Kovler Program Index

- Welcome Letter
- Kovler History and Mission
- Section of Adult and Pediatric Endocrinology, Diabetes and Metabolism
- Meet the Kovler Team
- Our Locations
- Important Information
- Type 1 Diabetes Sick Day Management
- Type 2 Diabetes Sick Day Management
- Importance of Diabetes Education
- Eating Your Way to Good Health
- Exercise and Diabetes
- Diabetes and Other Health Conditions
- Diabetes Technology
- Family Health and Wellness Program
- InTransit Program Overview
- Diabetes Clinical Research Studies
- Important Diabetes Community Resources
- How You Can Help
- Kovler Executive Team and Leadership Board Members
- University of Chicago Community Information and Attractions
- University of Chicago Campus Map
Welcome!

Welcome to the University of Chicago Kovler Diabetes Center! We are honored you have chosen the Kovler Diabetes Center. At Kovler, our mission is to support children, teens and adults with diabetes and focus on the needs of individuals, families and communities facing the challenges of diabetes every day.

With more than 100 years of rich history in diabetes care and discovery, 150 scientists and clinicians and nearly 30,000 diabetes visits per year for children and adults, Kovler remains the premiere destination in Chicago and the Midwest, and ranks nationally among the finest diabetes and endocrinology programs in the United States.

In addition to our extensive history and vision, we remain committed to customer service and family support. We offer customized care, excellent service and access to the world’s leaders in diabetes, endocrinology and a variety of other conditions that may affect you and/or your family.

At Kovler, we recognize the unique impact of diabetes. We are here for you 24 hours a day, 7 days a week.

We are proud of who we are and what we do, but are most proud of you—as you lead a life full of hope and inspiration while facing diabetes each day. Thank you for trusting us with your care. This is the beginning of an important journey together.

We welcome you and your loved ones to the Kovler family.

Warmest Regards,

Louis H. Philipson, MD, PhD, FACP
Professor of Medicine and Pediatrics,
Pritzker School of Medicine
Director, University of Chicago Kovler Diabetes Center

The Kovler Program is unique because we offer:

- A lifespan model of care. Once you begin your journey with us, we will support and care for you as needed for a lifetime… no matter where you are in the world.

- Expertise in diabetes clinical research, offering clinical trials and the latest in pump and sensor technology.

- Support of psychologists and therapists at no added cost during your visits.

- InTransit, a unique, innovative teen transition program designed specifically for teens and young adults with diabetes.

- Opportunities for individuals and families to connect online, in person and by phone. We want to help unite you with others so you can grow and learn together!

- A robust diabetes and genetics program—one of the best in the world—designed to understand the unique difference in genetic forms of diabetes and how they may affect you.

- Integrated, coordinated care with our friends and colleagues throughout the University of Chicago medical center, including the Transplant Center, Celiac Center and Cystic Fibrosis Program.

- Expertise in diabetes education, with a nationally recognized “Center of Excellence” from the American Diabetes Association.
100 years of diabetes research and care...

There is a rich, 100-year history of diabetes care and discovery at the University of Chicago. In addition, the Kovler Diabetes Center recently celebrated a milestone anniversary that reminds us of our renewed commitment to customer service, specialized services and innovation.

We are continuing to offer our patients:
• An expansion of both our clinical services and research programs
• Recruiting efforts to retain the top talent along with enhanced diabetes education services
• A volunteer community to help fight diabetes and support the Kovler Diabetes Center’s mission
• Strong leadership that is instrumental in helping build and support the Kovler Diabetes Center… locally, regionally and globally
• Some of the best clinical research programs in the diabetes field

Caring for individuals with diabetes throughout their lifespan—from infants to adults—is our mission at The University of Chicago Kovler Diabetes Center.

We pursue our mission through the following:
• Diagnosis: Comprehensive, complete and accurate diagnosis, including genetic testing capabilities.
• Treatment: Each treatment plan is highly individualized to meet each patient’s specific needs. We use the most effective and innovative medications and technologies to stabilize blood sugar and minimize long-term complications.
• Management: Our multidisciplinary approach addresses the many ways that diabetes can affect a person’s physical and emotional well-being.
• Prevention: Preventing diabetes before it begins is the most effective intervention. Research programs at the Kovler Diabetes Center target people at high risk for diabetes, including African-Americans and Hispanics.
• Education: Through one-on-one training and group classes recognized by the American Diabetes Association, we teach our patients about everything from monitoring blood glucose, to healthy eating, to using insulin pumps and glucose meters.
Our unique combination of adult and pediatric subspecialists poises us to be at the forefront for discovery and treatment of endocrine disorders that span a lifetime from birth to old age. Many of the diseases we treat and investigate begin in childhood and transition through adulthood, requiring physicians and scientists with knowledge of these conditions to interact.

The uniqueness of The University of Chicago both geographically and philosophically allows for cross-fertilization by scientists in biological, physical and social sciences to address the most pressing problems in society today as they relate to endocrine disorders. A former faculty member, Charles B. Huggins (Nobel Prize winner for the role of hormones and cancer) best summed it up when he said, “Discovery is our business.” Indeed, we are pleased that we have the resources to allow for investigation and translation of those discoveries to improve the health of society at the bedside and in the greater community.

Ranked among the 23 finest Endocrine Centers in the United States, (as cited in US News and World Report 2011) we use the latest therapies to treat diabetes, thyroid diseases, obesity, bone disease (including osteoporosis), polycystic ovary disease, endocrine cancers (such as thyroid, pituitary and adrenal), and we recently instituted the ASH Comprehensive Hypertension Center.

Our section has maintained a position of prominence by virtue of the quality of faculty and their ability to remain at the forefront of new developments.
Meet the Kovler Team

Our team of specialists, led by world-renowned physicians, researchers and educators, are experts in delivering customized, comprehensive diabetes care.

(Listed in alphabetical order.)

Kristen Allen
Diabetes Support Specialist, Kovler Diabetes Center

Kristen is a superb clinic coordinator, assisting individuals and families to schedule appointments and facilitate care. Kristen also fields general questions about the Kovler Diabetes Center and our clinical research initiatives. Her kindness and enthusiasm are a gift to the center and to all those who meet her.

George Bakris, MD
Director, Hypertension Clinic
Professor of Medicine

Dr. Bakris is a nephrologist and a board-certified hypertension specialist, specializing in the diagnosis and treatment of the spectrum of disorders affecting blood pressure, particularly in complicated or refractory cases.

As director of the ASH Comprehensive Hypertension Center, Dr. Bakris and his team develop individualized treatment plans for patients who have high blood pressure that is difficult to manage. Dr. Bakris is an expert in the interpretation of ambulatory blood pressure monitoring (ABPM), an established technique recommended by some guidelines that gives physicians a more accurate reading of a patient’s blood pressure over 24 hours. He is also skilled in the treatment of kidney disease, with special expertise in diabetes-related kidney disease.

More recently, he is investigating how to improve the function of the arteries with different blood pressure-lowering agents.

Rebecca Brown, MD
Assistant Professor of Medicine

Dr. Brown specializes in endocrinology, including thyroid disorders, pituitary diseases, diabetes and metabolic disorders/obesity. She coauthored a study published in the Archives of Internal Medicine that investigated the relationship between changes in thyroid function and weight gain.

She is a member of The Endocrine Society and the American Association of Clinical Endocrinologists.
Meet the Kovler Team

Ronald Cohen, MD
Associate Professor of Medicine
A skilled endocrinologist, Dr. Cohen specializes in the diagnosis and management of thyroid diseases with a particular focus on thyroid cancer. He also has a clinical interest in diabetes, obesity and metabolic disorders.

Dr. Cohen’s research explores the relationship between diabetes and adipocyte—a complex endocrine cell that regulates feeding behavior and insulin sensitivity. Through his research findings, Dr. Cohen is working to develop novel therapies for the treatment of obesity and type 2 diabetes.

Dr. Cohen has authored several book chapters on the medical management of thyroid diseases, and frequently is invited to present his work at local and national conferences. A dedicated educator and mentor, Dr. Cohen is the co-director of the University of Chicago’s Endocrinology Research Seminar Series. He was awarded the University of Chicago “Quantrell Award for Excellence” in undergraduate education.

Dr. Cohen also serves on the editorial boards of Journal of Biological Chemistry and Frontiers in Pituitary Endocrinology and is actively involved in the American Thyroid Association.

Tina N. Drossos, PhD
Assistant Professor, Assistant Director of Child and Adolescent Consultation/Liaison Service

Tina N. Drossos, PhD, joined the University of Chicago in August of 2006. Dr. Drossos works with the multi-disciplinary Child and Adolescent Consultation/Liaison service providing comprehensive assessments of psychological concerns in medically ill patients along with psychotherapy and supportive services, for patients who are hospitalized in the Comer Children’s Hospital and for patients presenting to a variety of other subspecialty clinics. In addition, Dr. Drossos works very actively in the general outpatient child psychology program providing psychological therapy services to patients presenting with a wide variety of concerns including coping or adjusting to a chronic health condition, pain management, mood and anxiety disorders, and behavior disorders.

Alexandra Dumitrescu, MD, PhD
Assistant Professor of Medicine

Dr. Dumitrescu is a specialist in adult endocrinology. She has been widely published in medical journals including Nature Genetics, American Journal of Human Genetics, Endocrinology and Journal of Clinical Endocrinology and Metabolism. Dr. Dumitrescu has contributed to several leading textbooks on thyroid diseases and frequently is invited to present her work at national and international conferences.

Dr. Dumitrescu’s research focuses on identifying inherited genetic mutations that may cause thyroid diseases and metabolic disorders. She is the recipient of numerous research grants. Her clinical interests include endocrinology, thyroidology, inherited thyroid diseases and genetic syndromes.
Meet the Kovler Team

**David Ehrmann, MD**
Director of Education, Kovler Diabetes Center; Director, Center for PCOS; Professor of Medicine

Dr. Ehrmann specializes in the diagnosis and treatment of polycystic ovary syndrome (PCOS) and is also an expert in type 2 diabetes.

His research interests include the role that hereditary factors play in the development of PCOS, the use of insulin-sensitizing agents in the treatment of PCOS, and the relationship between PCOS and obstructive sleep apnea.

Dr. Ehrmann has written more than 60 medical publications—including book chapters, articles and abstracts. He has served on numerous national committees as well as the editorial boards of the *Journal of Clinical Endocrinology and Metabolism* and the *American Journal of Physiology.*

**Cathy Eubanks, RN**
Clinic Nurse, Endocrinology and Kovler Diabetes Center

As a pediatric nurse in the Kovler Diabetes Center, Cathy welcomes patients and families to their visit, assists with diabetes technology downloads and prescription refills, and supports families throughout their visit. In addition to working primarily with children, adolescents and their parents, Cathy has over 20 years of nursing experience at The University of Chicago Medical Center.

**Colleen Flynn, MD**
Instructor of Medicine

Dr. Flynn received her medical degree from Jefferson Medical College of Thomas Jefferson University in Philadelphia, PA. She completed her internship and residency in Internal Medicine at Northwestern in Chicago, IL. She completed a fellowship in both Endocrinology and Hypertension at the University of Chicago. She is certified by the American Board of Internal Medicine with a subspecialty certification in endocrinology. She is also certified as a Specialist in Clinical Hypertension by the American Society of Hypertension.

Her clinical practice focuses on general endocrinology and the treatment and management of hypertension in the setting of diabetes and obesity, and due to abnormalities of the adrenal gland. Dr. Flynn’s research interests are in endocrine hypertension, specifically in the area of obesity hypertension, investigating the interaction between the adipocyte and aldosterone in postmenopausal women.

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Meet the Kovler Team

Peggy Hasenauer, MS, RN
Executive Director, Kovler Diabetes Center

As Executive Director of the Kovler Diabetes Center, Peggy coordinates all aspects of the Center’s clinical, research, outreach and educational activities. Peggy is a registered nurse with a master’s degree in health care leadership and management. Her experience in diabetes management, research and education includes management of the kidney/pancreas transplant program and collaboration with Dr. Philipson to establish the first islet cell transplantation program at the University of Chicago Medical Center. She also has significant experience as a diabetes technology consultant, assisting clinicians and individuals with diabetes to manage insulin pump therapy and glucose sensor technology. With her diabetes knowledge and expertise in a variety of clinical, research and management areas, Peggy integrates her clinical experience into her administrative role.

Felicia Hernandez, MA

Felicia, a Spanish-speaking medical assistant, received her Associates in Applied Science degree at Robert Morris University in 2009. She worked in the rheumatology office at St. Mary of Nazareth’s before becoming a staff member in the Endocrinology Department of the University of Chicago. She appreciates and enjoys her experiences and is happy to be part of the team.

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE
Registered Dietitian, Certified Diabetes Educator
Program Coordinator—Teen Transition Program

Amy is an advanced practice dietitian and coordinator for the Kovler Diabetes Center InTransit program, a unique diabetes program for adolescents and teens with diabetes. She speaks internationally on all diabetes topics, especially children and teens with diabetes, insulin pumps and continuous glucose monitors. She is actively involved in the American Diabetes Association, the American Association of Diabetes Educators and the American Dietetic Association.

She was named 2009 “Diabetes Educator of the Year” by the Diabetes Care and Education practice group of the American Diabetes Association and is currently Chair of the ADA’s Diabetes Care and Education practice group.

Susan McLaughlin, RN, BSN, CDE
Registered Nurse and Certified Diabetes Educator
Inpatient Diabetes Educator

As a nurse and Certified Diabetes Educator, Susan sees both children and adults, in a one-on-one setting, for diabetes education in the outpatient clinic. She also manages inpatient diabetes education for the University of Chicago Medical Center, partnering with its Endocrinology Consult team to educate and manage individuals with diabetes or altered glucose patterns while in the hospital. Susan also serves as an educational resource for the staff nurses who care for diabetic patients on the inpatient units. With more than 20 years of experience as a critical care nurse, and 8 years as a Certified Diabetes Educator, Susan has a special place on the Kovler Diabetes Center Team.
Lisa Mossuto, LPN  
Licensed Practical Nurse  
Lisa Mossuto has been a Licensed Practical Nurse (LPN) for over 30 years. She is responsible for greeting children, teens and adults with diabetes at the Kovler Diabetes Center clinic and assisting with outpatient diabetes clinical activity. Lisa joins the Kovler team bringing a wealth of clinical knowledge and experience, previously working for Kaiser Permanente Medical Center in the San Francisco Bay area.

Silvana Pannain, MD  
Assistant Professor of Medicine  
Dr. Pannain is a skilled endocrinologist, providing advanced care for patients who have weight problems or endocrine disorders, including obesity, diabetes, thyroid disease and pituitary disease.

Dr. Pannain uses highly specialized biochemical testing methods and the newest drug treatments available. She also serves as director of Chicago Weight, a weight loss program and support group at the University of Chicago. She works closely with teams of specialists, including behavior therapists, dietitians, exercise therapists, bariatric surgeons, cardiologists, hypertension specialists and sleep specialists — developing comprehensive weight management plans for adult patients. These multidisciplinary teams combine counseling and medical treatment options to help patients lose weight. The Chicago Weight program also teaches patients to maintain a healthy lifestyle by permanently changing diet, exercise and behaviors.

She investigates the metabolic and endocrine aspects of chronic partial sleep loss, which is generally considered a risk factor for obesity and insulin resistance. Additionally, she is studying the effects of gastric bypass surgery on metabolism, sleep and hunger.

Tanesha Pierce, RN  
Charge Nurse, Endocrinology and Kovler Diabetes Center  
As Charge Nurse for the Adult and Pediatric Endocrinology Clinic and Kovler Diabetes Center, Tanesha has a wealth of nursing and leadership experience. Her multifaceted role includes welcoming families to the Kovler Diabetes Center, assisting with diabetes technology and prescription refills, and supporting families throughout their visit.

Louis H. Philipson, MD, PhD, FACP  
Professor of Medicine and Pediatrics and Director, University of Chicago Kovler Diabetes Center  
Louis Philipson, MD, PhD, is Director of the Kovler Diabetes Center and Professor of Medicine at the University of Chicago. He is an endocrinologist and a leading world authority on diabetes mellitus. In 2011, he was chosen one of America’s Top Doctors by U.S. News & World Report magazine. His research focuses on the biophysical, molecular and genetic aspects of insulin secretion, and the genetics of diabetes.

Currently President of the Chicago/Northern Illinois board of the American Diabetes Association and also a member of its National Board, he has been an invited speaker and presenter at scientific research conferences and symposia worldwide. Dr. Philipson also is the recipient of numerous awards including ADA Research Awards and the National Disease Research Interchange (NDRI) Outstanding Scientist Award. Most recently he was named the 2011 recipient of the Samuel Eichold II Memorial Award for Contributions in Diabetes by the American College of Physicians.
Donna Prost, MS, RD, CDE  
Registered Dietitian, Certified Diabetes Educator; Program Coordinator-Adult Diabetes Education Program

Donna has a wealth of experience and knowledge as an expert in adult diabetes education. Her focus is on the needs of individuals with diabetes and creating new programs, classes and education materials for individuals who visit the Kovler Diabetes Center.

As a registered dietitian, Donna counsels patients on the best ways to live a healthy lifestyle and maintain a balanced diet in partnership with good diabetes management. Also a certified pump trainer, Donna educates individuals on the use of insulin pumps and other technologies. She is a valued educational leader on the Kovler Diabetes Center team.

Robert Sargis, MD, PhD  
Instructor of Medicine

Dr. Sargis is currently studying the effects of synthetic chemicals released into the environment on the development of obesity and diabetes. Research regarding the effects of these endocrine disrupting chemicals (EDCs) on reproduction and the thyroid is quite popular and recent. Less is known about their effects on metabolism. His research is devoted to studying the molecular mechanisms by which environmental pollution affects fat cell function in order to understand how such chemicals may be contributing to the obesity and diabetes epidemics.

His goal is that these studies will then serve as the foundation for the development of sound public policy that may be implemented to limit the negative impact of environmental pollution on human metabolic health.

Dr. Sargis’ special honors and awards include the Arnold P. Gold Foundation Humanism and Excellence in Teaching Award as an intern at the University of Chicago and membership in the first class of the Physician Scientist Development Program.

Julia Socke, RD, LDN, CDE  
Registered Dietitian, Certified Diabetes Educator and Outreach Coordinator

Julia is a registered dietitian and certified diabetes educator. Throughout her career, she has worked with patients of all ages with various dietary needs.

Areas of focus are diabetes, adult and pediatric weight management, and community nutrition.

As a diabetes educator and the outreach coordinator, Julia supports Kovler’s satellite clinics working with both children and adults to effectively manage their diabetes. Additionally, Julia is active in the community through participating in various nutrition and diabetes lectures and events.

Julia is a member of both the Chicago Dietetic Association and the American Dietetic Association.

Michele Stewart, LPN  
Licensed Practical Nurse

Michele studied at Brown Mackie College in Merrillville, IN and graduated in March 2007. In her 5 years of nursing, she has gained experience in a range of areas from pediatrics to geriatrics. She was invited to join the Endocrinology Department and has enjoyed delving into this specialty and becoming more knowledgeable. She looks forward to a long career with the University of Chicago and continuing to foster relationships with her patients at the Kovler Diabetes Center.
**Meet the Kovler Team**

**Roy Weiss, MD, PhD**

Rabbi Esformes Professor of Medicine and Pediatrics; Chief, Section of Adult and Pediatric Endocrinology, Diabetes and Metabolism; Deputy Provost for Research; Executive Vice Chair of Medicine

Dr. Roy Weiss is an expert in diseases of the thyroid and pituitary disorders—such as Cushing’s disease. Dr. Weiss has described several genetic diseases of the thyroid along with Dr. Samuel Refetoff. Together, they have one of the largest referral centers for genetic thyroid disease in the world. He also has one of the largest programs in the Midwest in the diagnosis and treatment of Cushing's disease.

His research centers on the mechanisms of thyroid hormone action at the molecular, physiological, and psychological levels. Dr. Weiss has examined the molecular basis for the syndrome of resistance to thyroid hormone (RTH). He also has several clinical studies evaluating treatment of thyroid disease. Dr. Weiss’ research is supported by funds from the National Institutes of Health (NIH).

In addition to teaching medical student courses in physiology and pathology, Dr. Weiss has been an invited speaker at national and international conferences. Dr. Weiss recently published a book, *Genetic Diagnosis of Endocrine Disorders* with Samuel Refetoff and he serves on the editorial board of Endocrinology. He has published more than 150 peer-reviewed articles on thyroid disease research and endocrinology.

**Jeanine Woodall**

Clinical Operations Manager
Section of Endocrinology, Diabetes and Metabolism
Department of Medicine

As a natural leader in subspecialty outpatient care, Jeanine is a perfect fit as the Clinical Operations Manager, Endocrinology Clinic and Kovler Diabetes Center. With 20 years of experience as a clinic coordinator and manager, Jeanine manages all operations and supervision in the clinics, ensuring adults, children, families and visitors receive excellent clinical care and outstanding customer service.

**Darralyn Wright, LPN**

Licensed Practical Nurse

Darralyn has been a nurse for 16 years and has a background in pediatrics, geriatrics, correctional facility nursing, private-duty nursing, contract nursing for Medicare, facility supervisor and a field nurse supervisor. She is an important team member with invaluable experience.

**Ann Zmuda, DPM**

Instructor of Podiatry

Ann Zmuda, DPM, sees all types of podiatric patients, medically and surgically. Her specialty is the diabetic foot, including preventative diabetic foot care, wound treatments, bioengineered tissue grafting, as well as amputations. She works closely with neurologists in diabetic neuropathy treatment options and with vascular surgeons in developing a limb salvage program at the University of Chicago.

Dr. Zmuda’s research has appeared in numerous publications, including *Orthopedic Journal* and *Foot and Ankle Quarterly*. She served as a contributing author to *The Diabetic Foot: Medical and Surgical Management*.

She also has delivered educational lectures at medical conferences and events throughout the Midwest and has delivered presentations for many organizations, including the American Diabetes Association, Illinois Podiatric Medical Association, DECADE Annual Professional Symposium, St. Margaret's Wound Care Center and the Diabetes Exercise and Sports Association Annual Meeting.
Meet our team of dedicated clinical psychology graduate externs.

**Sarah Bostick, MA**
Sarah Bostick, MA, is a clinical psychology doctoral student at DePaul University. She joined the University of Chicago Child and Adolescent Psychiatry Department as an extern. Previously, she conducted individual and group psychotherapy with children and adolescents with mood and anxiety disorders and ADHD utilizing evidence-based treatments and has extensive experience in conducting psychological assessments in medical and outpatient settings.

Sarah’s clinical and research interests include internalizing disorders in pediatric populations, the role of anxiety in suicidal ideation and behaviors and the influence of parent symptoms and parent-child relationships in treatment outcomes for youth.

**Maria D’Aniello, MS**
Maria D’Aniello, MS, is pursuing her PhD in clinical psychology at the Illinois Institute of Technology. Her clinical interests include working with children and adolescents who present disruptive behavior and anxiety disorders. Maria joined the University of Chicago as an extern and has worked with the Child and Adolescent Consultation/Liaison service, conducting assessments and providing psychotherapy services for patients hospitalized in the Comer Children’s Hospital.

Additionally, Maria works in the outpatient child psychology program providing psychotherapy services to patients presenting coping and adjustment concerns, mood, anxiety and behavior disorders.

**Elizabeth Brennan, MA**
Elizabeth Brennan, MA, is a clinical psychology doctoral student at The Chicago School of Professional Psychology. She works as an extern in the University of Chicago Child and Adolescent Psychiatry Department supervised by Dr. Tina Drossos. Elizabeth is a member of the Health and Wellness Team at the Kovler Diabetes Center, where she administers psychosocial screens and provides short-term evidence-based treatments to patients and their families in order to better support diabetes care and enhance overall well-being.

Elizabeth has been trained in dialectical behavior therapy, acceptance and commitment therapy, behavioral activation and additional cognitive-behavior therapies. Her main clinical interests include coping with chronic medical conditions, eating disorders treatment and obesity prevention and intervention with children, adolescents and adults.
Meet the Kovler Team

**Katie Kaszynski, MS**
Katie Kaszynski, MS, is a Clinical Psychology PhD student at Illinois Institute of Technology. She works in the Child Psychiatry Department at University of Chicago conducting outpatient psychotherapy with children and adolescents, treating a variety of psychological disorders including disruptive behavior disorders, mood and anxiety disorders, adjustment disorders and developmental disorders. Katie also works in the Hematology/Oncology Clinic to provide support to patients with cognitive, academic, behavior and social/emotional concerns.

She looks forward to collaborating with the medical team at the Kovler Diabetes Center to administer individualized, empirically-supported treatments for various psychological difficulties that may interfere with effective diabetes management.

**Lauren Legato, MA**
Lauren Legato, MA, is a doctoral student at DePaul University working toward her PhD in child clinical psychology. Lauren is also a psychology trainee at the University of Chicago in the Department of Child and Adolescent Psychiatry. Following a year training with Dr. Scott Hunter in neuropsychology, Lauren now works on Dr. Tina Drossos’ service providing assessments as part of the multi-disciplinary Child and Adolescent Consultation/Liaison service in the Comer Children’s Hospital, psychotherapy and supportive services in the Child and Adolescent Psychiatry outpatient clinic, as well as consultation and short-term psychotherapy in specialty medical clinics, including the Kovler Diabetes Center.
Main Location

The University of Chicago Medicine
Kovler Diabetes Center
For Children, Teens and Adults
900 E. 57th Street
8th Floor, Room 8144
Chicago, IL 60637
773.702.2371 or
800.989.6740

Satellite Locations

Grand Boulevard Family Health and Access Community Health Network
For Children, Teens and Adults
5401 S. Wentworth Ave.
Chicago, IL 60609
Dr. Christine Yu sees patients at this location.

University of Chicago-Downtown
For Adults
150 E. Huron Street
Suite 900
Chicago, IL 60611
Dr. Silvana Pannain sees patients at this location.

For detailed driving directions to our main location at the University of Chicago, please refer to the University of Chicago Community Information and Attractions section in your packet or visit www.uchospitals.edu.
General Information

The University of Chicago Kovler Diabetes Center is one of the world’s most respected providers of diabetes care. Our experienced specialists offer the most comprehensive level of diabetes care and education for children, teens and adults.

Our Staff Includes:

- Board-certified Pediatric and Adult Endocrinologists
- Certified Diabetes Educators
- Registered Nurses
- Podiatrists
- Registered and Licensed Dietitians
- Psychologists and Family Therapists
- Social Workers
- Child Life Specialists
- Nephrologists

Kovler physicians and staff are committed to providing high-quality, comprehensive health care to our patients. With compassion and diligence we will work with you to promote wellness in a sensitive and professional environment. You can expect:

- To be able to reach a physician with questions or concerns in a timely manner.
- To be treated with respect and kindness by all staff and physicians.
- To be able to schedule an appointment within an appropriate and reasonable time frame.
- To receive excellent and complete treatment for complex health needs and preventive care.

Office Visits are an Important Part of Diabetes Care

- Please expect to have at least 3 to 4 visits per year with your diabetes educator and/or doctor.
- We also encourage you, your child and your family members to meet with a psychologist or family therapist at least once or twice per year. This can help in many ways—by providing tips on how to explain diabetes to your child or how to get family members involved in healthy meal planning. These visits are part of our family approach to behavioral health and wellness.
Laboratory Work is an Essential Measure of Progress

- Once a year, but sometimes more often, we perform laboratory work requiring a blood draw.
- We perform A1c testing in our own clinic at each visit with use of a finger stick, instead of going to the laboratory. These results are available during the clinic visit.

At-Home Care is Vitally Important

- Your diabetes team will tell you how and when to measure your blood glucose levels and ketone levels. These readings will tell you whether your diabetes is under control.
- A good diet and an exercise program will be important components in managing your diabetes. Your diabetes team will give you guidance in these areas.

Scheduling Appointments

If you need to see your Endocrinologist, Diabetes Educator or psychologist, please call 773.702.2371.

Your Appointment

- You can expect new visits to be 2–3 hours in length.
- Follow-up visits with your physician and/or educator will be approximately 60 minutes. We will do our best to see you in a timely manner.
- Please arrive 15 minutes prior to your appointment so you can park, check in and get into your physician’s exam room on time.

Please bring the following to your appointment:

- Your insurance card
- A copy of your referral or your referral number
- Current blood sugar logs
- All blood sugar meters you are currently using
- A list of all medications, or bring the medicine bottles and insulin themselves, including types of insulin and sliding scale
- Emergency supplies, including glucagon kit
- A list of questions you would like to ask members of our team during your visit
- Glucose meter(s), meter or pump download from home if possible, and all pump and continuous glucose monitoring supplies as needed
- We recommend you bring snacks and your diabetes emergency supplies kit as well

If you need to cancel or reschedule your appointment, please call us at least 24 hours before your appointment time.

If you are more than 20 minutes late for your appointment, we may need to reschedule.
Medication Refills

- If you are running out of your medications, don’t forget to ask your physician for refills during your appointment.

- If you need a refill between your appointments, call your pharmacy and ask them to fax a refill request to us at 773.834.4633. This will be sent to your physician to sign and refill. Your pharmacy will let you know if your physician needs to see you before refilling your medication. Please give us 2 business days to complete the process. Medications that require prior authorization by your insurance company may take longer, and approval is not guaranteed.

How to Reach Your Physician (after 5 P.M. or on a weekend)

- If you feel that you are experiencing a medical emergency, please go to the nearest EMERGENCY ROOM or call 911.

- If you have a medical question that cannot wait until the morning, call 773.702.2371. Choose OPTION #2 and ask the operator to page 9275. An endocrinologist or diabetes educator will call you back within 1 hour.

- You will not be able to obtain refills, obtain prescriptions for certain medications, request appointments or request paperwork or medical supplies during these hours. Please call back on weekdays between 8 A.M. and 5 P.M.

Obtaining Referrals: Frequently Asked Questions

The Kovler Diabetes Center believes the best, most cost-effective care occurs when a primary care doctor and a specialty care team, like that offered by the Kovler Diabetes Center, work in collaboration with each other. We do ask that, whenever possible, a referral is provided to see our Diabetes Care Team.

Do I need a referral at the time I schedule my appointment?

We can schedule your appointment if you can provide us with the name and phone number of your referring physician or a provider currently managing your care.

How do I find out if I need a referral to visit the Kovler Diabetes Center?

Contact the customer service office of your insurance carrier. The telephone number is usually on the back of your insurance card. If you are a member of an HMO, you will likely need a referral.

Can the Kovler Diabetes Center get my referral for me?

You should call your primary care doctor or insurance company to obtain a formal printed referral, if one is needed.

What if I don’t have a referral?

In some cases, your insurance company may not cover the cost of the services and you may be held responsible for the bill.

How to obtain a referral:

1. Call the office of your primary care doctor or insurance company and ask to speak with the person who handles referrals.
2. Tell that person the name of the University of Chicago Kovler Diabetes Center doctor and when your appointment is scheduled.
3. Ask for the “referral number” if needed.
4. Ask the primary care office to fax the referral to the Kovler Diabetes Center, attention Kristen Allen, at 773.834.7205.
Patient Satisfaction
You may receive a comprehensive patient satisfaction survey at your home. Your feedback is greatly appreciated and very important as we strive to consistently provide you with EXCELLENT patient care and service. Please know that all comments are CONFIDENTIAL.

Financial Information
At the University of Chicago Medical Center, we understand the complexities of financially planning for your procedure. We have prepared this to assist you in your planning efforts.

When you schedule your procedure, our financial office will begin the process of verifying your insurance coverage. Because insurance plan requirements vary, we strongly encourage you to contact your insurance company so that you have a thorough understanding of what they will pay for the specific health care services you plan to receive. This information is also important to help you estimate and plan for the amount of your personal payment responsibility. Based on your insurance plan, it may be necessary for you to have written prior authorization for your procedure. You may discuss this further by calling your insurance company’s customer service line, often located on the back of your insurance card.

Should you have questions regarding UCMC’s payment policies, contact:
Patient Financial Services at 773.702.6664, Monday–Friday from 8 A.M. – 4:30 P.M.
You may also visit www.uchospitals.edu/billing.
When you are sick you may notice that your blood sugar is higher. This is because being sick is a stress to your body and any type of stress will raise blood sugar levels. High blood sugar levels can lead to serious health problems that need immediate attention.

More specifically, an illness can lead to a dangerous condition called Diabetic Ketoacidosis, or DKA. Ketones are made when the body breaks down fat for energy. They rise when the body does not have enough carbohydrates or the body cannot use blood sugar correctly. When ketones build up in the blood to very high levels, DKA can develop. Warning signs of DKA include abdominal pain, nausea, vomiting, severe dry mouth, confusion, and fruity odor on breath.

Below is a list of general sick day management tips:

- Check urine ketones at the first sign of illness and every four hours thereafter
- Check blood glucose frequently; at least every 2–3 hours
- You may need to take extra insulin to bring sugar levels down and to clear ketones if they are present; talk to your healthcare team about how much is needed
- If possible, stick to your normal eating plan
- Stay hydrated with sugar free, non-caffeinated beverages as fluids will also help to clear any ketones that may be present
- If eating is an issue, drink fluids containing sugar: aim for 50g of carbohydrate every 3–4 hours
- Beware of over the counter medicines that contain sugar. Ask your pharmacist for sugar free recommendations.

When to Seek Medical Attention:

- You cannot keep any food or fluids down
- You have vomited for more than two hours
- Your ketones remain moderate or large after giving extra insulin twice and drinking plenty of fluids
- You are experiencing symptoms such as abdominal pain, confusion, fruity breath, trouble breathing, severe dry mouth, or chest pain (call 911 immediately)

If you need to speak to your physician during normal business hours (8 a.m. – 5 p.m.) please call 773.702.2371 and press #2. If you are calling after normal business hours or on the weekend please press #3 and ask the operator to page the endocrinology fellow on call. Please be sure to indicate that you are an adult patient. You may not speak with your doctor but another doctor from the Kovler team can assist you.

These tips are GENERAL guidelines only. Please talk to your healthcare team and/or diabetes educator for more specific instructions.
When you are sick you may notice that your blood sugar is higher. This is because being sick is a stress to your body and any type of stress will raise blood sugar levels. High blood sugar levels can lead to serious health problems that need immediate attention.

A condition called Hyperosmolar Hyperglycemic Nonketotic Syndrome, or HHNS, can develop if blood sugars rise too high. Older persons are particularly at risk for developing this condition. HHNS can lead to extreme dehydration since your body will try to get rid of extra sugar through frequent urination. HHNS may take days, or even weeks, to develop. Warning signs include: blood sugar readings greater than 600 mg/dL, severe dry mouth, extreme thirst, confusion and weakness.

While this is more rare in people with Type 2 diabetes, some may develop a condition called Diabetic Ketoacidosis, or DKA. Ketones are made when the body breaks down fat for energy. They rise when the body does not have enough carbohydrates or the body cannot use blood sugar correctly. When ketones build up in the blood to very high levels, DKA can develop. Warning signs of DKA include abdominal pain, nausea, vomiting, severe dry mouth, confusion and fruity odor on breath.

Below is a list of general sick day management tips:

• Continue to take all medications whether oral and/or insulin
• If taking insulin, you may need to take extra insulin to bring down high blood sugar levels
• If instructed by your healthcare team, check urine ketones
• Check blood sugar frequently
• Stay hydrated with sugar free, non-caffeinated beverages
• If possible, stick to your normal eating plan
• If eating is an issue, drink fluids containing sugar: aim for 50g of carbohydrate every 3-4 hours
• Beware of over the counter medicines that contain sugar. Ask your pharmacist for sugar free recommendations.

When to Seek Medical Attention:

• Vomiting or diarrhea occurring for more than 2–3 hours
• You cannot keep any food or fluids down
• If instructed to check ketones, and they are still moderate to large and not resolving with extra fluids and insulin
• Experiencing symptoms of DKA such as: abdominal pain and nausea, trouble breathing, fruity breath, severe dry mouth, or confusion
• Experiencing symptoms of HHNS such as severe dry mouth, warm and dry skin that does not sweat, high fever, confusion, hallucinations, loss of vision, extremely high blood sugar 600 mg/dL or greater.

If you need to speak to your physician during normal business hours (8 a.m. – 5 p.m.) please call 773.702.2371 and press #2. If you are calling after normal business hours or on the weekend please press #3 and ask the operator to page the endocrinology fellow on call. Please be sure to indicate that you are an adult patient. You may not speak with your doctor but another doctor from the Kovler team can assist you.

These tips are GENERAL guidelines only. Please talk to your healthcare team and/or diabetes educator for more specific instructions.
Learning as much as you can about diabetes is so important for your health

Our Diabetes BASICS classes are designed for people who have type 2 diabetes, whether recently diagnosed, in need of a review or have never had education on medications or insulin.

If you were recently diagnosed with diabetes or just want to learn much more about living with diabetes, this program may be for you.

We offer classes where people with diabetes can share ideas, concerns and feelings about living with this chronic disease. Our classes cover topics such as Taking Control, Living With Diabetes, and Coping With Diabetes.

Kovler's Diabetes Education Program, which is recognized by the American Diabetes Association, includes resources to guide you through any other decisions and challenges you may face because of diabetes. And our Certified Diabetes Educators provide one-to-one nutritional counseling, insulin instruction, meter instruction, and individual sessions tailored to meet your specific needs.

What You Will Learn:
Each lesson builds on the lesson before it. Step-by-step, you’ll learn more about your diabetes and healthy habits.

Topics include:
• Diabetes diagnosis: What does it mean to your life and your health?
• Treatment: What is the goal of treatment? Learn the tools you need to manage your diabetes.
• How to use blood glucose monitors.
• Low blood sugar: How to recognize the symptoms and what to do.
• High blood sugar: How to manage blood sugar, especially when you’re stressed or ill.
• Using insulin to control blood glucose.
• Healthy eating for good health, including how to read food labels and what the information means.
• Exercise and activity: Why being active is even more important for people who have diabetes. You’ll get tips for fitting physical activity into your daily routines.
• Having diabetes raises your risk for serious medical problems, such as heart disease, kidney disease, vision problems and foot problems. You’ll learn about things you can do to lower your risk for serious problems.
How to Register:
• Pre-registration is required, so we can bill your insurance for the classes. To register, you will need an “order” from your University of Chicago doctor, nurse or other type of healthcare provider.

• Classes are billed directly to your insurance. This program is covered by most insurance plans, including Medicare. (If you have questions about whether your insurance will cover this class, please call your insurance provider. The phone number is usually found on your insurance card.)

• After you are registered, someone from the University of Chicago Kovler Diabetes Center will call you with the class schedule and other important details.

• Classes are held at the University of Chicago Center for Advanced Medicine, located at: 5758 S. Maryland Avenue in Chicago.

For more information, please call Donna Prost at 773.702.2371 or e-mail us at diabetes@uchospitals.edu.

Diabetes BASICS Class Schedule
Diabetes BASICS class is designed to meet three times over the course of two months. Each session builds on previous material covered.

BASICS Overview:
Session 1:
Diabetes overview, blood glucose monitoring, diet guidelines, exercise

Session 2:
Carb counting, pattern management, medications

Session 3:
Complications, foot care, heart healthy eating, stress
It is commonly believed that people with diabetes should follow a “diabetic diet.” This implies that people with diabetes cannot eat the same foods as people without diabetes. The good news is that this is not true. For people with or without diabetes, many diet recommendations remain the same. However, for people with diabetes, it is important to pay special attention to portions of carbohydrate, since these are the foods that impact blood sugar the most.

Carbohydrate-containing foods are:
• All grains, whether whole grain or refined
• Dried beans and lentils
• Starchy vegetables such as potatoes, corn and peas
• Fruits
• Dairy such as milk and yogurt
• Simple sugars like table sugar, brown sugar, honey and agave nectar

Your Kovler dietitian can help educate you on what amounts are right for you.

The basics of a healthy diet include lean proteins, low-fat dairy, healthy fats, low sodium, whole grains, fruits and vegetables. Choosing these foods more often will help to lower your risk of heart disease, keep your blood pressure in check and promote a healthy weight.

Here are some tips to get you started:
• Aim to make half of your meal non-starchy vegetables
• Add vegetables to sandwiches, soups and sauces
• Make fruit part of your meal or choose fruit for a snack
• Aim to make half of your grains whole
• Pass on the table salt and sea salt
• Choose foods that are less processed
• Choose low-fat or fat-free dairy
• Lower saturated fat and cholesterol intake by going lean with your protein: choose skinless chicken and turkey and choose lean cuts of beef and pork
• Try to include fish 2–3 times per week
• Incorporate dried beans and lentils into your meals
• Drink plenty of water
• Avoid high sugar beverages such as soda and juice
• Choose healthy plant fats such as olive oil and canola oil when cooking
• Incorporate a handful of nuts for a healthful snack
• Practice moderation with high-fat and high-sugar foods
• Remember that all foods fit into a healthy diet but it is the frequency and portions that matter

Be sure to consult with one of the Kovler dietitians to help you to eat healthier and to help take into account your special needs.
Exercise, or physical activity, is a critical component in managing your diabetes and keeping your body the healthiest it can be.

**Benefits of exercise include:**
- Improved blood sugars
- Increased sensitivity to insulin
- Burning extra calories to promote weight loss
- Lower blood pressure
- Lower bad cholesterol and boost good cholesterol
- Improved strength and flexibility
- Help in reducing anxiety and stress
- Improved sleep patterns
- Boosted energy levels
- Lower risk for other health problems such as osteoporosis and some cancers

**Before you begin an exercise plan, be sure to consult with your doctor about any restrictions.**

**Here are some general tips to get started:**

**Start slow**
If you have not exercised for awhile, it might take time to build up your stamina and strength. Exercising too hard in the beginning can cause injuries.

**Choose FUN activities**
Participating in activities that you find enjoyable will help to keep you exercising regularly.

**Find an exercise partner**
Exercising with a family member or friend can not only make the activity more fun but also help to keep you accountable.

**Incorporate more activity into your day**
- Try taking the stairs instead of the elevator
- Park in the last spot of the parking lot
- Do daily household chores at a higher intensity
- Walk in place or around your home during commercial breaks if watching TV

**Please keep these safety tips in mind:**
- Always wear your medical ID
- Stay hydrated during and after exercise
- Keep a fast-acting sugar with you at all times
- Try to exercise during off-peak medication times
- Always check blood sugar before and after exercise
- If you experience frequent low blood sugar during or after exercise, please consult your healthcare team
Diabetes and Other Health Conditions

Diabetes is usually not the only problem patients have. Many health conditions are related to the disease. Because diabetes affects so many areas of the body, its impact is widespread. In addition to our focus on diabetes, team members within the Kovler Diabetes Center assist people who have a variety of chronic conditions.

These include:

**Celiac Disease**
Type 1 diabetes is 10–20 times more common among people with celiac disease than among the general population.

People who have diabetes and celiac disease—which causes an intolerance to gluten (found in wheat, rye, and barley)—face additional challenges with their diet because by avoiding all gluten-containing foods, they also lose a predominant source of low-sugar carbohydrates.

In turn, the gluten-free diet affects blood sugar levels. Dietitians in the Kovler Diabetes Center work closely with patients who have both diabetes and celiac disease to help them adapt their eating patterns to accommodate their diabetes needs as well as their celiac needs. Our team also coordinates with Dr. Stefano Guandalini, Director of the University of Chicago Celiac Disease Center and a world-recognized expert on diagnosing and treating celiac disease.

**Thyroid Disease**
People with diabetes have a higher-than-average risk of also having thyroid disorders. Among females, the incidence is particularly high: up to 30% of women with type 1 diabetes also have thyroid disease.

Both diabetes and thyroid disease are considered endocrine (hormonal) disorders. The presence of thyroid problems makes it even harder for people with diabetes to control their blood glucose levels.

The University of Chicago endocrinologists understand the interaction between these two conditions and can help individuals jointly manage their diabetes and thyroid disease. Dr. Roy E. Weiss, Section Chief of Endocrinology, Diabetes and Metabolism, is recognized worldwide as an authority on diseases of the thyroid and pituitary glands. At the University of Chicago Medical Center, Dr. Weiss teams with Dr. Samuel Refetoff to lead one of the world's largest referral centers for genetic thyroid disease.

**Polycystic Ovary Syndrome (PCOS)**
Insulin helps the body to metabolize or process glucose (blood sugar). Insulin resistance or impaired glucose tolerance have been linked to PCOS. Furthermore, high levels of insulin stimulate the production of testosterone, which aggravates the PCOS.

By age 40, up to 40 percent of women with PCOS have some level of abnormal glucose tolerance, in the form of either diabetes or impaired glucose tolerance. David A. Ehrmann, MD, and other physicians at the University of Chicago Medicine Center for PCOS conduct ongoing research on the role of insulin resistance and insulin action in women with PCOS. Much of this research has been published in medical journals such as New England Journal of Medicine and Journal of Clinical Endocrinology and Metabolism.
Diabetes and Pregnancy
Too much sugar (glucose) in the blood can be harmful to a developing baby. Whether an expectant mother already has diabetes before she becomes pregnant—or if she develops gestational diabetes during pregnancy—she should get specialized prenatal care to assure the best health for her baby.

This special program is designed for women with diabetes who are planning a pregnancy, and for women who develop gestational diabetes during pregnancy. Maternal Fetal Medicine Specialists and members of the Department of Obstetrics and Gynecology partner with endocrinologists from the Kovler Diabetes Center to closely monitor a woman’s pregnancy in order to assure the best health for both mother and baby.

Cystic Fibrosis
Diabetes is extremely common in people with cystic fibrosis, especially as they get older. Among adults with CF, an estimated 75% have some level of glucose intolerance, and 15% have developed cystic fibrosis-related diabetes.

Cystic fibrosis-related diabetes is a unique form of diabetes that can affect people who have cystic fibrosis. It shares some properties of both type 1 and type 2 diabetes, yet also has some differences. Specialists within the Kovler Diabetes Center have expertise in addressing this specific type of diabetes.

Hypertension
Having diabetes doubles your risk of developing hypertension (high blood pressure)—a condition that can lead to more serious problems like poor blood circulation (a major cause of amputations), blindness, stroke and kidney disease. That’s why it’s so important for people with diabetes to keep their blood pressure under control.

The comprehensive Kovler Diabetes Center includes the ASH Comprehensive Hypertension Center, an exceptional clinic that addresses high blood pressure from the perspective of diabetes. An integral part of our diabetes management program, the center is directed by Dr. George Bakris, a nephrologist (kidney physician) who has expertise in diabetes.
Diabetes Technology

The Kovler Diabetes Center offers patients the newest and best technologies to help manage blood glucose

Continuous Glucose Monitoring: The Latest in Sensor Technology

Continuous Glucose Monitoring (CGM) uses a sensor, placed just under the skin. This way it is able to sense blood sugars every five minutes for a period of time. At Kovler, we have expertise in all three of the latest types of CGM devices:

1. Traditional continuous glucose monitoring
   These devices are storage tools that record data. They are used as diagnostic tools to uncover trends and patterns in low blood sugars.

   Worn for a period of 3–7 days, they are then removed and the data is downloaded with special software. The devices do not show “real” numbers, but are a helpful tool in revealing glucose (sugar) patterns.

2. “Real Time” continuous glucose monitoring
   This tool helps individuals understand trends and patterns in glucose with “real time” blood sugars. With it, individuals can actually see “real time” numbers on the face of the device. This way, they read first-hand how food, exercise, stress and daily life affect glucose levels. Recommended by a physician, or purchased by individuals with diabetes, they are sensors placed under the skin for 3–7 days.

3. Continuous glucose monitoring compatible with pumps
   These devices are used by individuals who are currently using pump therapy. They show trends and patterns that are helpful in making effective decisions using an insulin pump.

We encourage patients to participate in individualized training and group classes designed to help them adjust to these new tools. For more information, please contact a Kovler team member at 773.702.2371, 800.989.6740 or diabetes@uchospitals.edu.
The Kovler Diabetes Center has the only comprehensive diabetes program in the Midwest to use a family-focused model of care.

Building on family strengths and resources, this model of care enables individual growth addressing the ongoing challenges that children, adults and families face over a lifetime with diabetes.

Our team includes you, your loved ones, doctors, nurses, educators, psychologists and marriage and family therapists.

Together we can ensure that your mind, body and relationships are working in harmony. This way, we can help you reduce the risk of diabetes complications and improve your quality of life at every age and stage.

Beginning with the first visit to the Kovler Diabetes Center, we will introduce you and your loved ones to our diabetes counselors.

The purpose is to:

• Develop a comprehensive program of care
• Ensure we meet your specific needs
• Help you live a healthier life by addressing the social, emotional and psychological challenges of diabetes

Life’s stresses can be doubly difficult for individuals with diabetes, as well as for their families. Depression, anxiety and the challenges of diabetes management can occur in families that are overwhelmed. These conditions can increase the need for additional clinical services or interventions that may be preventable with routine behavioral health and wellness services.

We will help you integrate diabetes management into every-day life… because the most important thing to understand is that you can enjoy an active, healthy lifestyle with diabetes.
We guide adolescents, teens and young adults with type 1 and type 2 diabetes toward a healthy future

The Kovler Diabetes Center’s InTransit program is a clinical care and education program for adolescents, teens and young adults with diabetes. Our main goal is to empower teens and young adults to manage their diabetes and create a healthy future. It includes pediatric and adult endocrinologists working side-by-side at the Kovler clinic to help patients “transition” their diabetes care and responsibilities from their parents and family to themselves.

What are the benefits of our InTransit program?

• Establishing a partnership with youth who have diabetes, their family or caregiver and their medical team.

• Empowering teens and young adults to learn to live with diabetes on their own.

• A sensitivity to the physical, social, emotional and intellectual developmental stages that are distinctive to this group as they move from pre-adolescence and puberty through their teens and into adulthood.

• Support systems to address every need, from going to college to driving tips.

• The latest treatment technologies to make it as easy as possible to cope with diabetes.

What makes InTransit unique?

• Comprehensive: Addressing medical, educational and emotional needs.

• Multidisciplinary: Diverse specialists can address related chronic conditions and potential complications of diabetes, from head (neurology) to toe (podiatry), as well as related conditions like celiac disease.

• Teen-focused: This program is designed specifically for teens and young adults. We adapt our approach as kids move from adolescence to high school, onto college and independent living.

• Flexible: We can work with a patient and his or her family on an ongoing basis at the University of Chicago Medical Center, or we can consult with their local endocrinologist after a one-time consultation.

• Supportive: We partner with adolescents, teens, their families or caregivers, as well as local physicians to support the needs of every young person living with diabetes.

What can your teen learn as a member of InTransit?

• How to make the best food choices, including the healthiest options for fast food, snacks and other foods.

• How to properly use glucose monitors, sensors and insulin to control blood sugar levels.

• How to manage blood sugar when in classes, at work or traveling.

• How to “fit in” and stay healthy.

• How to participate in sports, activities and social outings, and still balance blood sugar.

• How to use new technology to make it easier to manage diabetes.

• How alcohol, fast food, smoking or other choices may complicate management.
Current clinical research studies at the Kovler Diabetes Center include:

**Research Study on Closed-loop Insulin Delivery Systems**

You may qualify for the study if:
You are between the age of 18-25, have a diagnosis of type 1 diabetes, are being treated with continuous subcutaneous insulin pump therapy, and participate in moderate–high levels of physical activity as assessed by the Seven Day Physical Activity Recall.

Subjects will be reimbursed for time and travel. For more information about this study, please contact Elizabeth Littlejohn, MD, at 773.702.4616 or elittlej@peds.bsd.uchicago.edu.

**Research Study about Type 2 Diabetes and Sleep Disturbances**

We think a diabetes medication may improve sleep disturbances, which are very common in patients with type 2 diabetes. To better understand this relationship, we are conducting research studies that involve screenings and sleep recording.

If you have type 2 diabetes and are 18 years of age or older, and are interested in learning more about this study, call the University of Chicago at 773.795.0141.

**PCOS, Sleep Apnea and Metabolic Risk in Women (DEP Study)**

This study involves both outpatient and inpatient testing in the University of Chicago Hospital Clinical Research Center and Sleep Research Laboratory for no more than 3½ months.

**Eligibility:**
- Women age 18 to 40
- Diagnosed with PCOS
- Not using birth control pills, patches, or injections

For further information, please contact the study recruitment team at 773.702.4295 or PCOS@medicine.bsd.uchicago.edu and ask about the DEP Study.
SIROCO Clinical Trial

It is common for patients to suffer from more than one condition that makes them more likely to have heart (cardiovascular) disease. Some of these conditions include high blood pressure, diabetes, obesity or dyslipidemia (an unhealthy level of fats or lipids in the bloodstream). Because patients often suffer from more than one of these conditions at the same time, doctors think that these conditions may have similar root causes.

You may be eligible to participate if you:

- Are 21-75 years old
- Have an LDL levels >130 mg/dL or >100 in patients with CHD
- Have metabolic syndrome, including three of the following five components:
  1. Elevated waist circumference (≥102 cm (≥40 inches) in men, ≥88 cm (≥35 inches) in women)
  2. Elevated triglycerides (≥150 mg/dL (1.7 mmol/L) or on drug treatment for elevated triglycerides)
  3. Reduced HDL-C (<40 mg/dL (1.03 mmol/L) in men, <50 mg/dL (1.3 mmol/L) in women, or on drug treatment for reducing cholesterol
  4. Elevated blood pressure (≥130 mm Hg systolic blood pressure) or ≥85 mm Hg diastolic blood pressure or on antihypertensive drug treatment in a patient with a history of hypertension
  5. Elevated fasting glucose (≥100 mg/dL)

Make an appointment for a fasting blood glucose test, at no cost to you, by contacting Linda Fondren from the Hypertension Disease Unit department at 773.702.7941 or Rolanda J. Flynn at 773.834.4059, Beeper 2400.

EFFORT Clinical Trial

The study is being done to see if a drug shown to lower the risk of heart failure is also effective in reducing the stiffness of your arteries. This will be compared to another drug that also lowers blood pressure. It is thought that reducing stiffness of arteries may provide an additional benefit in reducing risk of death.

Your blood pressure will be checked by a machine (Sphygmocor) that measures how fast your blood moves through the artery. This machine uses a microphone-type device that is placed on your skin just above an artery. In addition to this, a microphone-type device will be placed just above your heart so the pressure in your aorta (the main artery that comes out of your heart to provide blood to the entire body) will also be assessed.

Inclusion criteria:

- Age >50, established type 2 diabetics not treated with insulin
- Taking stage I hypertensive medication (BP>130/80 mm Hg and <160/100 mm Hg)
- Normally active and judged to be in good health on the basis of medical history and routine laboratory tests
- Must be on an optimal dose of a renin-angiotensin-system (RAS) blocker before randomization unless the patient is intolerant
- BMI ≤ 35
- Hemoglobin A1C ≤ 8.5

Contact Linda Fondren from the Hypertension Disease Unit department at 773.702.7941 or Rolanda J. Flynn at 773.834.4059.
Closed-loop Insulin Delivery Systems

Investigators are conducting a research study on closed-loop insulin delivery systems in the Clinical Resource Center.

You may be eligible to participate if you:
- Are 18-25 years of age
- You have a diagnosis of type 1 diabetes
- You are being treated with continuous subcutaneous insulin pump therapy
- Participate in moderate–high levels of physical activity as assessed by the Seven Day Physical Activity Recall

Subjects will be reimbursed for time and travel. For more information, please contact Elizabeth Littlejohn, MD, at 773.702.4616 or elittlej@peds.bsd.uchicago.edu.

Islet Transplantation

We are among a select number of hospitals in the country testing the effectiveness of islet transplants. Islet transplants are intended to treat advanced type 1 diabetes by replacing destroyed islets with new ones. No surgery is needed. The islets cells from a deceased donor’s pancreas are removed and injected into a major blood vessel of the patient’s liver. The islet cells then begin making insulin.

Islet transplants are still experimental. We still don’t know about the long-term benefits and risks. This is why the University of Chicago Medical Center is conducting a clinical trial on islet transplantation. As part of our trial, we plan to give 10 patients islet transplants and follow them for five years to see how well they do. One patient has already received islet transplants and is doing well. We hope our findings will provide information on the procedure’s safety and success, as well as form the basis for additional trials in which more subjects with diabetes can be enrolled. Similar studies are being conducted around the world.

Initial selection criteria include:
- Must be between the ages of 18 and 65
- Must have been diabetic (type 1) for the last five years
- Must be on a regimen of glucose monitoring and insulin injections
- Must be available for clinic visits for the duration of the study
- Must meet study medical criteria as evaluated by Dr. Millis

You are not eligible to be involved in the study if:
- You do not meet the above criteria
- You do not meet the required height/weight ratio
- You do not have good kidney and liver function

Participants in this trial will be followed for five full years.

If you would like information regarding this trial, please contact Lindsay Schenck, RN, BSN, at 773.702.2504 or lschenck@surgery.bsd.uchicago.edu. Piotr Witkowski, M.D., PhD, Director, Pancreatic Islet Cell Transplant Program, is conducting this trial.
The University of Chicago Kovler Diabetes Center has affiliations throughout the country to provide support to those diagnosed with all forms of diabetes. Local support and volunteer groups play a vital role in our communities by generating awareness for diabetes and providing critical education on diabetes management and prevention, as well as overall health care, nutrition and exercise. Please visit our clinics or kovlerdiabetescenter.org for a more comprehensive community resource guide.

**Partnering Programs and Community Organizations:**

- **Academy of Nutrition and Dietetics**
  800.877.1600
  [www.eatright.org](http://www.eatright.org)

- **Access: Community Health Network**
  1.866.882.2237
  [www.accesscommunityhealth.net/](http://www.accesscommunityhealth.net/)

- **American Association of Diabetes Educators**
  800.338.3633
  [www.diabeteseducator.org](http://www.diabeteseducator.org)

- **American Diabetes Association of Northern Illinois**
  312.346.1805
  [www.diabetes.org](http://www.diabetes.org)

- **Building a Healthier Chicago**
  312.353.1385
  [www.healthierchicago.org/](http://www.healthierchicago.org/)

- **Chicago Family Health Center**
  773.768.5000
  [www.chicagofamilyhealth.org/](http://www.chicagofamilyhealth.org/)

- **Children with Diabetes**
  [www.cwdfoundation.org](http://www.cwdfoundation.org)

- **College Diabetes Network**
  [www.collegediabetesnetwork.org](http://www.collegediabetesnetwork.org)

- **Consortium to Lower Obesity in Chicago Children (CLOCC)**
  312-573-7764
  [www.clocc.net/](http://www.clocc.net/)

- **Endocrine Society**
  888.363.6274
  [www.endo-society.org](http://www.endo-society.org)

- **Friend Family Health Center, Inc.**
  773.702.0660
  [www.friendfhc.org/](http://www.friendfhc.org/)

- **Friends United**
  847.831.5558
  [www.friends-united.org/](http://www.friends-united.org/)

- **Friends for the Cure**
  [www.friendsforthecure.com](http://www.friendsforthecure.com)

- **Illinois Legislative Diabetes Caucus**
  [www.ilgadiabetes.com/](http://www.ilgadiabetes.com/)

- **Improving Diabetes Care and Outcomes on the South Side of Chicago**
  773.702.2939
  [www.southsidediabetes.com/](http://www.southsidediabetes.com/)

- **Juvenile Diabetes Research Foundation Illinois Chapter**
  312.670.0313
  [www.jdrfillinois.org](http://www.jdrfillinois.org)

- **Let’s Move**
  [www.letsmove.gov/](http://www.letsmove.gov/)

- **National Kidney Foundation of Illinois**
  312.321.1500
  [www.nkfi.org/](http://www.nkfi.org/)

- **University of Chicago Celiac Center**
  773.702.7593
  [www.cureceliaccdisease.org](http://www.cureceliaccdisease.org)

- **University of Chicago Medicine**
  1.888.UCH.0200
  [www.uchospitals.edu/](http://www.uchospitals.edu/)
  [www.uchicagokidshospital.org](http://www.uchicagokidshospital.org)

- **The Urban Health Initiative**
  773.834.3458
  [www.uhi.uchospitals.edu/](http://www.uhi.uchospitals.edu/)

- **Zellmer Childhood Disease Foundation (ZCDF)/Pumpkins for a Cure**
  [www.pumpkinsforacure.org/](http://www.pumpkinsforacure.org/)

773.702.2371 or 800.989.6740 • kovlerdiabetescenter.org
Here are some ways you can get involved:

• **KovlerKrew!**
  Kovler recently created a new community-based volunteer ambassador group, KovlerKrew. KovlerKrew provides opportunities for you and your family to work alongside Kovler specialists and channel your interest in improving treatment and knowledge of diabetes. Lend your time and your passion through public awareness activities, educational events and advocacy activities in the greater Chicago area.

• **Kovler Leadership Board**
  The Kovler Diabetes Center Leadership Board promotes the vision and mission of the Kovler Diabetes Center and supports the needs of the physicians who provide clinical care, research, education and outreach. We invite you to learn more about this incredible team.

• **InTransit Program and Ambassadors**
  The transition into diabetes self-management can be a difficult one for teens, and the team at the Kovler Diabetes Center is prepared to address the changing physical development, emotional issues and varied levels of maturity that children experience. InTransit is a national model for helping teens and their parents understand how to make this transition smoothly. Complementing our InTransit teen program, we have an advisory panel of teens and ambassadors for community-based efforts. Contact us on how to become an InTransit Ambassador.

• **Kovler KidsKrew and Ambassadors**
  Our enhanced diabetes program for children, Kovler for Kids, is designed for children ages 0–12 and their families and provides diabetes care, education and support. Our full-circle approach includes a team of pediatric endocrinologists, psychologists, therapists and certified diabetes educators who work with parents, siblings and families to help them understand a child’s needs while encouraging patients to live a full and happy life and effectively manage their diabetes. Kovler has an ambassador group of children who are living with diabetes and represent the “face” of Kovler. Activities include community events such as our signature Kovler for Kids event at Kohl Children’s Museum in the fall. Contact us on how to become a Kovler for Kids Ambassador.

There are other ways to get involved at the Kovler Diabetes Center that truly make a difference, including:

• **In-Kind Services** – Kovler could always benefit from in-kind services to escalate our presence in the Chicago community and around the globe. If you have a company that donates services, let us know!

• **Donations** – From raffle items to Jeans Days at your company to Bake Sales, every dollar makes a difference to help fund our research and clinical efforts.

• **Introductions** – If you work for a charitable corporation or are involved with a foundation, Kovler is always looking to expand our presence in the corporate community and to help spread the word about the vital work we are doing.

We are so thrilled you have chosen the Kovler Diabetes Center and look forward to building a strong and meaningful relationship with you and your family.
Kovler Executive Team and Leadership Board Members

Kovler Diabetes Center Executive Team
A world-class team of diabetes experts runs the program at Kovler Diabetes Center. Patients benefit from their experience, vision and multidisciplinary management style.

Kovler Diabetes Center Leadership Board
The Kovler Diabetes Center Leadership Board promotes the vision and mission of the Kovler Diabetes Center, as well as the needs of the physicians who provide clinical care, research, education and outreach.

For more information about our Executive Team or our Leadership Board, please visit “About Us” at kovlerdiabetescenter.org.
Kovler Diabetes Center
University of Chicago Community
Information and Attractions
Airports

Chicago has two major airports
• O’Hare (ORD): located 26 miles from the medical center
• Midway (MDW): located 8 miles from the medical center

Transportation between Hyde Park and O’Hare or Midway Airports is available through scheduled routes of the Omega Airport Shuttle (773.734.6688) and C.W. Limousine Service (773.493.2700).

Taxicabs are also available from the airports to the Medical Center.

Driving Directions From the North

Kennedy Expressway (I-90) and Edens Expressway (I-94)
1. Take the Kennedy Expressway (I-90) east, or Edens Expressway (I-94) east, southbound to the Dan Ryan Expressway I-90/94 east.
2. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
3. Turn left (east) onto Garfield Boulevard and continue through Washington Park, following the blue hospital signs.
4. Continue with directions specific to your destination.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
– Turn left onto 57th Street and drive east for one block.
– Turn right onto Cottage Grove Avenue.
– Turn left onto 59th Street.
– Turn left onto Maryland Avenue.
– Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue
– Turn left on 57th Street and drive east for three blocks.
– Turn right on Drexel Avenue.
– Turn right onto 58th Street.
– Turn right onto Maryland Avenue.
– The DCAM valet entry is to the left.

Lake Shore Drive (US-41)
1. Travel south on Lake Shore Drive to 57th Street.
2. Exit (right) at 57th Street, just before the Museum of Science and Industry.
3. Proceed on 57th Street headed south, around the museum, following the blue hospital signs.
4. Turn right onto Midway Plaisance and continue west to Cottage Grove Avenue.
5. Turn right onto Cottage Grove Avenue and continue with directions specific to your destination.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
– Continue north on Cottage Grove Avenue for one short block.
– Turn right onto 59th Street.
– Turn left onto Maryland Avenue.
– Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue
– Continue north on Cottage Grove Avenue for three blocks.
– Turn right onto 57th Street and drive east for two blocks.
– Turn right onto Drexel Avenue.
– Turn right onto 58th Street.
– Turn right onto Maryland Avenue.
– The DCAM valet entry is to the left.
Driving Directions From the South

Bishop Ford Expressway or I-57 to Dan Ryan Expressway
1. Take the Bishop Ford Expressway/I-94 or I-57 northbound to the Dan Ryan Expressway/I-94 west.
2. Continue north on the Dan Ryan Expressway.
3. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
4. Turn right (east) onto Garfield Boulevard and continue through Washington Park, following the blue hospital signs.
5. Continue with directions specific to your destination.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
- Turn left onto 57th Street and drive east for one block.
- Turn right on Cottage Grove Avenue.
- Turn left onto 59th Street.
- Turn left onto Maryland Avenue.
- Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue
- Turn left onto 57th Street and drive east for three blocks.
- Turn right onto Drexel Avenue.
- Turn right onto 58th Street.
- Turn right onto Maryland Avenue.
- The DCAM valet entry is to the left.

Chicago Skyway (I-90)
1. From the Skyway, exit at Stony Island Avenue.
2. Follow Stony Island Avenue north to Midway Plaisance—which is just after 60th Street.
3. Turn left (west) onto Midway Plaisance and continue west to Cottage Grove Avenue.
4. Turn right onto Cottage Grove Avenue and continue with directions specific to your destination:

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
- Continue north on Cottage Grove Avenue for one short block.
- Turn right onto 59th Street.
- Turn left onto Maryland Avenue.
- Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue
- Continue north on Cottage Grove Avenue for three blocks.
- Turn right onto 57th Street and drive east for two blocks.
- Turn right onto Drexel Avenue.
- Turn right onto 58th Street.
- Turn right onto Maryland Avenue.
- The DCAM valet entry is to the left.

Lake Shore Drive (IL-41)
1. Take Lake Shore Drive north to 57th Street.
2. Exit left (west) at 57th Street and head south, around the Museum of Science and Industry, following the blue hospital signs.
3. Turn right onto Midway Plaisance, and continue west to Cottage Grove Avenue.
4. Turn right onto Cottage Grove Avenue, and continue with directions specific to your destination.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
- Continue north on Cottage Grove Avenue for one short block.
- Turn right onto 59th Street.
- Turn left onto Maryland Avenue.
- Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue
- Continue north on Cottage Grove Avenue for three blocks.
- Turn right onto 57th Street and drive east for two blocks.
- Turn right onto Drexel Avenue.
- Turn right onto 58th Street.
- Turn right onto Maryland Avenue.
- The DCAM valet entry is to the left.
Driving Directions From the West
Eisenhower Expressway (I-290) to Dan Ryan Expressway
1. Take the Eisenhower Expressway (I-290) east to the Dan Ryan Expressway (I-90/I-94) east.
2. Continue southbound on the Dan Ryan.
3. Exit at 55th Street, also called Garfield Boulevard (exit 57B).
4. Turn left (east) onto Garfield Boulevard and continue through Washington Park, following the blue hospital signs.
5. Continue with directions specific to your location.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
- Turn left onto 57th Street and drive east for one block.
- Turn right onto Cottage Grove Avenue.
- Turn left onto 59th Street.
- Turn left onto Maryland Avenue.
- Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue:
- Turn left on 57th Street and drive east for three blocks.
- Turn right onto Drexel Avenue.
- Turn right onto 58th Street.
- Turn right onto Maryland Avenue.
- The DCAM valet entry is to the left.

Stevenson Expressway (I-55) to Dan Ryan Expressway
1. Take the Stevenson Expressway (I-55) east to the Dan Ryan Expressway (I-90/I-94) east.
2. Continue southbound on the Dan Ryan.
3. Exit at 55th Street, also called Garfield Boulevard (exit 57B).

4. Turn left (east) onto Garfield Boulevard and continue through Washington Park, following the blue hospital signs.
5. Continue with directions specific to your location.

To the Adult Hospitals/Mitchell Hospital, 5815 S. Maryland Avenue
- Turn left onto 57th Street and drive east for one block.
- Turn right onto Cottage Grove Avenue.
- Turn left onto 59th Street.
- Turn left onto Maryland Avenue.
- Valet parking is available curbside.

To the Duchossois Center for Advanced Medicine (DCAM), 5758 S. Maryland Avenue:
- Turn left on 57th Street and drive east for three blocks.
- Turn right onto Drexel Avenue.
- Turn right onto 58th Street.
- Turn right onto Maryland Avenue.
- The DCAM valet entry is to the left.
Transportation and Directions

Parking
Valet parking is a convenient and inexpensive option if you require parking. It is available in front of the Bernard A. Mitchell Adult Hospital, Comer Children’s Hospital Emergency Room, and the Duchossois Center for Advanced Medicine (DCAM).

If you have any questions regarding parking at the University of Chicago Medical Center, please contact the parking manager at 773.702.4381 Monday through Friday between 7:00 A.M. and 4:30 P.M.

Other Transportation
Train and bus service is available through the Regional Transportation Authority (RTA). The Illinois Central (Metra) train travels from the south suburbs to downtown Chicago, with a stop at 59th Street at the east end of the University of Chicago campus. Buses serve downtown and many nearby neighborhoods.

For travel details, call the CTA at 312.836.7000.

The University of Chicago Medical Center operates a shuttle bus service between the medical center and two downtown train stations weekdays: Union Station and the Chicago and Northwestern Station. The bus departs from the medical center’s Goldblatt Pavilion entrance (59th Street).

Bus
#6 Jeffrey Express: north to downtown (Congress Parkway, Loop/State Street, or Michigan Avenue) or south on Stony Island Avenue. Bus stops along Stony Island.

#1 Indiana/Hyde Park: north to downtown (Union Station) or south on Stony Island Avenue. Bus stops along Stony Island Avenue.

Train
Metra Electric: north to downtown (N. Michigan Avenue at Randolph Street) and Loop or south to Homewood and other south suburbs. Campus stations are at 57th Street or 59th Street and Lake Park Avenue. Amtrak service is available from Union Station (downtown) to many cities.
During treatment, patients and their families may receive a discount at many Chicago hotels. Below is a sample. You can find a complete listing on our hotel page at www.uchospitals.edu/visitor/hotel.

Price range key:
$ Budget    $$ Mid-range
$$$ Upscale   $$$$ Expensive

Downtown

Club Quarters
75 E. Wacker Drive, Chicago, IL 60601
Ph: 312.357.6400
Distance: 9.5 miles, Price range: $$

Fairfield Inn & Suites by Marriott
216 E. Ontario Street, Chicago, IL 60611
Ph: 312.787.3777
Distance: 9.7 miles, Price range: $$

Four Points by Sheraton Chicago
630 N. Rush Street, Chicago, IL 60611
Ph: 312.981.6600
Distance: 9.7 miles, Price range: $$

Homewood Suites by Hilton
40 E. Grand Avenue, Chicago, IL 60611
Ph: 312.644.2222
Distance: 9.9 miles, Price range: $–$$

Hyatt Regency Chicago
151 E. Wacker Drive, Chicago, IL 60601
Ph: 312.565.1234 or 888.591.1234
Distance: 9.7 miles, Price range: $$–$$$

Hotel Inter-Continental Chicago
505 N. Michigan Avenue, Chicago, IL 60611
Ph: 312.944.4100 or 800.628.2112
Distance: 9.7 miles, Price range: $$$

The Peninsula
108 E. Superior Street, Chicago, IL 60611
Ph: 312.494.9301 or 866.288.8889
Distance: 9.7 miles, Price range: $$$$
Accommodations

Nearest to University of Chicago Medical Center

Hyatt Regency McCormick Place
2233 S. Martin Luther King Dr. Chicago, IL 60616
Ph: 312.567.1234
Distance: 3.4 miles, Price range: $$

International House (graduate student dorm)
1414 E. 59th Street, Chicago, IL 60637
Ph: 773.753.2270
Distance: 0.8 miles, Price range: $

Quadrangle Club
1155 E. 57th Street, Chicago, IL 60637
Ph: 773.702.7221
Distance: 0.7 miles, Price range: $$

Midway Airport

Holiday Inn Chicago Midway Airport Hotel
6624 S. Cicero Avenue, Chicago, IL 60638
Ph: 708.563.6490 or 800.315.2605
Distance: 8.3 miles, Price range: $–$$

Residence Inn by Marriott–Midway Airport
6638 South Cicero Avenue, Bedford Park, IL 60638
Ph: 708.458.7790 or 888.236.2427
Distance: 8.3 miles, Price range: $$

O’Hare International Airport

DoubleTree Hotel by Hilton Chicago O’Hare Airport
5460 N. River Road, Rosemont, IL 60018
Ph: 847.292.9100 or 800.222.8733
Distance: 23.0 miles, Price range: $$

Embassy Suites Chicago O’Hare-Rosemont
5500 N. River Road, Rosemont, IL 60018
Ph: 847.678.4000 or 800.362.2779
Distance: 23.1 miles, Price range: $$

Ronald McDonald House
The Ronald McDonald House is available on a first-come, first-served basis for families with a child patient under age 19 and who meet the selection criteria. If you are interested, contact the social work office at 773.702.1807.
**Resources for Your Visit**

**ATMs**
There are ATM machines located in the Bernard A. Mitchell Hospital lobby (second floor), the Goldblatt Pavilion lobby, the Duchossois Center for Advanced Medicine (DCAM) lobby, and the Chicago Comer Children’s Hospital lobby.

**Bill Pay**
You may pay both your University of Chicago Medical Center and Physicians Group bills by credit card online at www.uchospitals.edu/paybill, in person at the Outpatient Registration Office on the first floor of the Duchossois Center for Advanced Medicine (DCAM), Monday through Friday from 8:00 A.M. to 4:30 P.M., or by mail. For UCMC bill questions call 773.702.6664 and for UCPG bill questions call 773.702.1150.

**Bookstore**
Barnes and Noble at the University of Chicago Bookstore is located at 970 E. 58th Street. 773.702.8360.

**Chaplaincy and Spiritual Care**
Chaplains offer spiritual, emotional, and religious support 24 hours a day, seven days a week for patients and family members. Our clinically trained chaplains from a variety of perspectives are available to support both inpatients and outpatients. Devotional material, sacraments, rosaries, electrical Sabbath candles, meditation cushions, and prayer rugs are available upon request. Resources in the local community can be called on to meet further special needs. Call 773.702.6246 for more information.

A chapel is located in Bernard A. Mitchell Hospital (second floor) for patients and visitors. There are two chapels available for families in both areas of the hospital, one is located in Bernard Mitchell and there is another one located in the Comer Children’s Hospital.

**Copying, Printing, Faxing, Mailing**
The University of Chicago Copy Center is located next to the UC bookstore, outside the hospital’s Ellis Avenue entrance.

**Food Services in the Medical Center**

**Au Bon Pain**
Mitchell Hospital Lobby
Daily 24 hours

**Chicago Comer Children’s Hospital lobby**
Daily 6:30 A.M. to 8:00 P.M.

**Argo Tea**
1st floor of the Duchossois Center for Advanced Medicine (DCAM)
Monday–Friday 6:00 A.M. to 6:30 P.M.

**Cafeteria**
Basement of Bernard A. Mitchell Hospital, near the “D” elevators
Monday–Friday 6:30 A.M. to 6:30 P.M.
Saturday–Sunday 7:00 A.M. to 2:30 P.M.

**Jazzman Cafe**
Ellis/Surgery Brain Lobby and Knapp Center for Biomedical Discovery
Monday–Friday 7:00 A.M. to 4:00 P.M.

**Vending Locations**
Basement of Billings Hospital in the “S” corridor just east of the “C” elevator and in the basement

**Food Court**
2nd floor of the Duchossois Center for Advanced Medicine (DCAM)
Monday–Friday 7:00 A.M. to 4:30 P.M.
Snacks, beverages, sandwiches, and hot meals

**Patient Meals (inpatient only)**
Most patients receive At Your Request Room Service Dining®, a special food service program that allows patients to order meals from an extensive menu at times when they want to eat.
Gift Shop
A wide selection of notions (including newspapers), snacks, and gift items is available in our gift shop in the Bernard A. Mitchell Hospital lobby. It is open:
Monday–Friday  7:00 A.M. to 9:00 P.M.
Saturday–Sunday  8:00 A.M. to 9:00 P.M.

Delivery to patient rooms is available for minimum dollar purchases. If you would like to send a gift from the Mitchell lobby gift shop, please call 773.834.1360, Monday through Friday 7:00 A.M. to 9:00 P.M., Saturday and Sunday 8:00 A.M. to 9:00 P.M. The gift shop accepts MasterCard, Visa and American Express for phone transactions. Callers must have all patient information, including first and last name and room number, before an order can be placed.

Patients in the Intensive Care Unit (ICU) and those with conditions that increase their risk of infection may not receive live flowers or plants.

Information Desks
Our staff can provide wheelchairs, directions to clinical areas and other assistance in each of the medical center lobbies.

Interpreters
The University of Chicago Medical Center is committed to providing interpreters at no charge for any patients who are not fluent in English or need American Sign Language translation services. To arrange for an interpreter in advance, please call Patient Special Services at 773.702.6000 or Social Services at 773.702.1807. Or when you arrive, let a member of your healthcare team know you need an interpreter.

Mail
Mail or gifts to adult patients should be addressed to:
(Patient’s first and last name)
MC1070
(Patient Room Number)
University of Chicago Medicine
5841 S. Maryland Avenue
Chicago, IL 60637-1470

Notary Public
A notary public is available on a limited basis. Contact Admitting at 773.702.6233 for information.

Patient Garden
The Patient Garden is an open air space located in the Wyler Courtyard and is open to patients and visitors, weather permitting.
Pharmacy
The pharmacy is located in the Duchossois Center for Advanced Medicine (DCAM) on the first floor near the gift shop. Hours are 9:00 A.M. to 5:30 P.M., Monday through Friday. The phone number is 773.834.7002. There is also a Walgreens pharmacy on Lake Park Avenue at 55th Street that is open 24 hours. The phone number is 773.667.1177.

Recreation/Fitness
Ratner Athletic Center, 5530 S. Ellis Avenue. Daily guest passes are available for $10. Please contact the On-Site Recreational Manager to arrange at 773.702.7684 or visit the website at www.athletics.uchicago.edu.

Social Work Services
Our social workers provide support for you and your family, helping you to access information and resources during your hospital stay and outpatient treatment. On-Site Licensed Clinical Professional Social Workers are also available to assist with family needs and can be reached at 773.702.1807, or call the Hospital Operator at 773.702.1000, Option ‘0’, and have the Social Worker on-call paged if you need immediate assistance.

Telephones
Calls within Chicago and nearby suburbs are free. For details on making an outside phone call, see the information on the patient's bedside telephone. For all other calls, please purchase a debit card from machines located in the second floor lobby of Bernard A. Mitchell Hospital or in the first floor lobby of the University of Chicago Comer Children's Hospital.
The University of Chicago Medical Center is located in Chicago’s historic Hyde Park neighborhood, an area that’s home to an abundance of cultural and educational attractions. During the academic year, approximately 23,000 University of Chicago students, faculty, and staff are on campus each day. Many of these people not only work or go to school in Hyde Park, they live here too. For more information, visit the City of Chicago’s official tourism site at www.explorechicago.org.

**Museum of Science and Industry**  
5700 S. Lake Shore Drive  
Ph: 773.684.1414  
Distance: 1.6 miles  
www.msichicago.org  
Landmark science museum

**DuSable Museum of African-American History**  
740 E. 56th Place  
Ph: 773.947.0600  
Distance: 0.5 miles  
www.dusabledmuseum.org  
Museum devoted to the historical achievements and experiences of African-Americans

**David and Alfred Smart Museum of Art**  
5550 S. Greenwood Avenue  
Ph: 773.702.0200  
Distance: 1.1 miles  
www.smartmuseum.uchicago.edu  
Collection that spans five centuries of fine art

**The Oriental Institute**  
1155 E. 58th Street  
Ph: 773.702.9514  
Distance: 0.6 miles  
www.oi.uchicago.edu  
World-famous collection of antiquities

**The Renaissance Society**  
5811 S. Ellis Avenue, Bergman Gallery,  
Cobb Hall 418  
Ph: 773.702.8670  
Distance: 0.4 miles  
www.renaissancesociety.org  
Nationally renowned contemporary art

**The Osaka Garden**  
Japanese-inspired garden in Jackson Park

**University of Chicago Presents**  
5720 S. Woodlawn Avenue  
Ph: 773.702.8068  
Distance: 0.7 miles  
www.chicagopresents.uchicago.edu  
Chamber music performed by artists from around the world

**Rockefeller Chapel Events**  
5850 S. Woodlawn Avenue  
Ph: 773.702.2100  
Distance: 0.6 miles  
www.rockefeller.uchicago.edu  
Venue for concerts, theater, lectures by internationally known speakers

**Hyde Park Art Center and Horwich Gallery**  
5020 S. Cornell Avenue  
Ph: 773.324.5520  
Distance: 2.5 miles  
www.hydeparkart.org  
Showcases work by Chicago area artists and offers hands-on classes for artists of all ages

**The Court Theatre**  
5535 S. Ellis Avenue  
Ph: 773.753.4472  
Distance: 0.7 miles  
www.courttheatre.org  
Acclaimed professional theater featuring classical plays and musical theater productions

**DOC Films**  
Ida Noyes Hall, 1212 East 59th Street  
Ph: 773.702.8575  
Distance: 0.5 miles  
www.docfilms.uchicago.edu/dev  
On-campus movie theater

**The Frank Lloyd Wright/Frederick C. Robie House**  
5757 S. Woodlawn Avenue  
Ph: 312.994.4000  
Prairie-style home designed by Wright
Dining commons are located in Bartlett Hall, Burton-Judson Courts and Pierce Tower. Bartlett Hall, the newest, was the gym when Chicago was a dominant Big Ten college football power (and when it was not) and is now an airy, bright dining hall. Burton-Judson and Pierce dining halls remain popular for all you-can-eat dining with plenty of variety. The Pierce “Wok” and BJ’s pizza are traditional favorites.

1313 Cafe
1313 E. 60th Street, basement
Pastries, soups, salads, sandwiches

Ex Libris
Regenstein Library, A-level, 1100 E. 57th Street
Drinks, vending machines, food from local restaurants

ABA Cafe
1155 E. 60th Street, 2nd floor
Soup, sandwiches, muffins, grill

Gargoyle Cafe
Stuart Hall, basement, 5835 S. Greenwood Avenue
Deli sandwiches

Barnes & Noble Cafe
University Bookstore, 970 E. 58th Street
Starbucks coffee, drinks, pastries, soup, box lunches

Hallowed Grounds
Reynolds Club, 2nd floor, 5640 S. University Avenue
Snack bar and coffee shop with box lunches

Bio Cafe
Biological Sciences Learning Center, 2nd floor
Sandwiches, salads, breads, and pastries

Hutchinson Commons
Reynolds Club, 1st floor, 5640 S. University Avenue
Subway, ribs, sushi, sandwiches, salads, baked goods

Classics Cafe
Classics, 2nd floor
Coffee, pastries, soups, sandwiches, salads

Law School Cafe
Law School, Green Lounge, 1111 E. 60th Street
Sandwiches, paninis, food from local restaurants

Cobb Coffee Shop
Cobb Hall, basement
Pizza, coffee, tea, food from local restaurants

Maroon Market (a.k.a. Bart Mart)
Bartlett, 1st floor, 5640 S. University Avenue
Convenience store

C-Shop
Reynolds Club, 1st floor, 5640 S. University Avenue
Bagels, sandwiches, salads, soups, fruit, pastries, coffee

Midway Gardens Cafe
Press Building, 1st floor, 1427 E. 60th Street
Sandwiches, hot dogs, pastries, coffee

Divinity School Coffee Shop
Swift Hall, basement, 1025 E. 58th Street
Coffee, donuts, vegetarian and ethnic entrees

Sam & Elaine’s Cafe
Gordon Center for Integrative Science, 3rd floor
5801 South Ellis Avenue
Sandwiches, panini, soup, salad, pizza, pasta

Everett Kovler Cafe
Graduate School of Business, 5807 S. Woodlawn Ave.
Soups, sandwiches, salad, pizza, pasta, ethnic entrees, sushi, espresso bar

SSA Cafe
Social Service Admin, 1st floor, 969 E. 60th Street
Coffee, pastries, sandwiches, salads, soups