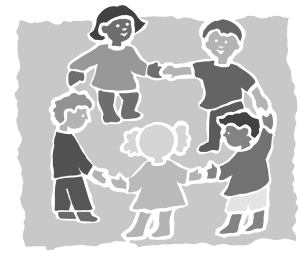




# Newsletter of the Pediatric, Adolescent, & Young Adult Section



Joslin Clinic  
Volume 6, Issue 2  
Spring 2010

## Olympian Kris Freeman not Stopped by Diabetes



Photo credit: Lou Dzierzak, DiabetesHealth.com 1/9/2010

Ever dream of competing in the Olympics? Think it's impossible if you have diabetes? That was what Kris Freeman was told when he was diagnosed with type 1 diabetes at the age of 20. Ten years later, he raced in his third Winter Olympics as the top cross-country skier for the US. Freeman is one of the few professional athletes with type 1 diabetes to compete in the Olympics, and he is the only person with diabetes to ever race in an Olympic endurance event.

Cross-country skiing is a fast-moving, challenging sport with no breaks. Skiers climb hills, pass over flat lands and fly down hills as fast as their lungs and legs will let them. At the age of one, Kris' father introduced him to cross-country skiing by pulling him in a sled as he skied and he has loved the sport ever since.

When it comes to his diabetes management, Kris said that he is very disciplined about his meal plan, insulin therapy, and glucose checking. "I have to keep my blood glucose under control to compete at a world-class level."

In the 2010 Winter Olympics, Kris was slowed, but not stopped, when his glucose level dropped dramatically in the middle of a race. He was forced to pull over and lay in the snow for three minutes and he knew then he had no chance of winning the race. But instead of giving up, Kris drank an energy drink and finished the race.

What's important is Kris Freeman's desire to keep going, be the best, and inspire kids living with type 1 diabetes. "One of the things I want to do is make sure kids don't get the message that there are any limitations." His advice? "Learn as much as possible about the disease and the treatments available. Educating yourself is the key to success with diabetes."

(composed of interviews published by JDRF Kids Online, dLife, DiabetesHealth, ESPN, & DiabetesMine)



## Bonding with the Jonas Brothers

Have you ever seen a parent throw a temper tantrum over concert tickets? Well, Amy Risacher, mother of 8-year-old Joslin patient Denise Risacher, did just that when she entered the Mix 98.5 radio station's "Tantrum for Tickets" contest last summer. Callers were given 15 seconds to throw a tantrum for the chance to win tickets to the Jonas Brothers concert at the Boston Garden. Not only did Amy's tantrum win her tickets, she won a "meet and greet" with the Jonas Brothers for her daughter, Denise. When it was Denise's turn to take a picture with the Jonas Brothers, she showed Nick Jonas her insulin pump, which she has worn for over a year as part of Joslin's STAR 3 study. Nick, who has type 1 diabetes, took Denise aside and showed her his pump, and she had a special picture taken with just him. "It was the best birthday gift I could have given her," said her mom. "Denise now feels like she and Nick are friends."



## The Joslin Pediatric & Young Adult Clinic is getting a makeover!

During the renovations, the clinic has temporarily moved to Unit 2 on the second floor.

Look for signs!

### Highlights in this Issue:

- Upcoming Events
- Research Opportunities
- How to Get Connected
- Activity Recap!

## Pediatric, Adolescent, & Young Adult Section

### Endocrinologists

Lori Laffel, MD, MPH  
Chief of Pediatrics  
Joan Mansfield, MD  
Assoc. Clinical Director of Pediatrics

Angelina Bernier, MD

Allison Cohen, MD  
Sanjeev Mehta, MD, MPH  
Alyne Ricker, MD

### Clinical Fellows

Cielo Alleyn, MD  
Elvira Isganaitis, MD, MPH  
Jessica Markowitz, PhD

### Nurse Educators

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Nurse Manager  
Ashley Atkins, RN, MSN, CPNP  
Liz Foster, BSN, RN  
Deb Holtorf, MSN, MPH, PNP, BC-ADM  
Joyce Keady, MSN, RN, PNP  
Lisa Kuhn, BSN, RN  
Kerry Milaszewski, BSN, RN, CDE  
Lisa Rasbach, MSN, RN, PNP

### Administrative Staff

Louise Crescenzi  
Stephanie Holloway  
Alana Telian, MA

### Medical Assistants

Jenny Dado  
Stephanie Ellis

### Phlebotomist

Jim Carey

### Child and Family Support Team

Micaela Francis, CCLS  
Liz Heim, CCLS

### Dietitians

Lindsay Friedman, RD, LDN  
Laurie Higgins, MS, RD, LDN, CDE

### Behavioral and Mental Health

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

### Research Staff

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

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

Classes held 3:00-5:00pm on...

Fri, May 7th  
Wed, May 19th  
Fri, June 4th  
Wed, June 16th

For more info., call 617-732-2603

# Meet the Newest Members of the Joslin Pediatrics Team



### Allison Cohen, MD — Adult Endocrinologist

Although she is new to Pediatrics, Dr. Cohen is not new to Joslin, having completed her fellowship at Joslin and Beth Israel Deaconess Medical Center. Dr. Cohen is a physician in the Adult Clinic at Joslin and recently started seeing teens and young adults one day a week in the Pediatric Clinic. Originally from Connecticut, Dr. Cohen moved to Boston after she finished medical school at the University of Connecticut. When she's not at work, she likes to spend time with her husband and her 2½ and 3½ year old children.



### Ashley Atkins, RN, MSN, CPNP — Nurse Practitioner

Ashley joined the Pediatric team in September 2009. She grew up in Barnstable, MA, and graduated from Harvard University, where she played varsity volleyball. After college, she went to nursing school at Yale University and then moved back to Boston. In her free time, Ashley loves to play tennis, go to the beach, and spend time with friends and family. She's been very impressed by how the children at Joslin are able to balance friends, school, activities, and diabetes, and looks forward to meeting many more families at Joslin.



### Micaela Francis, CCLS — Child Life Specialist

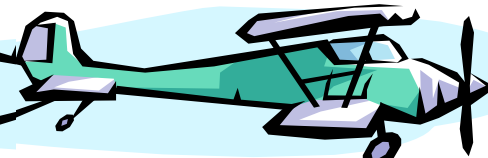
Micaela, once an intern at Joslin, is now one of the newest members of the Joslin Pediatrics team. Micaela graduated from Wheelock College (just down the street from Joslin) last May, and spent this past fall working as a behavioral assistant at Brookside Elementary School. In her free time, Micaela loves scrapbooking, shopping, and spending time with friends and family. She has always loved working with children and their families in a medical setting and looks forward to meeting the families at Joslin!



### Liz Heim, CCLS — Child Life Specialist

Liz moved to Boston in 2003 all the way from Minnesota to attend Stonehill College. After graduating, she stayed in Boston and enrolled in the Master's program in Child Life at Wheelock College, which she'll complete in the spring of 2010. In her free time, she likes to play sports, watch the NBA, hang out with friends, read, and cook. She also loves to travel and learn about other cultures. Liz is constantly inspired by the strength of children with diabetes and their families, and is excited to be a part of the team at Joslin.

# Research Opportunities at Joslin



## The Tolerance Study

**Description:** This study is trying to help us 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:** Individuals, 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

## 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

## ADA Abstracts

*See what the Joslin team has been up to!*

### Challenges with Healthful Eating in Youth with Type 1 Diabetes (T1D) Despite Flexible Insulin Therapy

S. Mehta, D. Haynie, N. Bucey, B. Ryan, E. Robinson, C. Duffy, A. Rovner, H. Pound, M. Theodore, L. Higgins, T. Nansel, L. Laffel

We conducted focus groups with 35 youth with type 1 diabetes (12 groups) and their parents (9 groups) to explore their definitions of healthful eating and perceptions of the impact of diabetes management on eating behaviors. Youth participants were 8-20 years old. In general, youth and parents defined healthful eating as maximizing foods that are high in nutrients (fruits and vegetables) while minimizing foods with few nutrients and lots of calories (sweets and fast foods). Many parents and youth also included foods' glycemic responses and/or carbohydrate content in their definitions of healthful eating. Some parents said that pump therapy allowed greater flexibility in meal planning. However, some parents also associated this flexibility with less healthful food choices and eating behaviors.

### Intensive Insulin Therapy in Youth with Type 1 Diabetes is Not Associated with Untoward Weight Gain

L. Laffel, L. Volkening, B. Anderson, J. Weissberg-Benchell, T. Wysocki, T. Nansel

We explored whether or not intensive insulin therapy is associated with weight gain since the introduction of several new types of insulin. To do this, we assessed 417 youth with type 1 diabetes from 4 diabetes centers across the U.S., including Joslin. Youth were ages 9-14 years old. Most youth were using intensive insulin therapy, either basal-bolus injections (40%) or pump therapy (35%). There was no difference in z-BMI (age- and gender-adjusted body mass index) between youth using intensive insulin therapy and youth using conventional insulin therapy. These findings indicate that weight gain no longer appears to be an expected negative outcome of intensive insulin therapy.

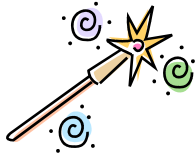
## Q&A

### Q: What are ketones?

**A:** Ketones are chemicals that show up in blood and urine when the body is breaking down fat for energy. This can happen when there isn't enough insulin to allow the sugar to be used for energy, or when someone has not been eating enough food. Ketones should be checked when blood glucose is above 250 mg/dL.

There are 2 ways to check for ketones: urine strips read by visual inspection or blood strips used with a portable meter. Blood ketone monitoring is the most accurate method. Urine ketone strips can be less accurate. Blood ketones reflect the current level of ketones in the body while urine ketone strips reflect the level of ketones in the body during the past few hours due to the lag time needed for ketones to appear in urine.

# Activity Recap!



## Summer Magic June 2009

More than 30 families attended Joslin's annual Summer Magic event in June. Families enjoyed a fantastic night of fun activities, including crafts, Hawaiian limbo, dinner, and a fabulous magic show performed by two Boston magicians! Parents and children especially enjoyed the "balloon man," who created elaborate balloon animals, hats, bikes, and famous cartoon characters. **This year's Summer Magic is Wednesday, July 14 at 5:00pm.**



## Fenway Tours for 8-12 year olds August & November 2009

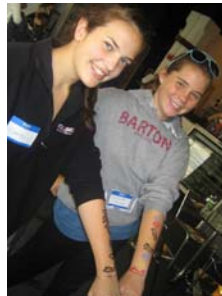


The Joslin Teen Fenway Tour has always been a popular event and this year, for the first time, Joslin Pediatrics was able to offer two exclusive Fenway Tours for our 8-12 year old patients. It was an awesome event with over 50 families attending. Kids were thrilled to watch batting practice, and everyone learned fun facts about Fenway Park and some of our favorite players of the past. Then the kids sat on the roof deck by right field, the Green Monster in left field, and inside of the press box! We had a blast and look forward to baseball season 2010!



## Teen Tomb Adventure Event October 2009

On Columbus Day, a group of daring teens headed up the street to 5WITS Tomb for a bone chilling adventure! Our teens made their way through a series of rooms solving mysteries about a pharaoh whose tomb was recently discovered. Our teen participants were certainly up to the challenge as each group successfully completed the daunting tasks!



## Halloween Party October 2009



The annual Joslin Pediatrics Halloween Party was a big hit once again! Over 40 families came to Joslin for an afternoon of fun-filled activities, including crafts, face painting, pumpkin bowling, and more! Everyone looked awesome in their elaborate Halloween costumes. Based on the line to get in, the haunted house seemed to be the highlight of the afternoon! **This year's Halloween Party is Saturday, October 30 from 1:00-3:00pm.**



# Upcoming Events

## Joslin's Annual Teddy Bear Clinic

The Joslin Teddy Bear Clinic helps young patients, their friends, and families learn about healthy habits and diabetes basics. Children bring their favorite doll, teddy bear or stuffed animal and visit several craft and medical play stations. There are tons of fun activities, games, prizes and fun teachable moments for all!



**When:** May 1, 2010  
**Where:** Joslin Diabetes Center  
**Who:** Children ages 2-12 & their families  
**Time:** 1:00-3:00 pm

To sign up, contact Liz Heim at:  
 (617) 732-2699 ext. 4529 or  
 elizabeth.heim@joslin.harvard.edu

## Teen & Parent Fenway Park Tour

Come join us for a tour of our beloved Fenway Park!



**When:** June 30, 2010  
**Where:** Starts at Joslin Diabetes Center  
**Who:** Teens (13-18) & 1 parent per family  
**Time:** 1:00 pm



We will meet at Joslin at 1:00 for some light snacks and then walk over to Fenway Park for a 2:00 tour of the ball field.

For questions and reservations, contact Debbie Butler at  
 (617) 264-2746 or [deborah.butler@joslin.harvard.edu](mailto:deborah.butler@joslin.harvard.edu)

## Summer Camps are right around the corner!

**That means it's time to send in your applications for  
 Camp Joslin and Clara Barton Camp to  
 The Barton Center for Diabetes Education, Inc.**

**To apply for camperships, contact the Barton Center at 508-987-2056.  
 Remember, campership funding is limited and awarded on a first-come,  
 first-serve, sliding-scale basis.**

Camp Joslin is operated by The Barton Center for Diabetes Education, Inc. The Barton Center owns and operates Clara Barton Camp and all Fall, Winter, and Spring programs. For more information about The Barton Center, Clara Barton Camp, Camp Joslin, or any other events, please go to [www.bartoncenter.org](http://www.bartoncenter.org) or call 508-987-2056.



## Get Connected

Connect with other parents and teens living with diabetes!

### Joslin Discussion Boards

Parents: <http://forums.joslin.org/JoslinDiscussionBoards/42.aspx>  
 Teens: <http://forums.joslin.org/JoslinDiscussionBoards/41.aspx>

### Family Link

Connect with other families:  
[www.diabetes.org/family-link-massachusetts-family-link.jsp](http://www.diabetes.org/family-link-massachusetts-family-link.jsp)



JDRF Social networking Web Site  
[http://juvenation.org/user/cs\\_jdrf\\_home/](http://juvenation.org/user/cs_jdrf_home/)



Planet D for kids and teens  
<http://tracker.diabetes.org>

Children with Diabetes.com (CWD) Chatrooms & Forums  
[www.childrenwithdiabetes.com/chat](http://www.childrenwithdiabetes.com/chat)

Also, check out [www.joslin.org](http://www.joslin.org) Joslin Diabetes Center's online web site!

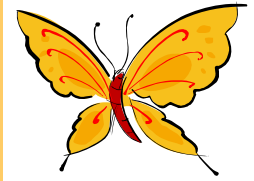
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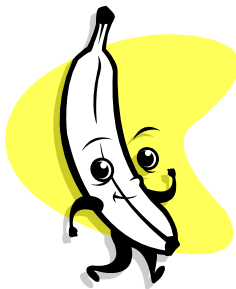
## Word Search!

- SPRING
- PICNIC
- RAINBOW
- SUNNY
- TULIP
- BIKING
- GRASS
- RAIN
- WALKS
- BUTTERFLY
- BIRDS
- WARM
- OUTSIDE
- GARDENS
- WORMS
- BLOOM

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## Recipe: Breakfast Banana in a Blanket TO-GO!



### Ingredients:

- 1 (6-inch) wheat tortilla
- 1 Tb reduced-fat smooth peanut butter
- 1 medium banana
- 1 tsp maple syrup or honey
- 1 Tb crunchy, nutty cereal

### Directions:

- (1) Lay tortilla on a plate
- (2) Spread peanut butter evenly on tortilla
- (3) Sprinkle cereal over peanut butter
- (4) Peel and place banana on the tortilla
- (5) Roll the tortilla
- (6) Drizzle maple syrup or honey on top

(Tip: To decrease carbs to 50 g, only use half of the banana)

### Nutrition Facts:

(serving size: 1)

Calories: 303  
 Fat: 6.4 g  
 Protein: 9 g  
 Carbohydrates: 63 g



**Joslin Diabetes Center**

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Pediatric, Adolescent, & Young Adult Section

(617) 732-2603

### Comments or suggestions?

E-mail Alana at [alana.telian@joslin.harvard.edu](mailto:alana.telian@joslin.harvard.edu)

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