

Home Is Where The Heart Is

If you own your personal residence or a vacation home debt-free, The Whittier Institute for Diabetes and Scripps Health can help you improve your lifestyle while you help those who are living with diabetes.

Through a special arrangement called a Life Estate Gift Annuity, you can give your home to Scripps and continue to enjoy possession and full use of it for the rest of your life.

Your Gift Pays You Income

In return, we agree to pay you a gift annuity income for life. The amount of the annuity is determined by a qualified appraisal of your home and your age(s) at the time of the gift. These payments to you are fixed and guaranteed by Scripps Health for your lifetime.

Your Gift Gives You Tax Benefits

The annuity payments you receive may include a large portion that is tax-free income for several years. Additionally, you will receive a significant charitable income tax deduction immediately.

Your Gift Helps Diabetes Patients

When you pass away, your home is sold and the net proceeds are used to support programs at The Whittier Institute for Diabetes benefiting people living with diabetes.

We will gladly discuss how a Life Estate Gift Annuity can provide you with the additional security of a guaranteed fixed income for life and tax saving benefits. To learn more, please call Elena Oliveri 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

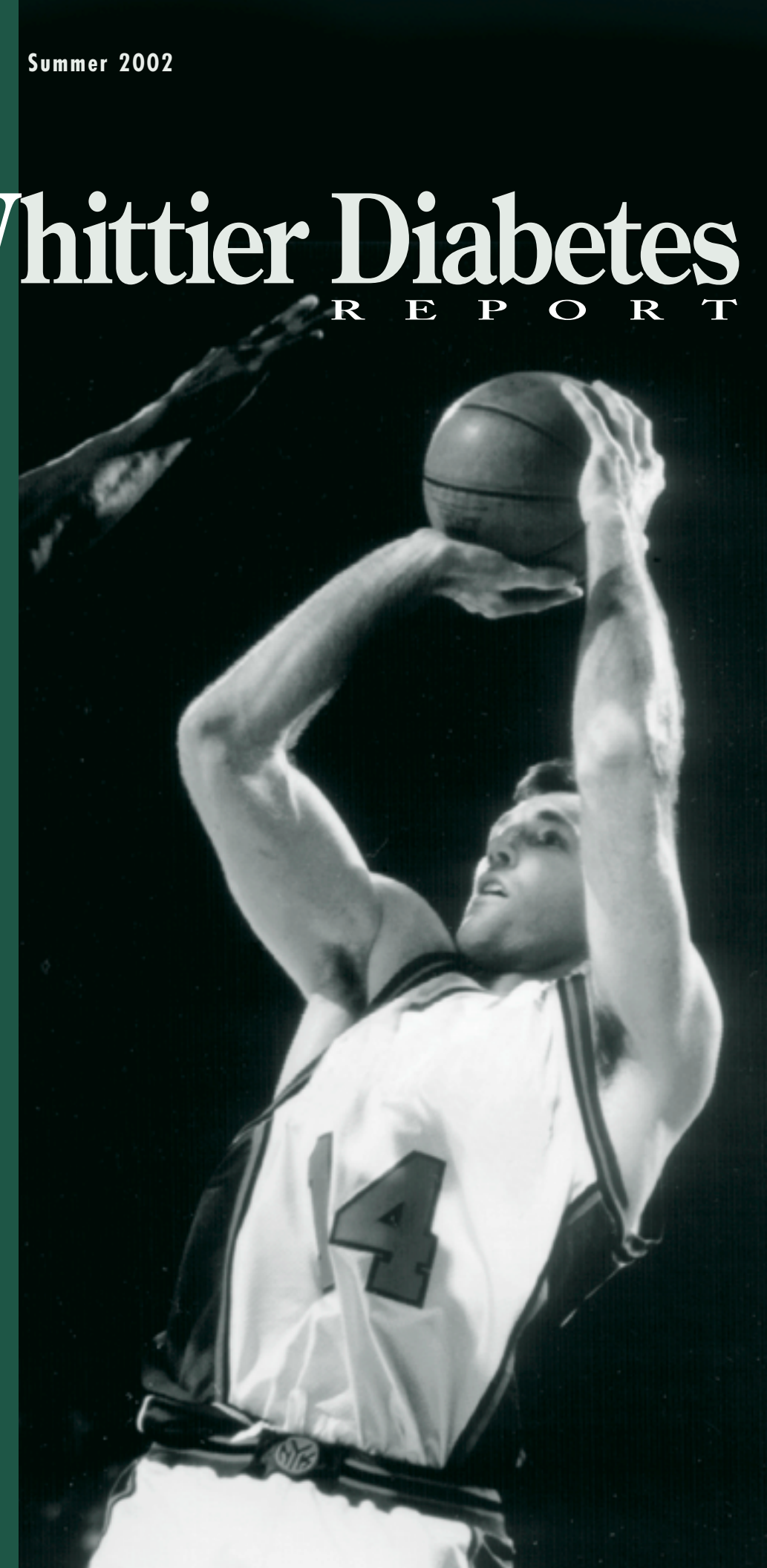
"You Can Do Anything"

Diabetes Burnout

Prevent Dental Problems

Fresh Creamed Corn

Diabetes Education Classes



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*

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: NBA pro Chris Dudley.

For more information, or to comment:
obmstede.lisa@scrippshealth.org

Editor: Jeanne Bellezzo, WriteIdeas

Design: Leslie Gunn, This Gunn for Hire

“You Can Do Anything”

During basketball season, NBA pro Chris Dudley plays center for the Portland Trail Blazers. Off-season, he and his family come back home to San Diego. And all year round, he takes care to manage the diabetes he developed as a teenager, as well as run the foundation and basketball camp he established exclusively for kids with diabetes.

Raised in San Diego since age 12, Dudley played basketball as a student at Torrey Pines High School. He was 16 when he learned he had type 1 diabetes.

“I had all the classic symptoms: excessive thirst, frequent urination, always tired,” he recalls. “Fortunately my dad’s brother, who also had diabetes, recognized the signs.”

Dudley admits he was scared when he first learned he had diabetes. “One of my first questions for the doctors was whether I would still be able to play athletics. And they said yes. So I was encouraged, because I knew it was something I could handle and it wouldn’t ruin my life.”

It certainly didn’t. Dudley went on to attend Yale University and become one of the NBA’s leading rebounders. In 1994, he established The Dudley Foundation to support youth with diabetes by providing financing for diabetes research and education. Two years later, the Foundation sponsored its first basketball camp for children with diabetes.



Chris Dudley works out with campers.

“There was already a great camp for kids with diabetes up in Oregon called Gales Creek,” Dudley says. “My sister, my wife and I merged the two concepts into a basketball camp just for kids with diabetes.”

Today, the camp teaches boys and girls ages 10 to 17 two key things: sound basketball skills and the knowledge that with proper care, diabetes will not prevent them from leading a normal life.

“We tell them, ‘Don’t use diabetes as an excuse not to do things,’” Dudley says. He credits diabetes research and education programs such as The Whittier’s with helping kids learn to manage their diabetes and lead healthy, active lives. “You can do whatever you want as long as you take care of yourself. That’s the most important provision.”

When he is not playing basketball, Dudley lives in La Jolla with his wife, Christine, and their three children.

For more information about The Chris Dudley Foundation, visit www.diabetes-exercise.org or call 503-626-4007.

William H. Polonsky, Ph.D., CDE is Assistant Clinical Professor in Psychiatry, University of California San Diego and serves as a behavioral consultant in diabetes to several multi-site clinical research trials. He is an active researcher in behavioral medicine and a licensed clinical psychologist specializing in psychosocial issues in diabetes.



Diabetes Burnout – Help is Available

What if you were offered a job where you had no benefits, no vacation, no chance to move up, not even a salary – and you were on call 24 hours a day? Would you take it?

Of course not. But for people with diabetes who feel overwhelmed by the demands of self-care, diabetes can seem like a thankless full-time job. As a result, they can struggle with anger, fear, depression or even guilt about not doing a better job of managing it. So it’s no surprise that they suffer from what clinical psychologist, researcher and certified diabetes educator William Polonsky, Ph.D., CDE, describes in his book, *Diabetes Burnout: What to Do When You Can’t Take It Anymore*.

Polonsky first became involved with the psychosocial aspects of diabetes as a psychologist with the Joslin Diabetes Center in Boston during the 1980s.

“Over the years we’ve found how common burnout is among people with diabetes. It’s totally understandable, almost always reasonable, given the amount of effort it requires,” Polonsky notes. “The good news is, once these issues are identified we can help people to overcome almost any obstacle and make peace with diabetes”

According to Polonsky, the diabetes mind/body connection is, to a large extent,

still a mystery. Researchers have found that people with diabetes are twice as likely to have a serious depressive disorder than those without the disease. But is diabetes the cause or effect?

“Studies have shown that, at least in patients with type 2 diabetes, the depression usually comes first. But these study results are limited, because while depression may be uncovered before the *diagnosis* of diabetes, the person may have actually had diabetes for a long time prior and not known it,” Polonsky explains.

Often, many of the psychosocial problems come from deeply held fears and beliefs about diabetes, he adds. When people with diabetes hear horror stories or see others suffer serious complications, they can feel terribly frightened and even hopeless about their own fate.

“We try to help people realize that diabetes itself is not the major threat to their long-term health – the real threat is *poorly controlled* diabetes,” says Polonsky. “Hopelessness can result from poor education about diabetes or poor treatment. When people have a clear, reasonable understanding of what they’re supposed to be doing, when they realize they can be successful with their diabetes care without having to feel deprived and miserable, diabetes is not as scary, overwhelming or difficult anymore.”

Polonsky strongly recommends diabetes education programs such as those offered through The Whittier Institute. “A program like Taking Care of Your Diabetes can help uncover and challenge deeply held, and perhaps inaccurate, beliefs people may have about their diabetes. It can help to give people hope and confidence about living with diabetes.”

In *Diabetes Burnout*, Polonsky also helps people with diabetes identify and address many of the factors that lead to feeling overwhelmed, such as lack of time or motivation, personal or financial concerns, and too little (or too much) support from loved ones. This last factor is especially important.

“I recommend that people do whatever they can to get the support that they need from loved ones,” he stresses. “Diabetes is so much easier to handle when you have somebody in your life who is rooting for you. So join a support group. Or take one of your loved ones with you to a diabetes education or support program so they can learn effective, non-threatening ways to help.”

Gary Sigafos, D.D.S., is a periodontist with Scripps Center for Dental Care at the Scripps/ XIMED Medical Center in La Jolla.



Proper Dental Care Can Prevent Complications

Good oral health is important for everyone. But for people with diabetes, it can play a vital role in keeping blood sugar under control. Failure to take proper care of your teeth and gums can lead to gum diseases such as gingivitis and periodontitis (bone loss). These infections put a greater strain on the body and make it more difficult to control blood sugar levels.

Gum Disease 101

Gum disease begins when the areas below the gum line are not properly cleaned. Brushing and flossing generally reaches only 3.5 mm below the gum line. Consequently, people who have beginning periodontitis (3-4mm below the gum line) experience constant irritation and open ulcerations at the unreachable base of the gum pocket.

In an effort to control the infection, your immune system starts working overtime. The more infected areas in your mouth, the more stress on your immune system due to the increased amount of oral bacteria in the gum, bone and bloodstream. Irritated larger arteries in the body can become inflamed and even blocked, putting you at

greater risk of heart attack and stroke. In fact, people with diabetes have twice the risk of stroke if they have periodontitis than if their mouths are healthy.

Oral health also is extremely important for people with diabetes who need joint replacement or heart surgery. Surgery patients need to be as infection-free as possible in order to prevent bacteria from flowing through the bloodstream and impeding healing or causing complications.

Warning Signs

Periodontal disease often develops silently and without pain. However, any of these signs can indicate a problem:

- Gums that bleed easily during brushing or flossing
- Gums that are red, swollen or tender
- Gums that have pulled away from the teeth
- Persistent bad breath
- Pus between teeth and gums
- Loose or separating teeth
- A change in the way your teeth fit together when you bite

If you notice any of these symptoms, schedule a periodontal evaluation immediately.

Treatment & Prevention

As a practicing periodontist for 25 years, I have seen many patients with diabetes experience significant improvements in their overall health when their mouths are healthy.

Fortunately, there are several effective treatments for periodontal disease. Root planings (deep cleanings below the gum-line), traditional periodontal surgery and bone grafting with guided tissue regeneration to help re-grow lost bone may all be options to discuss with your periodontist. In addition, periodontists have begun to use laser therapy to quickly reduce the amount of bacteria in the bloodstream.

To help prevent periodontal disease, have your gums measured every six months and cleaned every three months. Take care of problem areas right away; don't wait until your entire mouth becomes affected.

Whittier News and Events

Dr. Daniel Einhorn on Insulin Resistance Syndrome (IRS)

Tune into UCSD-TV this October to see Daniel Einhorn, M.D., medical director of The Whittier Institute for Diabetes, discuss Insulin Resistance Syndrome (IRS). This condition, in which the body does not properly respond to insulin, is the most common cause of type 2 diabetes. It is estimated that IRS affects one in four Americans and is an epidemic in parallel with obesity, though 30 percent of patients are not obese. Dr. Einhorn will discuss the clinical criteria to diagnose IRS so that early intervention can lead to prevention of illness.

UCSD-TV can be seen on UHF channel 35, Time Warner channel 18, Del Mar TV and Cox Communications channel 66, and Cox North County on channel 69. Visit www.ucsd.tv for exact air times or access the site's "Video On Demand" feature to view Dr. Einhorn's lecture.

Wound Care Center Opens

The newly opened Wound Care Center at Scripps Memorial Hospital La Jolla offers comprehensive wound treatment for patients who have non-healing wounds resulting from conditions such as diabetes, poor circulation, and pressure ulcers due to immobility. (A chronic non-healing

wound is one that has not demonstrated notable improvement after four weeks or has not healed after eight weeks.) The Wound Care Center is staffed by an interdisciplinary team with advanced training and extensive experience in wound management; nutrition and education play key roles in all treatment plans. For more information, call 858-626-7850.

New Class: Comprehensive Insulin Management for Type 1 Diabetes

The Whittier Institute has added a new health education class especially for people with type 1 diabetes. Comprehensive Insulin Management for type 1 Diabetes helps those with insulin-dependent diabetes optimize blood glucose control. Topics include self-monitoring of blood glucose levels, balancing diet, counting carbohydrates and adjusting insulin, as well as exercise and prevention and treatment of hyper/hypoglycemia and complications. Taught by a diabetes health care team that includes two certified diabetes educators and a registered dietitian, the program meets weekly for four weeks and features small group discussions and individual weekly progress reviews. There is no charge.



Healthy Dining Comes to The Whittier

Healthy Dining in San Diego brought menu tips and tasty samples to the June support group meeting at the Whittier Resource Center. Several local restaurants, including Sammy's, Dailey's, Coco's and Rock Bottom brought samples of healthy fare from their menus, and Healthy Dining speaker Erica Bome shared information and advice on deciphering menu choices and making healthy selections.

9th Annual Big Bear Hike for a Cure

The 9th Annual Big Bear Hike for a Diabetes Cure will be held Saturday, September 28 at Big Bear Lake. Hikers will have a choice of three scenic courses – uphill, downhill or flat loop – and proceeds will help support The Whittier as well as several other diabetes support organizations. Join the fun! For more information, please call Kris Foulkes at 909-585-3538.



Calculated Cooking

by Jeanne Jones

Fresh Creamed Corn

It's that time of year again – fresh corn is at its peak. The annual debate among corn lovers is always how best to cook it. Some like it grilled or baked in its husk. Others remove the husk and boil or steam it just long enough to make it tender. My favorite fresh corn recipe is one that I developed several years ago for a spa menu. It is a creamed corn that can be made only with truly fresh corn, because its delicious, subtle flavor comes from scraping the corncobs after cutting off the kernels and cooking one of the cobs in milk.

You also can add a bit more milk and turn this tasty side dish into a wonderful summer soup.

- 4 ears fresh corn
- 2 cups low-fat milk
- 1/2 large onion, coarsely chopped
- 1/2 teaspoon whole black peppercorns
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt

1. Cut corn kernels off of the cobs. Then, using the dull edge of a knife, scrape the cobs to “milk” the remaining liquid from each cob. Set the corn, corncob pulp and one of the scraped cobs aside. Discard the other cobs.

2. In a heavy saucepan, combine onion, peppercorns and 1 3/4 cups milk. Break the reserved cob into halves and add it to the pan. Slowly bring the milk mixture to a boil. Reduce heat to low and simmer, uncovered, for five minutes. Strain the mixture and discard the corncob, onion and peppercorns.
3. Pour the strained liquid back into the saucepan. Combine the remaining 1/4 cup milk with the flour and salt. Stir until the flour is completely dissolved, then add it to the saucepan. Bring mixture to a boil and cook, stirring constantly, for about 3 minutes or until the mixture has thickened. Add the corn and continue cooking, over low heat, for 15 minutes.

Makes 3 cups (six 1/2 cup servings)

Each serving contains approximately:

Calories: 138, Fat: 2 grams,
Cholesterol: 3 mg., Sodium: 233 mg.,
Carbohydrates: 27 grams,
Protein: 6 grams, Fiber: 3 grams

Diabetic Exchange: 2.0 Carbohydrates
(1.5 starch, 0.5 milk), 1.0 Protein,
0.5 Fat. Good source of fiber
Low-fat/low-cholesterol

New Class: The Whittier Institute has added a new health education class especially for people with type 1 diabetes. See more information on page five of this newsletter.

Scripps Whittier Diabetes Program Health Education Classes

The Scripps Whittier Diabetes Program takes the mystery out of managing diabetes with a wide range of health education classes especially for people with diabetes. Your support helps make these classes possible – and enables us to add new classes as needed.

Classes are held at Scripps locations throughout San Diego County. Fees for certain classes vary according to health plan. **Pre-registration is required.** For start dates and times, registration and other information, please call the Scripps Whittier Diabetes Program.

858-626-5672 or
Toll-free at 1-877-WHITTIER
(1-877-944-8843)

Choosing a Safe and Successful Weight Loss Program

When is the best time to start losing weight? Where to start? What works and what doesn't? Set the record straight on these and other questions you might have. To obtain the most from this class, please be sure to bring the completed Nutrition Questionnaire and three-day food diary. These forms are available at the dietitian's office. If you do not have the forms before class, please keep a three-day food diary of

everything you eat and arrive 15 minutes before class to complete the Nutrition Questionnaire. Fee: Per Health Plan

After attending this class, you may schedule a follow-up appointment with a dietitian or join our “Healthy Weighs” class.

Healthy Beginnings Early Prenatal Class

These FREE, one-time only classes are designed to provide parents, new and experienced, with information about the physical and emotional changes associated with pregnancy. Topics include the stages of pregnancy and fetal development, common symptoms and warning signs, nutritional needs, activity and exercise, alcohol, smoking, infant safety, medications and childbirth education. Educational materials including a suggested reading list are provided. Conducted by both a registered nurse and a registered dietitian. Fathers are always welcome. Call early in your pregnancy to attend. Subject to cancellation for inadequate enrollment.

Childbirth Education

A fully comprehensive course for couples or singles. The four-week course meets consecutively for two hours each week (dates cannot be interchanged). Topics include basic Lamaze techniques, prenatal exercise, Cesarean section, labor & delivery, infant feeding, medications and much more. Please register early. Wear appropriate clothing and bring two pillows and a blanket or large beach towel. Fee: \$75

Diabetes Self-Management Education Program

Learn the information and skills to successfully manage diabetes, including nutrition counseling, meal planning, blood glucose monitoring, individual and group support and much more. Groups are facilitated by certified diabetes educators including registered nurses and registered dietitians. Classes are offered weekly for four weeks. Class size is limited. Spouses or significant others are welcome. Fee: Per Health Plan.