



National News
From JDRF International

Fremont Police Office A Local JDRF Hero!

As we enter into 2010, we also enter into the 40th year of JDRF's long and storied history. While JDRF fully acknowledges that a celebration is not in order - after all, we have not accomplished our goal of finding a cure for type 1 diabetes - JDRF does believe it is entirely appropriate that over the course of the coming year, we take time to acknowledge the research progress JDRF has made towards better treatments and a cure, and the people who have enabled us to come so far.

JDRF has started a series of projects and activities that are posted on the JDRF website. (www.jdrf.org) The program is made up of four parts, each focusing on a retrospective of JDRF people and research in one decade: the 70s, 80s, 90s, and 00s. Within each of those decades, there are several activities that will be featured on www.jdrf.org.

People Profiles

People central to the founding and progress of JDRF.

Treatments and Research Progress

Detailed improvements in diabetes treatments over the four decades since JDRF's founding, and many of the research advancements resulting from JDRF leadership.

Research Timeline and Downloads

Featuring a detailed timeline of diabetes research over the years.

As JDRF enters the next decade, we are making major strides in speeding research to cure, treat, and prevent type 1 diabetes and its complications. We hope you visit www.jdrf.org over the next few months to see how far we have come over the past 40 years.

"No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction" (Charles Francis Adams).

On December 10, 2009, Officer Raymond Ackerman from the Fremont Police Department received a call from dispatch to search the local Wal-Mart parking lot for a semi truck in search of a missing person.

Jori Lenoci had reported that her brother-in-law, Kirt Bella, a semi truck driver, was at the Wal-Mart parking lot in Fremont the previous night. She explained he was a diabetic and was having health problems when they last spoke. Unable to reach him, she called the Fremont Police Department to search the parking lot.

After concluding that the semi truck was no longer in the area, Officer Ackerman could have determined the case closed. Instead, he further investigated the report and found out that Mr. Bella had a Nextel phone. Officer Ackerman contacted Nextel and they did a track on the phone and located it at a truck stop on Interstate 90 in Howe, Indiana.

The Indiana State Police were contacted, checked truck stops in the area, and found Mr. Bella unconscious. They transported him to a local hospital where he was treated.

"It would have been very easy for Officer Ackerman to go to the area of Wal-Mart after not finding the truck, and tell the dispatcher that he was done with the call," said Fremont Police Chief Timothy Wiersma. "It is my opinion that Officer Ray Ackerman saved a life today. As his Chief and a Type 1 diabetic, I am proud that we have officers who are willing to help. In this case, taking little information and saving a life in another state." By going over and beyond what was required of Officer Ackerman on December 10, 2009, resulted in a life saved. It is his persistence to achieve more from himself that we recognize Officer Ackerman as a JDRF Hero.

INSIDE	
CounterPoint	2
Outreach	2
Adult Type 1	2
2010 Happenings	3
Walk Updates	3
Islet Transplant	3
Kids for a Cure	4



Ottawa Park Family Team Chair Announced!

Joe and Kris Smith have accepted the Family Team Chair position for this years' walk in Ottawa Park! This dynamic duo will be working with our Walk Family Coaches to help assist walk teams to reach and surpass their team goals!

Thank you Joe and Kris for helping us with the 2010 Walk!

Counter Point

Islet Cell Transplant

The writer is discussing what is often referred to as the Edmonton Protocol. The Edmonton Protocol uses pancreatic islet cells that are donated and then transplanted to patients with Type 1 Diabetes. Islet transplantation with the use of the Edmonton protocol has been shown to help restore insulin production and blood glucose control in patients with Type 1 diabetes mellitus by providing protection from severe hypoglycemia and improving hemoglobin A1c, but insulin independence is usually **not** sustainable.

After transplantation, it requires the patient to take medications to suppress the immune system. To date, only a small percentage of those who received islet cell transplants remained insulin independent after approximately 2 years.

Although certainly encouraging, the Edmonton Protocol has limitations and is not suitable for all patients with type 1 diabetes.

*Dr. Mark Watkins, D.O.
Pediatric Endocrinologist
JDRF Northwest Ohio Board President*

JDRF Northwest Ohio

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Article Submission

All information must be sent via email to:
northwestohio@jdrf.org.
Articles must be received no later than the 30th of each month.
Pictures must be sent in jpeg format.
Article selection and printing of pictures is subject to the discretion of the e-news editors.

Outreach

Our JDRF Networking Coffees are up and running!

The JDRF Networking Coffees are meetings that provide information and support to parents/caregivers who have children with type 1 diabetes. These gatherings are a way for people to interact, share diabetes management tips, and learn about JDRF in a casual environment. A variety of topics are covered, such as travel, school issues, pump therapy, nutrition, and how to choose a babysitter.

We encourage all families to attend, as our Networking Coffees are not limited to the newly diagnosed. Parents who have “been there and done that” also have the opportunity to learn, share ideas and provide much-needed support to families with a recent diagnosis. For more information or to host a Networking Coffee in your area please contact Denise at dpentescu@jdrf.org.

JDRF Adult Type 1 Toolkit

To fill an important gap in resources for adults with type 1 diabetes, JDRF has introduced the JDRF Adult Type 1 Toolkit. Written by adults who have type 1 diabetes themselves, the Toolkit is a personal guidebook to life with diabetes. It aims to help adults live well with the disease by providing a wealth of information and resources about the diagnosis and management of type 1 diabetes. It also covers issues surrounding specific life stages and situations, such as relationships and marriage, pregnancy and children, the workplace, and complications.

The Adult Type 1 Toolkit includes:

- Tools for adjusting to various situations and life stages
- Tips for managing day-to-day life with diabetes
- Practical medical information
- National and local resources
- Discussions on the disease’s economic, psychological, and social impact
- Diabetes research information and history

Get your copy today by visiting www.jdrf.org/adults

Walk 2010 First To Register!

The Ottawa Park Walk recognizes Jason Craig as our first walker to register for the 2010 Walk. Jason is also the Captain for his new team Charity Dude’s Team Renee!

East Harbor State Park

Sweeter than Sugar is the first team to register for the North Coast walk, way to go! They have 4 walkers who have registered! Let’s give a round of applause to Sweeter than Sugar!

Don’t wait, register today by going to www.jdrf.org and clicking the green sneaker!



2010 Happenings

Thursday, February 18, 2010
11:30a.m.—1:00p.m.

Executive Committee Meeting

Gallon, Takacs, Boissoneault & Schaffer., Co., LPA

Monday, March 1
9:00a.m.—10:30a.m.

Networking Coffee

Vintage Coffee Bistro
(inside Jacob's Garden)
4570 Stearns Rd
Ottawa Lake, MI 49267
Hosted by Dawn Woolford

Thursday, March 18
JDRF Board Meeting
Time and place TBD

Wednesday, March 3
4:00 p.m.—5:00p.m.



Ottawa Park Walk Committee Meeting

JDRF Office

Friday, June 4
JDRF Great Lakes Diabetes Research Symposium for Healthcare Professionals
West Bloomfield, Michigan

Saturday, June 5
JDRF Diabetes Today and Tomorrow Conference
Livonia, Michigan

Corporate Breakfast (TBA)

Family Team Rally (TBA)

Team Captain Kick-off Luncheon (TBA)

Sunday, September 19
Walk to Cure Diabetes
East Harbor State Park

Saturday, October 2
Walk to Cure Diabetes
Ottawa Park

Thursday, December 2
Ottawa Park and East Harbor Walk Awards Dinner

Islet Cell Transplant

Part 2 of Kathy's story

By Kathy White

I received the call that there was an available organ on Friday, July 18, 2008. Because it takes several hours for the islets to be processed and ready for transplanting, my husband, Gary, and I were able to take the time to drive to Minneapolis. It was a happy and exciting trip. When we arrived, I was given a physical, had some more testing done, and signed another consent form. Dr. Hering reviewed all of my lab work and we discussed all of the risks and benefits of this procedure. I was still very confident that this was the right thing to do.

I began the immunosuppressive drugs that evening. I was monitored closely all of the next day. The following day, I had the transplant. The transplant procedure involved a small (about one inch) incision right above my belly button. The surgeon then located and infused the cells into my portal vein. The portal vein then carried the islet cells directly into my liver. The cells attach, innervate, and will survive here. The surgery took less than an hour, and involved very little pain.

It takes time for the cells to acclimate to this new environment. In the meantime, I continued to use insulin. It was very reassuring to record how much insulin I used every day, and see a decrease as the cells became increasingly functional. They really seemed to be working! I was beginning to feel better than I had in a very long time. I was truly amazed at my increased energy level and stamina.

I was in the hospital for just a few days. We stayed with friends in Minneapolis for this initial period, so that I could visit the clinic for the first several scheduled appointments. After my Day 7 appointment, we went home to Ohio with volumes of instructions, phone numbers, and more pills than I could have imagined. My insulin needs decreased gradually until Day 61 post-transplant, when I made it to zero. September 20 is a day that will always hold a special meaning for me.

See *Kathy's story* on page 4

JDRF Networking Coffee

Please Join us in a casual and relaxed setting
NETWORKING~SHARING~LEARNING

Monday, March 1, 2010
9:00-10:30AM

Vintage Coffee Bistro
4570 W. Stearns Rd., Ottawa Lake MI 49267
(Located in Jacob's Garden)

To RSVP or for more information contact:

Dawn at dawnwoolford@msn.com or
Denise at dpentescu@jdrf.org

Children Welcome ~ light refreshments served



JDRF Outreach Manager:
Denise Pentescu 248.355.1133 x14



Kids for a Cure

JDRF would like to recognize the following schools for their participation:

Raymer Elementary School, Toledo, OH

Wernert Elementary School, Toledo, OH

Bridges Community Academy, Tiffin, OH

Lake Elementary School, Millbury, OH – raised \$1,132.81

Gibsonburg Middle School, Gibsonburg, OH

Bedford Jr. High, Temperance, MI

Interested in helping start a Kids for a Cure program in your child's school or to register your school contact:

Sally Ruterbusch 248-355-1133 ext. 18

or sruterbusch@jdrf.org

Kathy's Story cont. from page 3

Even now, I continue to follow my diabetic diet. I realize that my new islet cells, even though they seemed very strong and functional, are actually surviving in an unnatural, and potentially hostile environment. I pamper them in any way I can in an effort to have them last as long as possible. I celebrate all of my new freedoms. I no longer have to worry about sudden low blood sugars. I'm not hooked up to a pump and a continuous glucose monitor. I don't have to constantly stop whatever I am doing, at work, or at home, or at night to eat something to treat or to prevent a low blood sugar. I don't have to go through the uncomfortable and sometimes lengthy recovery from a low. I feel as though I have made a miraculous escape.

The most common question people ask is about my immunosuppressant drugs. I started on a regimen of Raptiva and Rapamune. I did very well on these for about six months. The only side effects I had were some minor mouth sores. Unfortunately, the Raptiva was removed from the market because of safety issues, and I had to switch to new drugs. The next regimen included Cellcept and Prograf. These immunosuppressant's also protect my islet cells, but I have had some side effects. They have caused some stomach issues that I continue to suffer from at times. It can be a bother, but compared to the side effects of insulin, this is much, much easier. Also, in these 18 months, I have only had one minor cold, which I recovered from in just a few days. I am in constant contact with the doc-

tors and nurses in Minneapolis and they offer help and support for any problem or worry that I might have. It is very reassuring. I travel to Minneapolis occasionally for clinic appointments. I truly enjoy these visits. It is a pleasure to be around such caring and dedicated people. I have met a few other islet cell recipients, mostly online, and I value those contacts immensely.

- I am at 18 months post-transplant now. My blood sugars are still mostly normal. I have had a few bumps in the road, the digestive problems, and a Cytomegalovirus (CMV) infection, but for the most part, this has been an amazing and very successful experience. I feel fortunate for every single day of this journey and am so grateful to the many people who have made it possible. I am very compelled to share this experience with diabetics who need to know that there is hope for a cure, and with the generous donors who are helping to make the dream of a cure a reality. Thank you for allowing me to tell my story.

For information on islet cell transplantation, the Collaborative Islet Transplant Registry is a good place to start. My blog also has links to other transplant information sites and blogs. The address of my blog is <http://Kathy-mynewislets.blogspot.com> or visit www.jdrf.org.