

Enjoy a Class on Us!

Did you know that The Whittier Institute is one of the largest and most comprehensive diabetes education programs in the nation? To encourage you to become better acquainted with our programs and financially support our efforts, The Whittier would like to make you an offer that we hope you cannot refuse.

Your gift of any size to support The Whittier will entitle you to receive a

complimentary certificate for one of our Heart Healthy Cooking classes or Walking Club classes. Please use the return envelope in the center of this issue to make your gift today.

The Whittier provides diabetes education at the following locations throughout San Diego County. To enroll in any of our classes, please call 1-877-WHITTIER (1-877-944-8843).

The Whittier Institute for Diabetes
9894 Genesee Avenue
La Jolla, CA 92037

Scripps Clinic La Jolla
9834 Genesee Avenue, #100
La Jolla, CA 92037

Scripps Mercy Hospital
4060 Fourth Avenue #508A
San Diego, CA 92103

Scripps Clinic Rancho Bernardo
15025 Innovation Drive
San Diego, CA 92128

Scripps Mercy Medical Group
501 Washington Street #600
San Diego, CA 92103

Scripps Clinic Rancho San Diego
10892 Calle Verde
La Mesa, CA 91941

Scripps Mercy Medical Group
180 Otay Lakes Road #300
Bonita, CA 91902

Scripps Clinic San Diego
2020 Genesee Avenue
San Diego, CA 92123

Scripps Clinic Del Mar
12395 El Camino Real
San Diego, CA 92130

Scripps Clinic Torrey Pines
10666 N. Torrey Pines Road
La Jolla, CA 92037

Scripps Clinic Encinitas
310 Santa Fe Drive
Encinitas, CA 92024

Scripps Clinic Santee
278 Town Center Pkwy. #105
Santee, CA 92071

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THE Whittier Diabetes REPORT


Whittier on Wheels

Chairman Profile

Researchers for a Day

Clinical Trials Program



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

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*Scripps Whittier Diabetes Program
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 provides resources for innovative research, education and patient care; and is a catalyst for collaboration among leading organizations to effect a cure for diabetes.

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On the cover: John Engle, President and CEO, The Whittier Institute with Chris Van Gorder, President and CEO of Scripps Health

For more information, or to comment:
Call 858-626-5665

Editor: Jeanne Bellezzo, WriteIdeas

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Coming to a Neighborhood Near You

It's a 40-foot custom-built motor coach with a plasma marquee, two exam rooms, a retinal camera and other advanced medical equipment, along with a team of clinical care professionals – and it's coming your way.

It's The Whittier Institute's Mobile Medical Unit, designed to bring diabetes prevention, education and treatment services directly to the community. It was made possible by The Whittier Institute for Diabetes and Scripps Health in partnership with the following sponsors: Amylin Pharmaceuticals, Inc., Pfizer, Inc., and the Confidence Foundation.

The ever-increasing diabetes epidemic – and the need to reach diabetes and pre-diabetes patients – inspired Scripps Health to support the project. "Because only one third of the estimated 220,000 people in San Diego County with diabetes are even aware they have it, we believe The Whittier Institute's Mobile Medical Unit fits well with our mission to deliver socially responsible health care and health education to the community," said Scripps President and CEO Chris Van Gorder.

Awareness & Education

According to John Engle, President and CEO of The Whittier, the Mobile Unit will help raise awareness of diabetes and

make it easier for people to get the care they need.

On the outside of the mobile unit, graphics call attention to important diabetes statistics and information. Inside, certified diabetes educators are available to provide prevention education and screenings. People found to be at-risk will be referred to the resources they need, such as The Scripps Whittier Diabetes Program or Project Dulce.

Access to Clinical Trials

The unit also will offer much-needed diabetes services to underserved communities by bringing clinical research trials to people who might not otherwise have access to them. "Many of our clinical trials are held in La Jolla, and people from areas like South Bay or North County find transportation to our site at The Whittier difficult," states Carolyn Sexton, R.N., M.S.N., Clinical Trials Coordinator. "The Mobile Unit's flexibility will allow clinical trials to be brought to the various communities."

"Many patients enjoy the increased attention and care they receive through participation in clinical trials," adds Athena



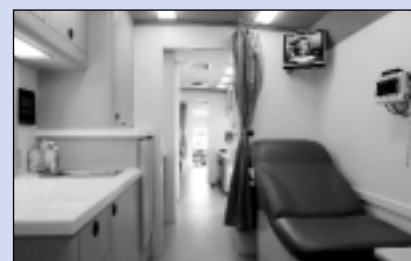
Philis-Tsimikas, M.D., Chief Medical Director at The Whittier. "Their diabetes education is enhanced, and they find satisfaction in being able to contribute to the development of future treatments of the disease."

Emergency & Crisis Services

John Engle points out that the Mobile Unit offers much more than diabetes care. "It is also equipped to be a triage and communications mobile medical command unit in the event of a medical emergency," he explains. "It will be available to serve the County and to others working on disaster preparedness. Thanks to Scripps Health, Amylin, Pfizer and the Confidence Foundation, this will be a real community resource."

Look for the Mobile Unit on a road near you.

For more information or to schedule a Mobile Medical Unit visit at your workplace, call Chris Walker at 760-471-8093.



David Winkler, newly elected Chair of The Whittier Institute's Board of Trustees, is an attorney and CEO of Del Mar Partnership, a company formed in 1979 that specializes in the development of bioscience research facilities. David and his wife Sherry live in Del Mar. They have three daughters.



Chairman Profile: David Winkler

Diagnosed with type 1 diabetes at age six, David Winkler has spent years working to support efforts to find a cure and to help improve the quality of life for people with diabetes. As the newly elected Chair of The Whittier Institute's Board of Trustees, David is looking forward to carrying on the tradition of excellence that marks The Whittier's research, patient care, education programs, and community services.

David's earliest involvement with The Whittier was as a donor and lecture attendee. He made a conscious decision to commit more time as a volunteer and joined the Board of Trustees three years ago. David expressed his desire to provide hands-on assistance with a local institution where he could make a difference using his biology, financial and legal training.

Setting Goals

"From the beginning, after speaking with John Engle, CEO, the researchers, and staff, I knew I wanted to work with the outstanding individuals at The Whittier," he says. One of David's early projects was to raise nearly \$600,000 for the islet isolation and transplantation program. This effort followed on the heels

of news about islet infusions in Edmonton, Canada "curing" type 1 diabetes. Over 20 adult human islet cell isolations have been done to date at The Whittier under the direction of Alberto Hayek, M.D. With David's help, The Whittier expects to begin islet transplants this year in conjunction with organ transplant surgeon Christopher Marsh, M.D. of Scripps Green Hospital. Eventually, The Whittier hopes to provide replicated islet cells grown in Dr. Hayek's labs for transplants into humans.

As chair, David hopes to oversee significant growth in The Whittier's endowment to ensure perpetuation of its excellent clinical and research work. This goal will involve expanding the Board of Trustees and raising upwards of \$17 million over the next three years. "We need more concerned individuals to accomplish not just fundraising, but awareness of The Whittier and its programs," David explains.

David's other goals include helping The Whittier to expand clinical trials and launch new educational programs. "This should include working with school districts and other institutions to improve the diets and exercise programs for children who may be

Continued on page five



Brothers Eric, Drew
and Nick Huver

Researchers for a Day

By day, they're students at Ashley Falls Elementary School in Carmel Valley. But after school lets out, they don white lab coats and are transformed into junior research scientists, working toward a cure for diabetes.

The premise for a new superhero movie? No, just a day in the life of Drew, Nick and Eric Huver. Eric, 11, and twins Drew and Nick, 8, spent an afternoon with diabetes researcher Rohan Humphrey, Ph.D, last December as part of The Whittier Institute's Partner for a Cure program (see "Partner for a Cure").

Drew Huver was diagnosed with type 1 diabetes at age five. When parents Richard and Margaret Huver made a donation to The Whittier, they were offered the opportunity to have their sons spend a few hours with Dr. Humphrey in his laboratory.

"When we got there, Rohan had it all ready to go," notes Margaret. "He even had lab coats and gloves for all the boys."

Lab Rats

Dr. Humphrey, a post-doctoral fellow from Australia working on pancreatic development with Whittier Principal Investigator Alberto Hayek, M.D., had planned a number of interesting activities for his guests. He took the boys on

a tour of the lab and tissue culture room, showed them slices of a pancreas with clusters of islet cells under a powerful microscope, and demonstrated the separation of DNA. "I had isolated some pancreatic DNA prior to their arrival, and the guys individually loaded it onto an agarose gel and we processed it, so by the end of their visit they could see how it had separated."

"The boys could actually see the pattern of the DNA that came out from what they had put in there" recalls Margaret, adding that they were given microfiche film of the DNA to take home. "Rohan did a lot of explaining about clusters of islets, and we got to actually see samples through his microscope."

Dr. Humphrey notes that he learned a great deal from his visitors as well. "They taught me quite a bit about the diabetic diet and glycemic control, what Drew should and shouldn't eat," he says. "Their mom and dad have obviously done a great job educating them."

Margaret says the experience of the visit has made diabetes a little easier for the family to handle. "That excitement kind of takes away from the sadness of the situation and makes it more of an adventure. And Rohan is such a cool guy. They just got such a kick out of the

whole thing. I'd love for them to go back and do it again."



Back row: Eric Huver and Rohan Humphrey,
Ph.D. Front row: Drew and Nick Huver

Partner for a Cure

Experience the challenge and excitement of diabetes research – and perhaps even be part of the next groundbreaking discovery. Partner for a Cure presents a unique opportunity for individuals to "sponsor" a researcher and spend time with him or her in the laboratory.

With an impressive list of alma maters, our scientists are a first-rate, dedicated group who look forward to sharing their theories and discoveries with you. Annual partner sponsorships begin at \$2,500.

For more information, call 858-626-5664.

Whittier Fellowships Support Young Investigators

Young investigators are often full of energy and ideas, however opportunities to explore their ideas are often hindered by the lack of funding available. Recognizing our most proclaimed scientists all began as promising young investigators, The Whittier created the Intramural Research Grants Program (IRGP) which makes fellowships and grants available to local scientists engaged in diabetes research.

"This program embodies one of The Institute's primary objectives, to support research that otherwise would go unfunded," says John Engle, President and CEO.

Funded entirely through philanthropy generated from The Whittier Institute, IRGP grants are made available to early career scientists throughout San Diego, including the University of California San Diego (UCSD), The Scripps Research Institute, and Scripps Health. Grant applications are reviewed annually by The Whittier's independent Scientific Advisory Committee comprised of highly regarded researchers from West Coast institutions outside of San Diego County.

In addition to our existing Anna Stern Endowment and Fred Mort Legacy Post-doctoral Diabetes Fellowship, we recently launched two new fundraising efforts to name the following endowments that will honor these men in perpetuity.

The **Willard P. VanderLaan, M.D. Post-doctoral Fellowship** pays tribute to the Founding Director of The Whittier Institute. An esteemed scientist and clinician, it was Dr. VanderLaan who inspired N. Paul Whittier, the husband of one of his patients, to create The Institute. Dr. VanderLaan's vision established the only comprehensive diabetes center in the Southwest, in which he remains active as an Honorary Trustee and valued advisor.

The **David Winkler Post-doctoral Fellowship** will advance one of David's passions, contributing to a cure for type 1 diabetes. This fellowship was initiated by a donation from his business partner of twenty-five years who continues to admire David for overcoming all obstacles diabetes presents to become an accomplished individual, both professionally and personally.

David Winkler

predisposed to type 2 diabetes," David added.

He is especially enthusiastic about The Whittier's new Medical Mobile Unit. "Whittier on Wheels will enable us to build our outreach and patient care efforts. We will serve people in remote areas and those who would otherwise not receive diabetes care." David believes the Medical Mobile Unit will yield significant health care savings, much like Project Dulce already has for the underserved population. In addition, he notes, the visibility of the Medical Mobile Unit will help increase awareness of diabetes and The Whittier.

The Choice of Self-Care

David tests his blood sugar eight to 10 times a day and exercises six to seven days per week. David credits the fact that he has had no long-term diabetes-related complications to his vigilance about managing his disease. While attending one of The Whittier's programs to improve diabetes care, David appreciated the comment by another attendee who said, "Until we have a cure, we must each invest the time and effort every day to take care of our diabetes." David encourages all who have diabetes to enroll in The Scripps Whittier Diabetes classes.



Project Dulce's
new Director,
Jane Czech

Project Dulce Welcomes New Director

Growing up as the daughter of a Navy father, Jane Czech moved around a lot. So it's no surprise that the new Director of Project Dulce developed a keen interest in different cultures and communities and, ultimately, translated it into a career.

"I also had always gravitated toward a career in health care, so I brought the two together," explains Czech, who holds an undergraduate degree in anthropology from Beloit College in Wisconsin, a master's degree in public health from the University of Massachusetts and an MBA from Boston University. She came to Project Dulce last fall from Children's Hospital in San Diego, where she had served as vice president of ambulatory services; before that, she was the clinic administrator at Joslin Diabetes Center in Massachusetts.

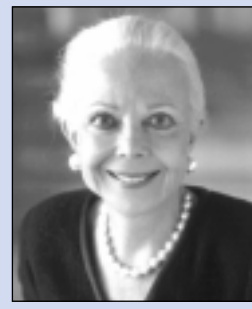
Czech met Whittier President John Engle through a diabetes program at Children's Hospital funded by The Whittier Institute. When the Project Dulce position became available, Czech thought it was a good match.

"I like it because I'm working with the community clinics in a program for underserved areas," she explains. "It really tapped in to a passion I have for making a difference out in the community."

Since coming on board, Czech has made it a priority to meet all of the Project Dulce staff, including the teams of nurses and medical educators working out in the community and the clinic administrators. "It's been a massive indoctrination," Czech says. "Fortunately, I've been in San Diego for 12 years and am already familiar with the various neighborhoods and communities. Now we're focusing on making sure people in those areas have access to our services, and growing our programs to make a greater impact on the community."

In addition, she is following up on projects that were already underway, including direct contracting with health plans to provide diabetes education services through Project Dulce.

"I'm very excited to be part of this program," Czech says. "I think it is just incredible that everyone is so committed and passionate. I think it is the focus of an organization that draws people, and across the board, the people at Project Dulce are a great group to work with."



Diagnosed with type 2 diabetes in her 30s, Jeanne Jones learned to control her diabetes through diet and has parlayed her success into a career as an internationally renowned nutrition consultant and writer.

Maryland

No one in Maryland ever tires of debating just what constitutes the perfect crab cake. On the Eastern Shore, tradition dictates that the crab be mixed with bread crumbs, mayonnaise, mustard and Old Bay seasoning. In and around Baltimore, the bread crumb filler is frowned upon, so as not to interfere with the subtle sweet flavor of the crab. My own favorite recipe contains no filler – just a lot of very fresh blue crab meat. Even though fresh Chesapeake blue crabs are only available during the summer, pasteurized lump crab is available in some seafood markets year round. If you can't find it, use a high-quality canned lump crab meat – and don't ever tell anyone in Maryland that you did it!

- 1 lb. lump crab meat
- 1/2 cup fat-free mayonnaise
- 2 egg whites, lightly beaten
- 2 teaspoons fresh lemon juice
- Dash Tabasco, or to taste
- Dash cayenne pepper, or to taste
- 1/2 teaspoon Old Bay seasoning
- 2 tablespoons finely chopped parsley

Jeanne has been involved with The Whittier since 1981. Along with her mother, Kathryn Fishback, and sister, Cheryl Harris, Jeanne established the Kathryn C. Fishback Family Foundation, which has contributed handsomely to The Whittier Institute.

Crab Cakes

1. Spray a baking sheet with non-stick cooking spray and set aside.
2. Pick through the crab and discard any pieces of cartilage.
3. Combine all ingredients except crab and mix well. Add the crab and again mix well. Form the mixture into four thick patties, 1/2 cup each, and place them on the prepared baking sheet. Cover with plastic wrap and refrigerate for at least one hour.
4. To cook, place the crab cakes under a preheated broiler until the tops are golden brown. Serve immediately.

Makes 4 servings.

Each cake contains approximately:

- Calories: 136
- Fat: 1 gm
- Cholesterol: 89 mg
- Sodium: 583 mg
- Carbohydrates: 6 gm
- Protein: 23 gm
- Fiber: Negligible

Claudia Ibarra, M.S.
with Ulupi Jhala, Ph.D.



How Do Islet Cells Develop?

Islet cell transplantation offers a promising cure for type 1 diabetes. However, the challenge is to generate enough insulin-producing islet cells to make transplantation possible. With the help of researchers like Ulupi Jhala, Ph.D., we are moving closer to learning how islet cells develop.

Dr. Jhala earned undergraduate and graduate degrees in nutritional biochemistry in India, then came to the United States to earn a doctorate in metabolism and biochemistry at Rutgers University. Dr. Jhala began studying the action of insulin on target tissues such as fat and liver. Then later, at Joslin Diabetes Center at the Harvard Medical School, she shifted her focus to transcriptional mechanisms of pancreatic beta cells. She continued her work at the Salk Institute, then joined The Whittier Institute as an investigator in the spring of 2002.

Since graduate school, Dr. Jhala has been interested in proteins known as transcription factors and their impact on energy metabolism. "Transcription factors are very important molecules which are at the center of the cellular universe present in the nucleus of a cell," Jhala explains. "These are the key factors that respond to external stimuli and instruct the cell to grow or die, specialize or not and so on, by regulating gene expression."

Most cells have an independent identity that differentiates them from other cells; Beta2 is the transcription factor that gives an insulin producing cell its identity. In some families with diabetes, Dr. Jhala found, this transcription factor was mutated. Fellow researchers had discovered that mice who were missing the Beta2 protein died from diabetes shortly after birth, with very high blood sugar levels. "The islet, which is usually a nice round structure, was very scattered and misshapen," Jhala explains. "When you do not have the proper formation of the islet, it doesn't respond to the environment to produce the required amount of insulin eventually, the cell induces its own death."

Dr. Jhala went on to find that, in addition to being important during the development of the embryo, Beta2 is critical to cellular functioning on a day-to-day basis. "It facilitates the response of the insulin gene to glucose," she explains.

"What I'm studying is how these signals talk to Beta2 to activate insulin gene expression, give the insulin-producing cell its identity, and prevent it from dying. So in effect, within the microcosm of the insulin-producing cell, my work is an exploration of birth, identity and death."



This article is by Dan Einhorn, M.D., a Medical Director and Director of Clinical Research at The Whittier Institute and editor of the upcoming *Clinics of North America* review on type 2 diabetes, which will focus on insulin resistance and prominently feature the institute, and is contributing a chapter on medication treatment of insulin resistance in another review book.

Insulin Resistance Syndrome: How Excess Food = Excess Disease

As many as one in three Americans has a condition called *insulin resistance syndrome*, which puts them at high risk of diabetes, heart disease and other serious health problems.

In the insulin resistance syndrome (also known as metabolic syndrome), a person loses his or her ability to respond to insulin effectively. More and more people of *all* ages are developing the condition as the population eats more and exercises less.

The Road to Disease

The prevalence of insulin resistance syndrome has skyrocketed 61% in the last decade. Moreover, it is being seen in increasingly younger patients. Pediatricians report that 7- to 10-year-old children are developing insulin resistances once seen only in adults. A recent presentation by a joint task force of the President's Council on Physical Fitness and the American College of Endocrinology emphasized the need to translate awareness of insulin resistance to families of children – and the children themselves – to prevent diabetes and heart disease in these young people.

Left untreated, one in five people with insulin resistance syndrome will go on to

develop type 2 diabetes. What's more, the condition also can develop into heart disease, nonalcoholic fatty liver disease (which can lead to cirrhosis and end-stage liver disease), sleep disorders and perhaps some cancers. As many as one in 10 women with insulin resistance syndrome may develop polycystic ovary syndrome, a cause of infertility, facial hair and acne, menstrual abnormalities, and obesity. A skin condition called *acanthosis nigricans*, that looks like an outgrowth of "dirty" or ashy skin on the neck, armpit and groin, is a diagnostic hallmark of insulin resistance syndrome.

A Reversible Problem

These are all diseases of excess food and too little exercise. The good news is that diet and exercise can take care of the condition in many, if not most, cases, and a few simple tests can tell doctors and patients who is at most risk.

No single test can identify insulin resistance syndrome, but measurements of weight, blood pressure, cholesterol and glucose tolerance can. If you are diagnosed with the condition, treatment doesn't require draconian measures. Nor is it necessary to cut out all sweets or avoid carbohydrates. No one thing is the culprit. It's a combination of genetics

and the diseases of modern living – obesity and sedentary living.

According to the Diabetes Prevention Program, a nationwide study that included The Whittier, walking the equivalent of 22 minutes a day five days a week and losing 5-7% of total body weight can prevent almost 60% of type 2 diabetes in just a couple of years.

In the months ahead, The Whittier Diabetes Institute will be launching community-based programs to help identify and treat insulin resistance syndrome throughout San Diego. Look for more information in future issues of *The Whittier Report*.

Do You Have Insulin Resistance Syndrome? This Quick Test May Tell

One quick check that you can do at home to determine whether you may have insulin resistance syndrome is to measure your waist circumference. Men with 40-inch or greater waists and women with 35-inch or greater waists are at higher risk. If you fall into this category, talk to your physician.

Scripps Whittier Diabetes Program Diabetes Education Classes

We offer the following classes at locations throughout the county:

Type 2 Diabetes Self-Management – A four-week program designed to meet individual needs while helping to create a foundation of knowledge necessary to successfully control diabetes.

Diabetes Education – During one-on-one appointments, all aspects of diabetes care are covered including home blood glucose monitoring and medication and insulin adjustments.

Gestational Diabetes – One-on-one appointments assist in the management of blood sugars during pregnancy. Our staff works intensively with each patient until the delivery, to help the expectant mother have a healthy baby.

Comprehensive Insulin Management Program – Ideal for individuals with insulin-dependent diabetes interested in improving and optimizing blood glucose control. The four-week class emphasizes intensive self-monitoring of blood glucose levels, balancing diet, counting carbohydrates and adjusting insulin.

Healthy Weighs Group Education Core Program – Spanning four weeks,

this nutrition education program is designed for individuals desiring weight loss, lower cholesterol levels, blood pressure reductions and/or improved blood sugars.

Healthy Weighs Follow-up – Offered to those who have completed the Healthy Weighs Core Program.

Nutrition Counseling – Through individual appointments, patients, physicians, and the general public are offered a variety of medical nutrition therapy services for the treatment/prevention of disease.

Cardiac Rehab – These free classes meet weekly and cover a variety of topics including Exercise, Stress Reduction and Nutrition, Healthy Choices When Dining Out, and How to Reduce Overall Fat.

Heart-Healthy Cooking – Participants learn to cook delicious, healthy dishes that are low in fat, sugar and/or sodium.

Diabetes Self-Management Education Support Groups – Monthly meetings feature a guest speaker and are held for the benefit of people with diabetes who would like more information, help or contact with others

with diabetes. Below is the monthly schedule of our free support groups:

The Whittier Institute for Diabetes
3rd Wednesday of the Month
4:00 – 5:00 PM
1-877-WHITTIER (944-8843)

Scripps Mercy Hospital
2nd Tuesday of the Month
2:00 – 3:00 PM
619-293-3196

Scripps Well Being Chula Vista
3rd Friday of the Month
1:00 – 2:00 PM
Spanish: 3:00 – 4:00 PM
1-877-WHITTIER (944-8843)

Scripps Well Being Encinitas
2nd Wednesday of the Month
1:30 – 2:30 PM
1-877-WHITTIER (944-8843)

All classes are staffed by certified diabetes nurse educators and/or registered dietitians.

Diabetes education is covered by Medicare and most health plans. Call us directly at 1-877-WHITTIER (944-8843) to learn more about any of our classes.

News and Events

Special Offer: Get Fit with Club One

Whether or not you have diabetes, it's a fact that regular exercise is important to good health. To help make it easier to get and stay fit, The Whittier and Sporting Club One at the Aventine have teamed up to offer a *complimentary one-month membership* to any of our friends. Located just off of I-5 on La Jolla Village Drive, Sporting Club One is considered one of San Diego's finest health clubs. To receive your free one-month pass, call The Whittier at 858-626-5665.

The Road to a Cure

The La Jolla home of the Kevin and Sherry Ahern family was the site of Dr. Alberto Hayek's January lecture, "The Road to a Cure". Attended by over 40 guests, the presentation provided a

timeline of where diabetes research has been and the reality of when a cure will be available.

Hold the Dates

- The annual **Big Bear Hike**, benefiting diabetes research sponsored by The Whittier, is slated for Saturday, October 2. This provides an excellent opportunity to enjoy the fresh air of the mountains, exercise and raise money for a great cause.
- The **2004 Whittier Invitational Golf Tournament and Auction** is scheduled for October 4 at the scenic La Jolla Country Club. This year proceeds from The Institute's signature event will support Project Dulce and the Mobile Medical Unit community programs.

For more information about these events, call 858-626-5665.

New Classes

To better meet the needs of our patients, four new classes have been added to the Scripps Whittier Diabetes Program curriculum (see full listing on page 9).

Stress Management – An eight-session program designed for people with diabetes that incorporates methods of stress reduction into day to day life.

Whittier Walking Club – A weekly exercise session intended to increase lean body mass and strength while decreasing insulin sensitivity and body fat.

Yoga Exercise Training – An eight-week course to help patients experience yoga for exercise in a way that makes it easy to bring the practice to everyday life.

For more information or to enroll in any of these courses, please call 1-877-WHITTIER.



Carlos Landeros, Alberto Hayek, MD and David Marsh, MD at the Ahern family home.

The Whittier's Clinical Trials Program is Expanding

You hear the term "clinical trials" often – but what does it mean? Simply put, clinical trials are studies of new medications or devices, or new applications of established treatments, for people with diabetes. The makers of these treatments work with The Whittier to identify appropriate participants and carry out the research.

As The Whittier Institute's new Director of Clinical Research, Daniel Einhorn, M.D., is looking forward to expanding the clinical trials program. He believes the trials are a win-win for everyone involved.

"They provide opportunities for our patients to have access to the very latest therapies," Dr. Einhorn explains. "And they give us as clinicians the opportunity to learn about these therapies first, enabling us to study and teach them to doctors, patients and the media."

Plus, he adds, "Clinical trials are fun for everybody, for the participants, the doctors and the people who get to be around the studies. You are making a little bit of diabetes history every day."

The expansion of the clinical trials program will enable The Whittier to leverage its various activities to maximize the benefits for all. For example, Dr. Einhorn says, if someone comes to The Scripps Whittier Diabetes Program to learn about diabetes, they may have

the opportunity to enroll in one of the clinical trials. Conversely, someone who participates in one of the many clinical trials will have the opportunity to connect with a diabetes education program.

"Part of the hope for the future is that we will be successful enough that grateful participants may want to contribute to expand this, and we'll be able to study larger problems in the diabetes community that perhaps don't have a sponsor," explains Dr. Einhorn. "My long-term goal is to have a clinical research endowment that allows us to try to tackle important problems in our community that otherwise couldn't be taken on."

Current Clinical Trials

Investigators:

Daniel Einhorn, MD
Athena Philis-Tsimikas, MD

Study Coordinators:

Marilyn Baron, RN
Carolyn Sexton, RN, MSN

The Whittier is currently enrolling patients in the following studies. For more information, call Katherine Leslie at 858-626-5678.

Sponsor: ACON

Trial Name: On Call Now Testing new glucose meter for people with either type 1 or type 2 diabetes.

Sponsor: AstraZeneca

Trial Name: STARSHIP A 6-week study to evaluate Zocor and Lipitor in the treatment of high cholesterol in Hispanic subjects with or without diabetes.

Sponsor: GlaxoSmithKline

Trial Name: GW427353B A 12-week study to evaluate different doses of an oral agent for type 2 diabetes.

Sponsor: Kowa

Trial Name: Kowa A 12-week study of an agent as an add-on to metformin for people with type 2 diabetes.

Sponsor: Novartis

Trial Name: LAF A one-year comparison of study drug and metformin for type 2 diabetes.

Sponsor: Novartis

Trial Name: ACCOMPLISH A 5-year trial to study the effects of Lotrel to other agents in people with hypertension and two cardiovascular risk factors, with or without diabetes.

Sponsor: Pfizer

Trial Name: EXUBERA A one-year study to compare inhaled insulin vs. Avandia® as additional therapy for people with type 2 diabetes.

Sponsor: Tularik

Trial Name: TULARIK A 6-week study to evaluate an oral agent for type 2 diabetes.