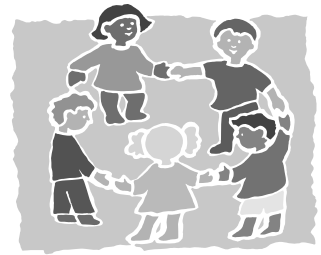




# Newsletter of the Pediatric, Adolescent, & Young Adult Section



Joslin Clinic  
Volume 5, Issue 1  
Winter 2009

## Joslin Pediatrics “Dream Team” Honored at High Hopes Gala

The Joslin Pediatrics “Dream Team” may not be made up of 7-footers who can dunk a basketball, but it sure is a winning team. Joslin’s “Dream Team” was honored at the 9th Annual High Hopes Gala, held on Saturday, November 15, for their care of Walker Allen, son of Celtics star Ray Allen and his wife Shannon.

At the Gala, the “Dream Team” was led onto stage by Dr. Lori Laffel, Chief of Joslin’s Pediatric, Adolescent, & Young Adult Section. Dr. Laffel and her teammates, Louise Crescenzi (Manager of Pediatric Operations), Deb Holtorf (Nurse Practitioner), Laurie Higgins (Coordinator of Pediatric Nutrition/Education Programs), and Jenn Douglass (Child Life Specialist), danced onto stage in their green Celtics jackets to join Shannon Allen, Celtics legend JoJo White, the Celtics cheerleaders, and Lucky, the Celtics mascot. The previous night, the Celtics had awarded Dr. Laffel with a “Heroes Among Us” award during a game at the Garden.

During the Gala, attendees heard a passionate speech from Shannon Allen and saw a video about Walker’s diagnosis with type 1 diabetes during the 2008 NBA Finals. Those in

attendance also watched a video created by the family of Blake, a Joslin Pediatrics patient from the Joslin affiliate in Syracuse, NY. You can watch these videos at [www.joslin.org](http://www.joslin.org).

All money raised at the Gala benefits the High Hopes Fund, which supports diabetes research and clinical programs.



The Joslin “Dream Team” (left to right): Deb Holtorf, Laurie Higgins, Jenn Douglass, Louise Crescenzi, and Lori Laffel

## Is Your Teddy Bear Ready for His Yearly Check-Up?



The 6th annual Joslin Teddy Bear Clinic will be held on Saturday, March 14, at the American Diabetes Association Diabetes EXPO in Boston. Bring your favorite teddy bear, doll, or stuffed animal to the Seaport World Trade Center between 10 am and 4 pm for a check-up at the Teddy Bear Clinic. Your stuffed animal or doll will get a medical record, have an eye exam, learn about nutrition, visit a hospital room, and more! The Teddy Bear Clinic will be located in the EXPO’s Youth Zone, where families can also visit the supervised exercise area and camp displays. The EXPO offers information for persons with type 1 diabetes, type 2 diabetes, pre-diabetes, and family members. It’s an event for all members of the family! Admission is FREE for the Teddy Bear Clinic AND the entire EXPO! For more information about the Teddy Bear Clinic, call 617-732-2603. For information about the EXPO, go to [www.diabetes.org/BostonExpo](http://www.diabetes.org/BostonExpo).

When:  
Saturday, 10-4  
Where:  
Seaport World Trade Ctr  
Cost: FREE!

### Parent Groups

Joslin is teaming up with JDRF to lead groups for parents of children with diabetes. For more information, go to: [www.jdrf.org/networkingcoffees](http://www.jdrf.org/networkingcoffees).

### Upcoming pump classes:

#### Insulin Pump... Is it for you?

- Wednesday, March 18, 3:30-5:00
- Wednesday, April 15, 3:30-5:00

Call 617-732-2603 for more information.

### Highlights in this Issue:

- Exercise Physiology — p. 2
- Research Opportunities — p. 3
- Aim for a Cure — p. 3
- Child Life Month — p. 4

## Pediatric, Adolescent, & Young Adult Section Team

### Endocrinologists

Lori Laffel, MD, MPH  
Chief of Pediatrics  
Joan Mansfield, MD  
Associate Clinical Director of Pediatrics  
Angelina Bernier, MD  
Sanjeev Mehta, MD, MPH  
Jamie Redgrave, MD  
Alyne Ricker, MD  
Britta Svoren, MD

### Clinical Fellows

Cielo Alleyn, MD  
Andrew Dauber, MD  
Michael Dedekian, MD  
Katherine Garvey, MD  
Christina Jacobsen, MD, PhD  
Marta Ramon-Krauel, MD  
Rebecca Riba, MD  
Natalie Shaw, MD  
Lisa Swartz, MD

### Nurse Educators

Cindy Pasquarello, BSN, RN, CDE  
Nurse Manager  
Deborah Holtorf, MSN, MPH, PNP  
Kendra Juhola, MSN, RN  
Joyce Keady, MSN, PNP  
Lisa Kuhn, BSN, RN  
Kerry Milaszewski, BSN, RN, CDE  
Liz Quinlan, BSN, RN  
Lisa Rasbach, MSN, RN, PNP

### Administrative Staff

Louise Crescenzi  
Stephanie Holloway  
Heidi Pound, MPH

### Medical Assistants

Jenny Dado  
Delshan Eddins

### Phlebotomist

Jim Carey

### Child and Family Support Team

Jenn Douglass, MEd, CCLS  
Courtney Seiter, CCLS

### Dietitians

Laurie Higgins, MS, RD, LDN, CDE  
Emily Werner, RD, LDN, CDE

### Behavioral and Mental Health

Debbie Butler, MSW, LICSW, CDE  
Ann Goebel-Fabbri, PhD  
Jessica Markowitz, PhD  
Marilyn Ritholz, PhD  
John Zrebiec, MSW, LICSW, CDE

### Research Staff

Jyoti Aggarwal, MHS  
Natalie Bucey, MA  
Melanie Hall  
Margie Lawlor, MS, CDE  
Maureen Malloy  
Hugh Murphy  
Roxanne Phillips  
Katherine Pratt  
Brittany Ryan  
Amanda Sands  
Miranda Theodore  
Lisa Volkening, MA

## Meet the Newest Members of the Joslin Pediatrics Team



### Stephanie Holloway - Medical Office Coordinator

*"It's always a plus when you love your job and the people you work with, and I do!"*

Stephanie is new to the pediatric clinic but she isn't new to the Joslin Diabetes Center. Stephanie worked in the Camp Joslin office for 10 years before joining the pediatrics team. She is excited to continue working with the children and families she knows through camp. Stephanie is a native Bostonian and she attended school at Bunker Hill Community College. In her free time, she enjoys reading and completing really large puzzles.



### Courtney Seiter - Child Life Specialist

*"I can't wait to get to know each one of you!"*

Courtney grew up outside of Atlanta, Georgia. She received her Bachelor's degree and child life training at the University of Georgia and completed an internship at Children's Healthcare of Atlanta. Before moving to Boston in October, Courtney was a Child Life Specialist in the neonatal intensive care unit at Children's Healthcare of Atlanta at Egleston. In her free time, she likes to mountain bike, snow/water ski, ride horses, hike, watch movies, and spend time with her friends and husband.

## Q&A

**Q:** What do Joslin's exercise physiologists do?

**A:** Exercise is an important part of healthy living and diabetes management. Physical activity can help manage blood glucose levels, weight, and cholesterol, and it's good for your heart. Joslin has two registered clinical exercise physiologists, Jacqueline Shahar, MEd, RCEP, CDE, and Michael See, MS, RCEP, who help patients with diabetes incorporate exercise into their diabetes management plans in a safe and effective way.

Your initial 60-minute appointment with an exercise physiologist will be tailored to meet your specific needs, and includes information about how to:

- Improve your diabetes control
- Get started on an exercise program
- Lose weight and keep it off
- Identify barriers to becoming more active and find solutions to overcome them
- Avoid hypoglycemia and/or hyperglycemia during and after exercise
- Optimize sports performance
- Avoid and manage sports-related injuries
- Update your exercise program to increase stamina, strength, and flexibility



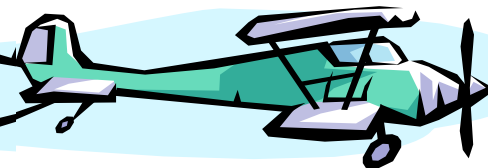
To get the most out of your visit, Joslin's exercise physiologists recommend that you bring exercise, blood glucose, and insulin records from the previous 4 to 5 days. You'll return for a 30-minute appointment to help track your progress in reaching the goals set at your first appointment.

If you have type 1 or type 2 diabetes, these visits will likely be covered by insurance under "diabetes education". Call your insurance provider for more information.

For more information or to make an appointment, call 617-732-2603.

## Exercise Physiology at Joslin

# Research Opportunities at Joslin



## The Tolerance Study

**Description:** This study is trying to better understand what causes type 1 diabetes to help find new ways to prevent or reverse the disease. The study is being done with researchers at Harvard Medical School and is funded by the Juvenile Diabetes Research Foundation. The study visit includes the completion of questionnaires and a blood draw.

**Recruiting:** The study is currently recruiting people ages 18 years and older both with and without type 1 diabetes.

**Contact:** Roxanne Phillips at 617-732-2481 or roxanne.phillips@joslin.harvard.edu

## The TaWC Study

### Treatment and Weight Concerns in Diabetes

**Description:** This study looks at diabetes treatment, eating habits, and adjustment to living with diabetes. Study visits occur at regular follow-up appointments and involve completing surveys.



**Recruiting:** Youth, ages 10-17, with type 1 diabetes, either recently diagnosed or planning to start insulin pump therapy, along with a parent or guardian

**Contact:** Katherine Pratt at 617-732-2699 x4633 or katherine.pratt@joslin.harvard.edu

## Type 1 Diabetes Risk Assessment

### The Natural History Study – TrialNet

**Description:** This study aims to identify youth and adults at risk for type 1 diabetes by testing for diabetes-related antibodies in relatives of people with type 1 diabetes. It involves a single blood test. People who test positive will be eligible for further testing and may be eligible to participate in prevention trials.

**Recruiting:** Parents, children, & siblings, ages 1-45, and cousins, grandchildren, nieces, & nephews, ages 1-20, of people with type 1 diabetes

**Contact:** Heyam Jalahej at 617-732-2524 or heyam.jalahej@joslin.harvard.edu

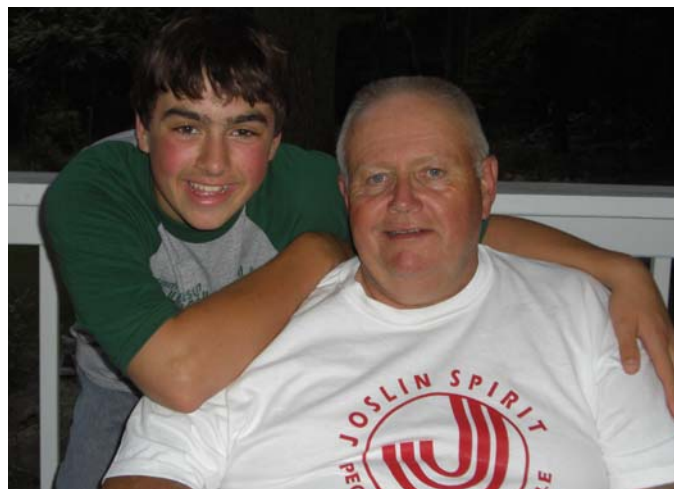
## Joslin Family “Aims for a Cure” with Sporting Event

Drake Lasbury’s family has no history of diabetes, so when his grandson Kyle was diagnosed with type 1 diabetes at the age of four, he was determined to learn everything he could about diabetes. From the very beginning, Drake was involved in Kyle’s diabetes care, accompanying Kyle and his family on trips from Pawcatuck, CT, to a diabetes program in Rhode Island and to the Joslin Diabetes Center.

Because of the wonderful care Kyle has received at Joslin, Drake wanted to do even more to help. He spoke to his fellow members at the Groton Sportsmen’s Club of Stonington, CT, and learned that many of them had been personally affected by diabetes. Some had diabetes themselves and others had friends or relatives with diabetes. At Drake’s initiative, the Groton Sportsmen’s Club decided to sponsor a fundraiser and “Aim for a Cure” was born. This multi-day event includes a 5-stand sporting clay

shotgun event, 3-D archery, raffles, and refreshments. “Aim for a Cure” has raised \$22,500 over the past 4 years.

“The event would not be a success without the help and generosity of our fellow sportsmen,” Drake said. All expenses are donated by the club or by



Kyle Smith with his grandfather, Drake Lasbury

club members, allowing all proceeds to be donated to the Joslin Diabetes Center’s High Hopes Fund, which is dedicated to improving the lives of people with diabetes and finding a cure.

The 5th Annual “Aim for a Cure” will begin on May 3rd with the sporting clay event and will continue on June 13th and 14th with the 3-D archery shoot.

For more information, call Drake Lasbury at 860-599-2209.







# CORNER

## CAMP JOSLIN CLARA BARTON CAMP

CAMP

### Winter Camp Program a Huge Success



Twenty-six teens attended The Barton Center's 4-day Winter Camp program in December at the North Oxford, MA, facility. The program opened with a conversation on "how to talk to your parents" using "I" statements and how to set boundaries in family conversations to make the interactions more productive. One discussion focused on drug and alcohol use, including talk of safety, illegality, and how drugs and alcohol impact diabetes management.

Other activities included hiking, kick boxing, jazzercise, and meditation. In a nutrition challenge, campers won baking ingredients by answering questions correctly. Then they used the ingredients in a cookie bake-off, during which they calculated, with the help of Barton's health care team, the number of carbs per cookie.

Campers also played a new, soon-to-be popular, game called "Campopoly". Campers ran around camp collecting coins and property while John Latimer, Barton Director of Camps & Programs, who was dressed as a fairy, skipped around camp giving coins to participants who were near bankruptcy. The effort John put into his role added an interesting twist to the game and made for lively conversations at the lunch tables!



Thank you to Bonny Huston from The Barton Center for contributing this article.

**Caregivers Weekend:** April 24-26, 2009 (overnight)

Co-ed, All Ages

This program is for friends and family members who want to learn more about managing diabetes.

**Life After High School Program:** May 15-17, 2009 (overnight)

Co-ed, Ages 17-20

Location: Massachusetts College of Pharmacy & Health Sciences, Boston

**Summer Camp Programs**

Registration information for summer sessions at Clara Barton Camp and Camp Joslin is available at [www.bartoncenter.org](http://www.bartoncenter.org). Sessions fill up quickly, so register soon!

For more information about these programs, go to: [www.bartoncenter.org](http://www.bartoncenter.org) or call: 508-987-2056.

## Mark Your Calendars: Spring and Summer Events at Joslin

There may be snow on the ground, but spring is right around the corner! Get ready for the warmer months and mark your calendars for these events:

**Tour of Fenway Park**

**When:** Wednesday, May 20, 2009  
1:00 pm

**Who:** Teens and a parent or guardian



Don't miss one of our most popular events. Be on the lookout for more information!

**Summer Magic**

**When:** Wednesday, July 15, 2009  
5:00-7:00 pm

**Who:** Everyone!



Come to Joslin for an evening of food, friends, activities, and of course, magic!

CROSSWORD PUZZLE ANSWERS:  
ACROSS: (1) Aretha Franklin (3) Jay Hewitt (5) Mary Tyler Moore (10) Kevin Covais (12) Nick Jonas (13) Gary Hall  
DOWN: (1) Adam Morrison (2) Nicole Johnson (3) Jay Leeuwenburg (4) Mike Huckabee (6) Randy Jackson (7) Elliott Yamn  
(8) Jason Johnson (9) Jay Cutler (11) Chris Dudley

# KID'S PAGE

Did you know... that all of these famous people have diabetes?

**ATHLETES:**

- Bobby Clarke - NHL (hockey)
- Jay Cutler - NFL (football)
- Chris Dudley - NBA (basketball)
- Kris Freeman - Cross-country skier
- Gary Hall - Olympic swimmer
- Jay Hewitt - Triathlete
- Chris Jarvis - Olympic rower
- Jason Johnson - MLB (baseball)
- Jay Leeuwenburg - NFL (football)
- Michelle McGann - LPGA (golf)
- Adam Morrison - NBA (basketball)
- Shannon Standridge - Triathlete
- Scott Verplank - PGA (golf)



**MUSICIANS & ENTERTAINERS:**

- Halle Berry
- James Brown
- Johnny Cash
- Dick Clark
- Kevin Covais
- Miles Davis
- Bo Diddley
- Ella Fitzgerald
- Aretha Franklin
- Jerry Garcia
- Randy Jackson
- Nick Jonas
- B.B. King
- Larry King
- Patti LaBelle
- Tommy Lee
- Mary Tyler Moore
- Elvis Presley
- Della Reese
- Sharon Stone
- Luther Vandross
- Elizabeth Taylor
- Elliott Yamin
- Neil Young



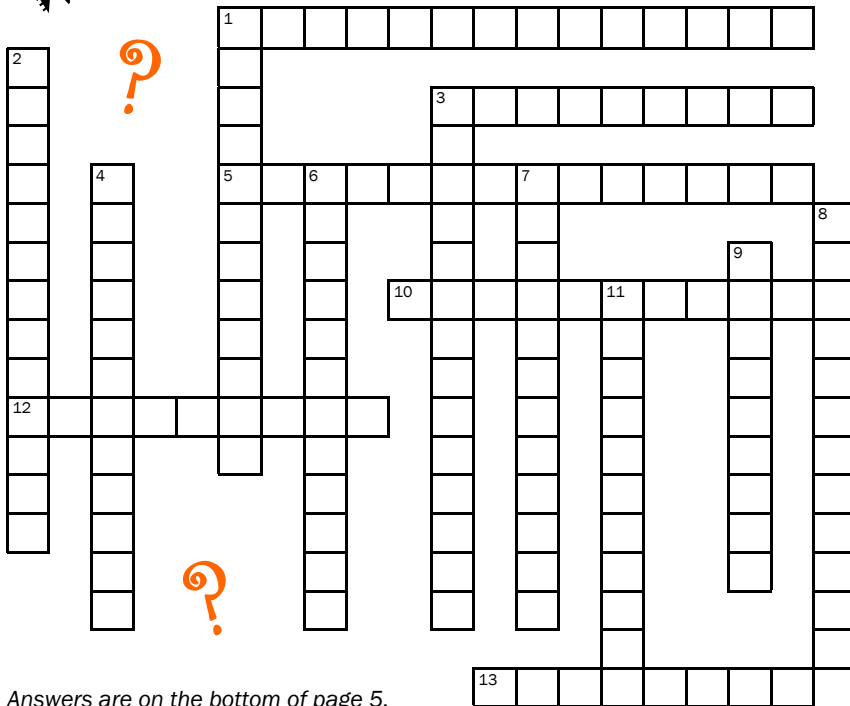
**WRITERS & MORE:**

- Thomas Edison—Inventor
- Ernest Hemingway—Author
- Mike Huckabee—Politician
- Laura Ingalls Wilder—Author
- Nicole Johnson—Miss America
- Ken Kesey—Author
- Bob Schieffer—TV news journalist
- H.G. Wells—Author



## Who Am I?

Can you fill in the famous people with diabetes in the crossword puzzle? Look for their names above.



Answers are on the bottom of page 5.

**ACROSS:**

- (1) Some people call me the “Queen of Soul”
- (3) I’m an Ironman triathlete and captain of Team Joslin
- (5) I’ve been the International Chair of JDRF for over 20 years... and I’m an actress
- (10) As a contestant on American Idol, I was nicknamed “Chicken Little”
- (12) My brothers and I have a popular band
- (13) I won 10 Olympic medals for swimming, including 5 gold medals

**DOWN:**

- (1) I was selected 3rd overall in the 2006 NBA draft
- (2) I promoted diabetes advocacy as Miss America in 1999
- (3) I played in the NFL for 9 years and I wrote a book titled, “Yes I Can! Yes You Can!”
- (4) I’m a former governor of Arkansas... and I ran for president in 2008
- (6) I’m an American Idol judge—maybe you’ve heard me ask contestants, “What’s up, dawg?”
- (7) I finished 3rd on American Idol in 2006
- (8) I was a pitcher for the Red Sox in 2006
- (9) During football season, you’ll see me playing quarterback for the Denver Broncos
- (11) I played in the NBA for 16 years



One Joslin Place, Boston, MA 02215  
 Pediatric, Adolescent, & Young Adult Section  
 (617) 732-2603

**Comments or suggestions?**

E-mail Heidi at [heidi.pound@joslin.harvard.edu](mailto:heidi.pound@joslin.harvard.edu)

- Jenn Douglass
- Laurie Higgins
- Heidi Pound
- Alyne Ricker, MD — Medical Advisor
- Courtney Seiter
- Lisa Volkening
- Emily Werner