/3 cup light sour cream
- 1/3 cup non-fat yogurt
- 3/4 cup chopped scallions
- 1/4 teaspoon seasoned salt

1. If using fresh peas, steam them until tender, but still firm. Remove from heat and place the steamer basket under cold water to stop the cooking and preserve the color. If using frozen peas, which have already been slightly cooked, it is only necessary to thaw them.
2. Combine the sour cream, yogurt, scallions and salt and mix well. Add the peas and carefully fold to combine.
3. Cover tightly and refrigerate until cold before serving.

Makes 8 servings

Each 1/3 cup serving contains approximately:

- Calories: 41
- Grams of fat: Negligible
- Cholesterol: 1 mg
- Sodium: 80 mg
- Carbohydrates: 7 grams
- Protein: 3 grams
- Fiber: 2 grams

Diabetic Exchange:
 0.5 Carbohydrate
 0.5 Protein

Jeanne Jones has been involved with The Whittier Institute for Diabetes since 1981, when she was named the first president of "Whittier Friends." She was diagnosed with Type 2 diabetes in her 30s. After the initial shock wore off, Jeanne learned to control her diabetes through an exchange diet and has parlayed her success into a promising career. Jeanne has written numerous books about light cuisine, appeared on national television programs, and is an internationally renowned nutrition consultant. Her syndicated weekly column, "Cook it Light," reaches millions of readers. Jeanne, along with her mother, Kathryn Fishback, and her sister, Cheryl Harris, established the Kathryn C. Fishback Family Foundation. Their foundation has contributed handsomely to ongoing research and other projects at The Whittier Institute.

Presenting sponsor, US Bank, foursome: Mark Silverman, Tony Wilkinson, Eric Northbrook and Dave Bartram.



Whittier Events

New Whittier Web Site

Check out the Whittier Institute's new website at www.whittier.org! The recently launched site features information about diabetes, available programs and all the latest Whittier news, as well as exercise tips and delicious recipes. Plus, the "Other Resources" section provides links to a variety of diabetes-specific information, making it a one-stop diabetes information center. Currently, the site is enjoying over 300 hits a week.



Golf Tournament a Hole-In-One

Over 100 golfers enjoyed a day in the sun as they took part in the 4th Annual Whittier Institute Invitational Golf Tournament. The evening featured a sit-down dinner, along with silent and live auctions where patrons bid on a variety of items such as a stay at the Four Seasons Resort in Maui, a sunset yacht cruise and various golf getaways, including a trip to the Masters in Augusta. "It's very inspiring to see so many community members taking part in the golf tournament and auctions," states John Engle, CEO, The Whittier Institute for Diabetes. "It's a great show of support for the Whittier Institute and all of the money raised goes toward fighting diabetes."

The evening was highlighted when Joe Jessop and John Engle presented Jack Frager and Jack Beardsley with the Jessop Award for their many achievements in advancing the spirit of philanthropy within the community. The event raised a grand total of \$125,000 that will be used to support diabetes programs at The Whittier Institute.

Big Bear Hike a Growling Success

Whittier Institute staff and doctors traveled long distances to meet at Snow Summit and join over 200 other hikers for the 8th annual Big Bear Hike for Diabetes. The day featured chair lift rides up the mountain and a long trek down, catching sight of beautiful vistas along the way. At the finish line, hikers enjoyed a delicious lunch while relaxing to the sounds of a popular local band. Much of the \$25,000 raised went to support Dr. Chris Hunfeld and his diabetes research at the Whittier Institute. Proceeds also went to camp Conrad Chinook, a summer camp at Jenks Lake for children with diabetes.



Whittier Institute supporters at the Big Bear Hike for Diabetes.