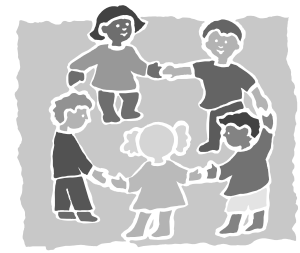


Newsletter of the Pediatric, Adolescent, & Young Adult Section



Joslin Clinic
Volume 6, Issue 3
Fall 2010

The Pediatric Newsletter and news of pediatric events will now only be distributed by e-mail. To sign up for e-mails, go to: http://www.joslin.org/phs/pediatric_e-mail_signup.html

New Pediatrics Department Now Open

On Friday August 6th, the Joslin Pediatrics Clinical staff packed up their boxes and moved out of their temporary location within the Adult Clinic into the renovated Pediatrics department. The floors were shiny, the chairs new, the exam tables white and spotless. For five months, the Joslin facilities team tore down walls and built new ones, remodeling the department to make it more accessible to patients and their families.



"The colors and the brightness of the rooms are really fun. It's very inviting and kid-friendly," says Lindsay Friedman, RD. "It used to be so much more congested."



"The entire facilities team worked tirelessly throughout this process...to make our exam rooms ideal for our pediatric families," said Dr. Lori Laffel, Chief of the Pediatric Department. Louise Crescenzi, Manager of Pediatric Operations, and a friendly face you might recognize at the registration desk, could not say enough good things about the new department as she gave me a tour of the rooms. "I think it's fabulous. I can't tell you how fabulous I think it is. It's so friendly." Lisa Sajedi, the mother of 8 year old Gabriella, a patient at Joslin since 2007, loves the look of the new department. "The new office space and playroom look fabulous! Everything is so bright and airy."

Liz Foster Acknowledges 20 Years of Diabetes with a Triathlon

The Pediatric department's own Liz Foster, RN, BSN recently completed a triathlon on the same day as her 20 year anniversary since she was diagnosed with type 1 diabetes! The triathlon took place on a beautiful day in Maine and consisted of 0.3 miles of swimming, 17 miles of biking and 3.1 miles of running.

How do you feel about passing the 20 year mark since diabetes onset?

I can't believe how much time has passed. It seems like just yesterday I was in the hospital with my parents and sisters.

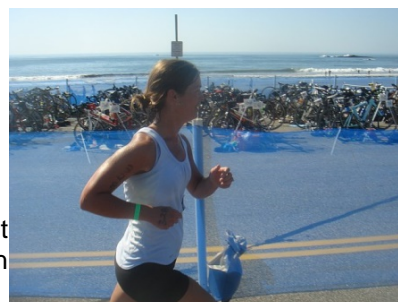
How did you train for the triathlon?

Because I run at least 4 times a week, I focused

mostly on the biking and swimming. I trained for about 2 months.

How did you prepare on the day of the triathlon, in terms of your diabetes?

I used (a basal insulin) the weekend of my triathlon. I was eating during the transition times.



Liz Foster during the running portion of the triathlon.

Do you have any advice for athletes with type 1 diabetes?

Never let diabetes hold you back from your goals!

Highlights in this Issue:

- Events
- Research Opportunities
- Camp Corner



Pediatric, Adolescent, & Young Adult Section

Endocrinologists

Lori Laffel, MD, MPH
Chief of Pediatrics
Joan Mansfield, MD
Assoc. Clinical Director of Pediatrics
Cielo Alleyn, MD
Angelina Bernier, MD
Allison Cohen, MD
Sanjeev Mehta, MD, MPH
Alyne Ricker, MD

Clinical Fellows

Elvira Isganaitis, MD, MPH

Nurse Educators

Cindy Pasquarello, BSN, RN, CDE
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
Georgia Feuer, BA

Medical Assistants

Jenny Dado
Stephanie Ellis

Phlebotomist

Jim Carey

Child and Family Support Team

Micaela Francis, CCLS
Liz Heim, CCLS

Dietitians

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

Behavioral and Mental Health

Debbie Butler, MSW, LICSW, CDE
Jessica Markowitz, PhD

Research Staff

Jyoti Aggarwal, MHS
Michelle Katz, MD
Margie Lawlor, MS, CDE
Maureen Malloy, BS
Roxanne Phillips, BS
Brittany Ryan, BA
Amanda Sands, BS
Miranda Theodore, BA
Lisa Volkening, MA

Insulin Pump... Is it for you?

Classes held 3:30-5:00pm on...

Wednesday 10/20/2010
Tuesday 10/26/2010
Monday 11/08/2010
Wednesday 11/17/2010
Wednesday 12/15/2010
Monday 12/27/2010

For more info, call 617-732-2603

Meet the Newest Members of the Joslin Pediatrics Team



Lindsay Friedman, RD,LDN – Nutrition Educator



Lindsay was born and raised in Boston, but she left the state of MA to attend the University of Connecticut and to do an internship at the Vanderbilt University Medical Center. She comes to Joslin after starting her career as a nutrition counselor for people with eating disorders. She loves to travel, spend time with family and friends, and to sit on the beach from sunrise to sunset with a good book, listening to the waves. Her clinical interest is in finding more ways to help people focus on healthy, active lifestyles despite the challenges of today's busy schedules.

Cielo Alleyn, MD – Pediatric Endocrinologist



You may have seen Cielo at the Joslin previously when she was doing her joint fellowship with Joslin and Children's Hospital. When she finished her fellowship at the end of June 2010, she became a staff member of our Pediatric Clinic. She completed her undergraduate degree at Georgetown University, then went to medical school at the Universidad del Caribe in Puerto Rico. Interacting with families is what Cielo likes most about her job, and in her free time she likes photography and watching Red Sox games.



VISITORS: WHO'S BEEN COMING TO JOSLIN?

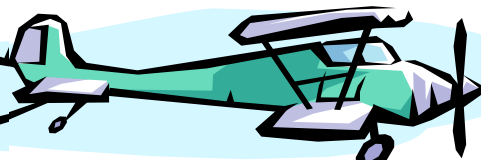
Motivational speakers who spoke to staff and patients:

- **September 2010:** Phil Southerland has been a cycling competitor since the age of 13, despite being diagnosed with type 1 diabetes when he was only 7 months old. In 2004, he co-founded Team Type 1 with Joe Eldridge (below).
- **July 2010:** Joe Eldridge was diagnosed with type 1 diabetes at the age of 10, but that didn't stop him from becoming a competitive cyclist. Eldridge and teammate Phil Southerland founded Team Type 1 in 2004. They share a passion for cycling as well as the drive to manage their diabetes and inspire people to exercise, eat right, and take care of themselves. Learn more at www.teamtype1.org.
- **February 2010:** Missy Foy is the only runner with diabetes to ever qualify for Olympic trials. She is an elite endurance runner, who was diagnosed with type 1 diabetes ten years ago. Missy took second place at the US 50 Mile National Championships in September 2007 and in 2005 she was ranked in the top ten in the world for 50 Miles.

Visitors who came to Joslin to learn:

- **July 2010:** Pei Kwee Lim is a diabetes nurse educator at KK Women's and Children's Hospital in Singapore. Pei Kwee had the opportunity to spend time at the Joslin Camp as well as at the Joslin Clinic, observing the providers during the month of July.
- **June-August 2010:** Claudia Diaz, a medical student from the University of Washington, came to study family involvement in diabetes management.
- **September 2009-March 2010:** Jefte Drijvers, a medical student, came all the way from the Netherlands to study vitamin D levels in kids with diabetes.

Research Opportunities at Joslin



The CHEF Study

The CHEF Study: Cultivating Healthy Environments in Families with Type 1 Diabetes

Description: The CHEF study will explore how family lifestyle behaviors, such as healthy eating and exercise, affect diabetes management in children and teens with type 1 diabetes. The study involves 14 family visits, either in person or by phone, and 2 group sessions over an 18-month period. Many of the visits will be on the same days as regular clinic appointments, but some visits will occur between appointments. Families in the intervention group will receive educational information about healthy eating. Families in the usual care group will receive this information at the end of the study. The study also includes completion of surveys and 3-day food records by youth and parents and blood draws for youth. Youth will also wear a masked continuous glucose monitor for 3 days at a time, every 3 months.
Recruiting: Youth with type 1 diabetes receiving care at Joslin, ages 8-16 years, and their parents or legal guardians
Contact: Brittany Ryan at 617-309-4523 or brittany.ryan@joslin.harvard.edu

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 617-309-2481 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



Research Update

What has the Joslin Pediatric Research Team been up to?

Our staff has been busy with various research projects. Earlier in the year, Dr. Alleyn and colleagues published an article in *Diabetic Medicine* about the occurrence of microalbuminuria in patients between the ages of 8-18. Dr. Alleyn found that the occurrence of microalbuminuria in older children may be clinically significant but in younger children it may reflect reversible kidney changes. Dr. Markowitz and her colleagues also published an article in *Diabetes Care* this year about a brief screening tool for disordered eating in diabetes. This screening tool was developed at Joslin and then updated and validated by Dr. Markowitz and her colleagues. More recently, Dr. Mehta published an article in the journal *Endocrinology and Metabolism Clinics of North America* which summarizes current diabetes treatment recommendations and goals, and how recent advances in diabetes research and technology have impacted health outcomes.



Joslin Patient Receives VIP Tickets to see Jonas Brothers

The Jonas Brothers generously gave two tickets to see them in concert to Lilly Levine and her father, who both had a great time.

Q&A

Q: How do I figure out how many carbs are in my favorite recipe?

A: Look up the carbs of all the ingredients in your recipe, add them up, then divide by the number of servings. This will give you the number of carbs in one serving. So for example, if your favorite fruit smoothie recipe is:



- ½ cup skim milk 6 grams carb
- ½ cup frozen blueberries 10 grams carb
- ½ cup vanilla ice cream 15 grams carb



The total carbohydrate in the recipe is 31 grams for the entire smoothie (1-1/2 cups) or 15 for ½ the recipe.

Past Events



Teddy Bear Clinic May 1st, 2010

On May 1st, we hosted our annual Teddy Bear Clinic. Many of our patients brought their teddy bears and their families for a day of fun-filled activities. The teddy bears went to different stations for physical exams, eye check ups, lab work, a brief hospital stay and for exercise and nutrition information.



Summer Magic July 14th, 2010

On July 14th, we had our annual Summer Magic event. Families came for an evening filled with activities, a picnic style dinner and a fabulous magic show. Many families thought that this was the best magician we have had so far!



Fenway Tours June/August 2010

We also led 3 very successful tours of Fenway Park this summer. In June, we brought about 25 teens and their families on a tour of Fenway Park, and in August, we brought another 35 of our Joslin preteens and their families to Fenway. Debbie Butler, MSW, who helps to organize these events says, "This is one of our most popular events. It is great to see the kids and teens have so much fun with their families and also have the opportunity to talk to other people living with diabetes as well as Joslin staff." 9-year-old Connor Andrews had this to say about the tour: "Sitting on top the green monster was awesome! Thanks a lot Joslin."



Upcoming



Halloween Party October 30, 2010

The annual Joslin Halloween Party is right around the corner. Make sure you come in costume to an afternoon of fun-filled activities, including crafts, face painting, pumpkin bowling, and more!

This year's Halloween Party is Saturday, October 30 from 1:00pm-3:00pm. RSVP to Liz Heim at elizabeth.heim@joslin.harvard.edu or call 617-309-4529

Mini Teddy Bear Clinic

Joslin is holding a Teddy Bear Clinic at the 2010 Boston Walk to Fight Diabetes on **Saturday, October 23rd**. Registration for the walk starts at 9am, the Teddy Bear Clinic will be from 11am-1pm. Visit www.stepout.diabetes.org to learn more.



CORNER

CAMP



The Leona M. and Harry B. Helmsley Charitable Trust generously donated camperships to the Barton Center this summer which allowed some children with type 1 diabetes the opportunity to attend Camp Barton/Joslin for the first time. Lillian, age 8 and recipient of one of these camperships, loved her time at Barton Camp: "I finally found my true home!"



CAMP JOSLIN CLARA BARTON CAMP

Camper Quote: "When I was diagnosed with type 1 diabetes at the age of 12, I was scared and didn't know what to expect with my new life. Camp Joslin really helped me understand diabetes in a fun and encouraging environment. Our counselors taught us about nutrition, food, and how to keep our bodies healthy. We played fun games and I met kids just like me from all around the world, kids who understood my new life, my feelings and really cared. I became happier, more confident, independent and responsible. I had a blast at Camp Joslin, it's a place where I can be me."

-Kevin, age 12

On August 31, 2010, The Elliott P Joslin Camp, aka EPJ or Camp Joslin was purchased by the Barton Center for Diabetes Education. "For almost 70 years, Camp Joslin has provided a highly rewarding experience for children with diabetes, who leave camp with memories of fun times with new friends and with a better understanding of diabetes," said Kenneth Quickel, Jr., MD, Joslin President and CEO. "The Barton Center has done a superb job running Camp Joslin for the past two years and we are confident that, under Barton's ownership, the camp will become even more successful in the coming years."

For more information about The Barton Center, visit www.bartoncenter.org or call 508-987-2056

Get Connected

Connect with other parents and teens living with diabetes

Many of you may not know about the Joslin discussion boards. On the Joslin website there are discussion boards for parents of children and teens with diabetes, and for teens with diabetes as well. The discussion boards are moderated by Joslin staff and they offer a safe place to ask questions about diabetes and to interact 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>

Here are some other internet resources for families living with diabetes:

JDRF Social Networking Web Site: http://juvenation.org/user/cs_jdrf_home/



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

ADA Planet D for kids and teens: <http://www.diabetes.org/living-with-diabetes/parents-and-kids/planet-d/>

ADA Family Link: <http://www.diabetes.org/living-with-diabetes/connect-with-others/family-link/>



Word Scramble Challenge

Unscramble the diabetes words below:

meert _____
Clue: device used to check your blood glucose

spanarec _____
Clue: the organ responsible for making insulin

beadiets _____
Clue: a condition where the body needs insulin from a syringe or pump

ceseerix _____
Clue: important to keep your body healthy
example: running

linusin _____
Clue: how to treat a high blood sugar

plmaygheciyo _____
Clue: another name for low blood sugar

nosliJ _____
Clue: a place you go to have fun and visit with your diabetes team!

Answers: meter, pancreas, diabetes, exercise, insulin, hypoglycemia, Joslin.

Famous Achievers Living with Diabetes



- Jay Cutler- Football Quarterback, Denver Broncos, Type 1
- Nick Boynton- NHL Player, Formerly a Boston Bruin, Type 1
- Sean Busby- Olympic Snowboarder, Type 1
- Thomas Edison- Inventor of the Light Bulb, Type 2
- Billie Jean King- Woman's Tennis Professional, Type 1
- Randy Jackson- American Idol Judge, Musician, Producer, Type 2
- Kris Freeman- Olympic Cross-Country Skier, Type 1
- Michelle McGann- Golf Professional, Type 1
- Crystal Bowersox- Singer, American Idol Finalist Season 9, Type 1
- Gary Hall Jr.- Gold Medal Olympic Swimmer, Type 1
- Nick Jonas- Lead Singer of the Jonas Brothers, Type 1
- Mike Sinclair- NFL Player for the Philadelphia Eagles. Type 2
- Zippora Karz- Ballet Dancer and Instructor, Type 1



Ingredients:

- 2-1 oz flour tortillas
- 2 Tablespoons fat free cottage cheese
- 2 Tablespoons light shredded cheese
- 2 Tablespoons chopped broccoli (or any vegetables you like)
- 1 Tablespoon salsa
- 1 Tablespoon plain yogurt

Recipe: Quick Veggie Quesadillas

An easy after school snack

Directions:

- (1) Place one flour tortilla on microwave safe plate
- (2) Mix the cottage cheese and shredded cheese together and spread over the tortilla
- (3) Sprinkle the chopped broccoli or your favorite leftover vegetable over the cheese mixture
- (4) Place the other flour tortilla on top
- (5) Heat in microwave on medium-high for about 1-minute or until the cheese melts
- (6) Cut into quarters
- (7) Serve with the salsa and the plain yogurt and Enjoy!



Nutrition Facts:

(serving size: 1)

Calories: 265
Fat: 8 g
Protein: 14 g
Carbohydrates: 34 g
Fiber: 2 g



Joslin Diabetes Center

One Joslin Place, Boston, MA 02215

Pediatric, Adolescent, & Young Adult Section

(617) 732-2603

Comments or suggestions?

E-mail Georgia at georgia.feuer@joslin.harvard.edu

Ashley Atkins
Debbie Butler
Georgia Feuer
Micaela Francis

Liz Heim
Laurie Higgins
Margie Lawlor

Alyne Ricker, MD — Medical Advisor