We Are Kovler
Table of Contents

A Warm Welcome .................................................................................................................... 1-3
A Century of Discovery & Global Perspective .......................................................................... 4-5
Partners in Diabetes Care and Discovery .................................................................................. 6-7

WE CARE ............................................................................................................................ 8-13
A showcase of our signature programs including Kovler for Kids, InTransit and Transplantation
WE DISCOVER .................................................................................................................. 14-21
Illustrating the comprehensive work of Basic, Translational, Clinical and Outcomes Research
WE EDUCATE .................................................................................................................. 22-25
Highlighting our educational initiatives from professional education to empowering our patients
WE UNITE ........................................................................................................................ 26-31
Spotlight on our community work beginning with our own neighborhoods to our global footprint
WE LEAD .......................................................................................................................... 32-35
You & Kovler ....................................................................................................................... 36
Honor Roll ............................................................................................................................. 37-38
Thank You from UCM Leadership ......................................................................................... 39

On behalf of the Kovler Diabetes Center Leadership Board, we are honored to share the first Annual Report. Kovler’s Board is comprised of diverse, passionate individuals who care about those with diabetes and who want to contribute to the impact that the University of Chicago can make in treating and curing diabetes. Each of us has a personal connection to diabetes, and our individual interests reflect Kovler’s work in type 1, type 2, monogenic diabetes and obesity.

We have much to celebrate at Kovler during our first full year as a Leadership Board. Jim Tyree, co-founder of our Board, was a visionary in helping us realize the tremendous impact this Board could have on the work of Kovler researchers, physicians and staff to further their work. His legacy lives through the generous support from the James Tyree Foundation and Eve Tyree’s commitment as a Board Member. I am proud of those who serve with me, and thank Khalid Alagel, Lisa Allegra, Dirk Degemaars, Amy Franke, Jay Franke, Laurie Jaffe, Donald Steiner, MD, and Eve Tyree. Finally, we share in our gratitude for the contributions of Leadership Board Members Warner Saunders and Mary Jo Basler. We wish them all the best as they step down after more than two years serving Kovler.

Much of the work that Kovler has accomplished could not happen without the organizations and individuals who have contributed to Kovler through their time, talent and treasure.

Sally Kovler
Chair
University of Chicago
Kovler Leadership Board
Welcome to the inaugural Kovler Diabetes Center Annual Report. We feel compelled to share the latest information regarding the global pandemic of diabetes and the rise in cases of type 1, type 2 and other genetic forms of diabetes locally, regionally and nationally. This annual report represents the accomplishments, challenges and priorities of the Kovler Diabetes Center and the entire University of Chicago Medicine diabetes enterprise.

This past year, we celebrated Kovler’s five-year anniversary and more than 100 years of diabetes care and research at the University of Chicago. Kovler’s continued focus on clinical and translational research, care, education and community sets the standard of practice for diabetes care worldwide. We continue to develop both our clinical services and research programs, recruit top talent, expand diabetes education services and deepen our local and national engagement.

Kovler is built upon the pillars of strength and support from the University of Chicago Medicine, with visionary leadership from Everett Vokes, MD, Roy Weiss, MD, and Dean Kenneth Polonsky, MD. So many others have partnered with us in amazing ways to improve the lives of those with diabetes. The communities we serve reach from the South Side of Chicago to across the country and beyond, including Dubai, Beijing and New Delhi.

As the incidence of diabetes continues to grow at an alarming rate, the need for Kovler’s care and research has never been greater. We honor those who have helped us along the way to create our renowned diabetes center helping individuals, families and communities every day.

As you page through this report, you will see there is much to celebrate, but there is also much work to be done. The Kovler Diabetes Center would not be where we are today without friends like you. We are so grateful for your partnership and support.

Roy E. Weiss, MD, PhD
Rabbi Esformes Professor
Chief of Adult and Pediatric Endocrinology, Diabetes and Metabolism

Lou Philipson, MD, PhD, FACP
Professor of Medicine and Pediatrics
Director, University of Chicago Kovler Diabetes Center

Christopher Rhodes, PhD
Professor, Department of Medicine Section on Endocrinology, Diabetes & Metabolism
The Kovler Family Professor
Research Director, University of Chicago Kovler Diabetes Center
Chair, Committee on Molecular Metabolism & Nutrition

It is my pleasure to welcome you on behalf of the Section of Adult and Pediatric Endocrinology, Diabetes and Metabolism at the University of Chicago. We are proud of our accomplishments, and as you will see from Kovler’s first-ever Annual Report, we are serious concerning our 3-fold mission: (1) to provide excellence in patient care; (2) to perform cutting-edge basic, clinical and translational research in diabetes and (3) to provide outstanding educational opportunities.

I am thrilled with Kovler’s success, building upon 100 years of diabetes care and research at the University of Chicago. Our section has maintained a position of prominence by virtue of the quality of faculty and their ability to remain at the forefront of medicine.

Roy E. Weiss
Rabbi Esformes Professor
Chief of Adult and Pediatric Endocrinology, Diabetes and Metabolism
100 Years of Diabetes Care and Discovery at the University of Chicago

The Global Diabetes Pandemic

BY THE NUMBERS

- 347 million people worldwide have diabetes.
- 3.4 million deaths last year due to diabetes complications.
- 25.8 million: The estimated number of children and adults in the United States who have diabetes.
- 79 million: The estimated number of Americans who have prediabetes.
- 1.9 million: The number of new cases of diabetes diagnosed in people aged 20 years or older in 2010.
- More than 800,000 people living in Illinois with diabetes, 500,000 of those are in Chicagoland.
- Hispanic/Latino Americans are 1.7 times more likely to have diabetes than non-Hispanic whites.
- African Americans are 1.8 times more likely to have diabetes than non-Hispanic whites.
- 71,382: The number of annual deaths due to diabetes in the United States according to death certificate reports from 2007. Diabetes is listed as a contributing cause of death in an additional 160,022 death certificates, for a total of 231,404 deaths in which diabetes is a primary or contributing factor.

Global PERSPECTIVE

Kovler travels in 2011 - 2012

1907
Robert Russell Bensley, MD
Devised histological staining techniques

1910-1911
Ernest Lyman Scott, PhD
This was a first biological indication of the existence of insulin

1916-1940
Anton J. (Ajax) Carlson, PhD
Discovered that the ‘internal secretion’ of the pancreas was circulating in the blood

1930
Somatostatin-producing Cells
Discovered a third "granular cell type" in the islets of Langerhans named D-cells

1934
Franklin McLean, MD, PhD
Discovered a method for measuring calcium in blood

1946-1954
Konrad Bloch, PhD
He showed that insulin regulated fatty acid synthesis

1950-1960
Rachmiel Levine, MD
Discovered that insulin was a factor for the transport of glucose

1960
Donald Steiner, MD
Discovered that insulin was not synthesized as two chains

1991
Nancy Cox, PhD
The Genetics of Diabetes team, led by Graeme Bell, cloned the human insulin gene and the insulin receptor

2002
Graeme Bell, PhD
Kenneth Polonsky, MD
David Ahernmann, MD
Leading the (DPP) Diabetes Prevention Program

2006
Lou Philipson, MD, PhD, FACP
Named Director of the Kovler Diabetes Center

2007
Lilly Jaffe
“Lilly had taken the last insulin shot she would ever need”

2010
Rob Sargis, MD, PhD
Researching hidden factors behind diabetes

2011
Stefan Greeley, MD, PhD
Joins the Kovler faculty and helps lead Monogenic Diabetes research and care

2010
Chris Rhodes, PhD
Researching hidden factors behind diabetes
Our role at Kovler is to connect all individuals, departments and ideas regarding diabetes and partner together. We are honored to be the source for this connectivity and are grateful to collaborate with our colleagues on this important endeavor.

- Lou Philipson, MD, PhD, FACP
We offer a customized, holistic diabetes care plan as unique as the individuals we treat. Our signature programs address every aspect of diabetes for people of every age. From Kovler for Kids to InTransit to our Adult Program, our team ranges from physicians to researchers, psychologists to social workers.
As one of just a few structured pediatric diabetes programs in the U.S., Kovler for Kids offers support for both parents and young people during this critical period of their lives.

Claire Bakke, 9 years old, has been seeing Dr. Siri Greeley since her type 1 diabetes diagnosis at age 6. “Dr. Greeley and Amy Hess-Fischl have empowered me to take a leadership role in Claire’s care and not always rely on someone else,” said her mom Jean Bakke. “With each visit we learn yet a new possibility for management—customized for Claire.”

Claire says the best lesson from her Kovler team is that she can do anything she wants to do. Managing Claire’s diabetes is a family affair, with her parents and older brother and sister by her side. Anna (14) and Nathan (12) have learned a lot about diabetes over the past four years and pay special attention to different ways they can help Claire manage her disease.

InTransit
Empowering Teens and Young Adults

GIVING TEENS A PLATFORM TO MAKE A DIFFERENCE
In 2012, Kovler launched the InTransit program, 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.

Formed this summer, the Kovler InTransit Teen Advisory Board provides fun and interactive opportunities for teens to interact. The group meets to discuss the future of the board and the type of programming that will have the most impact on teens living with type 1 diabetes.

“It’s a really great idea that has a lot of potential,” said Kelly McGinnis, InTransit Teen Advisory Board member. “The InTransit program is the reason I switched doctors and came to the University of Chicago.”
Health and Wellness

Our psychosocial program, a family-based behavioral health and wellness program included in diabetes care at the Kovler Diabetes Center, provides appointments for the individual with diabetes and his or her loved ones to meet with members of our team of behavioral health specialists.

The Kovler Diabetes Center offers the only comprehensive diabetes program in the Midwest that uses a family-focused model of care. Building on family strengths and resources, this model enables individual resilience and growth, addressing the ongoing challenges that children, adults and families face over a lifetime of diabetes.

Kovler’s behavioral health and wellness program is in partnership with the University of Chicago Medical Center and the Chicago Center for Family Health, one of the foremost family therapy training institutes in the world.

Islet Cell Transplantation

Eight years ago, Joey Knoop, a 47-year old woman from Valparaiso, Indiana, was referred to University of Chicago Medicine. Her endocrinologist, Lou Philipson, MD, PhD, FACP, recommended Knoop for an islet cell transplant. “I was the first recipient of the gift of islet cell transplantation and I am amazed at how my life is progressing,” said Knoop. “What I could never have imagined is now my reality. I can never say thank you enough to the many doctors who have helped me find my answers, or who have stepped up to the challenges that have come my way. WE are finding answers. WE are leading the way. WE will find the cure. I give my unending gratitude to every member of the University of Chicago team who has fought this courageous fight with me.”
Our research experts make discoveries leading to novel treatments, prevention and even potential cures for types 1 and 2 diabetes, obesity and diabetic complications. Current research includes basic, translational, clinical and outcomes research.

Working interactively with the Diabetes Research Training Center (DRTC) and the Committee on Molecular Metabolism & Nutrition (CMMN), a specialized graduate program, Kovler gains additional research resources while helping train the next generation of diabetes and obesity researchers.
The fascinating world of the gut microbiome made headlines in recent years when researchers showed that mice were more likely to develop obesity when their intestines were dominated by a certain type of bacteria. At the University of Chicago Kovler Diabetes Center, we are building on these studies to explore potential links between intestinal bacteria and autoimmune diseases, including type 1 diabetes.

Researchers have theorized that genetics, environment and/or certain foods, or diets, cause different types of bacteria to thrive in the intestines. The dominant type of bacteria may predispose an individual not only to obesity, but also to type 1 diabetes.

Gut Reaction

A promising new approach to stem cell research brings together research groups at the University of Chicago along with other collaborators who apply their complementary expertise in stem cell and developmental biology, genetics and genomics and beta-cell physiology to the problem of generating mature human beta-cells that can be used therapeutically in patients with type 1 diabetes (T1D). Drs. Graeme Bell, Siri Greeley and Lou Philipson have been working with James Wells, PhD, of the University of Cincinnati and his lab to continue the momentum of this research.

Our next phase of this collaborative project is to send blood samples to Dr. Wells and his team to start the process of making adult-stem cells from white blood cells.

As an assistant professor of medicine in the Section of Endocrinology, Diabetes and Metabolism, Dr. Sargis states that “while lifestyle factors such as poor diet and physical inactivity certainly contribute to diabetes and obesity, these factors fail to explain the magnitude and pace of the diabetes epidemic. As such, the search is on for contributing factors.” Building off a lifelong interest in the environment, Dr. Sargis has focused his research on the potential contribution of environmental pollutants to the surge of metabolic diseases.

Rob Sargis, MD, PhD

Matthew Brady, PhD
Eve Van Cauter, PhD
David Ehrmann, MD

An innovative study is giving scientists at the University of Chicago a fascinating glimpse into the relationship between insulin, sleep and body fat.

Matthew Brady, PhD, associate professor of medicine in the Section of Adults and Pediatric Endocrinology, Diabetes and Metabolism, has been studying small biopsies of abdominal fat from volunteers who have taken part in sleep deprivation studies.

Brady is collaborating on the study with Eve Van Cauter, PhD, and David Ehrmann, MD, internationally recognized researchers from the University of Chicago. Ehrmann is known for his studies on polycystic ovary syndrome, while Van Cauter conducted a range of widely published research that revealed an association between sleep deprivation and higher levels of body fat.

Brady said the studies promise to shed new light on insulin signaling at the molecular level. “It’s been a privilege to collaborate with Dr. Van Cauter and Dr. Ehrmann,” he said. “The insulin signaling study crosses traditional boundaries of what we think of as sleep science or clinical science. It’s an exciting new frontier.”
In the 1990s, we made a major leap forward in monogenic diabetes by identifying four of the five known genes linked to MODY (Mature Onset Diabetes of the Young). The discovery made international headlines when it was published by the researchers involved – Graeme Bell, PhD; Nancy Cox, PhD; and Kenneth Polonsky, MD, and now Dean of the Biological Sciences Division and Pritzker School of Medicine at the University of Chicago.

In 2007, Drs. Bell, Steiner, Cox and Louis Philipson, MD, PhD, Director of Kovler Diabetes Center, along with Siri Greeley, MD, PhD, and others, discovered a new series of insulin gene mutations that cause permanent neonatal diabetes. After treating one of the first patients in the country with neonatal diabetes due to a mutation in the KCNJ11 gene that allowed her to be switched from insulin to oral sulfonylurea therapy, since 2006 Drs. Bell, Philipson and Greeley subsequently treated similar patients from across the country who came to Chicago or whose doctors consulted them for advice.

A Modern Miracle

Five years after Lilly Jaffe made medical history and was freed from painful insulin injections, she and her family understood how much her story changed the course of diabetes research and treatment. Since her breakthrough, hundreds of other children and adults in the U.S. also have been able to switch from insulin shots to oral medication. In 2009, her story inspired Illinois’ adoption of “Lilly’s Law,” which established a registry in hopes of helping other children and gathering more genetic information on diabetes.
Our Work in Our Communities

Trying to address the imbalance caused by food deserts, the Medical Center has sponsored seasonal farmers’ markets. Through the Urban Health Initiative (UHI) program, University of Chicago researchers also have mapped 11 communities’ businesses and social services and provided that data to the public and online. Neighborhood leaders, like those in the Woodlawn and Auburn-Gresham communities, are using the data to attract mainstream grocery retailers to their areas. The Diabetes Empowerment Program classes are part of a larger initiative, “Improving Diabetes Care and Outcomes on the South Side of Chicago,” led by Monica Peck, MD, assistant professor of medicine, and Marshall Chin, MD, professor of medicine, and are funded by a $3.5 million grant from the Merck Company Foundation and the National Institutes of Health (NIH).

Arshiya Baig, MD, has designed a similar diabetes education program that began in February with two churches in South Lawndale, a predominantly Mexican-American community on the city’s West Side. With funding from the NIH and the University of Chicago, Baig, assistant professor of medicine, will evaluate an eight-week class on exercise, nutrition and medical care with 100 patients, plus six months of follow-up.

Diabetes Prevention Program (DPP)

A national trial, called the Diabetes Prevention Program (DPP), showed that “making an effort to lose and maintain weight loss is the best way to lower the risk of developing diabetes,” said Dr. David Ehrmann, MD, professor of medicine, and the principal investigator of the study at the University of Chicago.

Funded by the National Institutes of Health, the study included 27 clinical centers around the country. It showed that, “individuals at high risk for the development of type 2 diabetes can delay or avoid its onset by losing weight through regular physical activity and a diet low in fat and calories.”

When the outcomes phase of the study officially concludes in 2013, it will have been a 17-year trial.

“We’ve learned a lot,” Dr. Ehrmann says, “but it comes down to this: Weight loss is the most significant factor in slowing the progression of diabetes.”

High Honors

For renowned biochemist Donald Steiner, MD, receiving the Manpei Suzuki Diabetes Prize—the highest honor in diabetes research—was the culmination of a lifetime devoted to research. Steiner’s insight into the production of insulin, as well as other hormones in the body, contributed to the development of human insulin for treating patients with diabetes.

In 1958, Steiner’s research focused on how insulin acts in the liver. That work led to a number of new insights into the actions of insulin in the body. The discovery of proinsulin then followed in 1965 and opened a whole new field of research that has occupied us for many years.

When he was 20, he happened upon a book that described some of the basic chemical processes that occur in cells. He then changed his major to life sciences/premed and was accepted as a member of the 1952 medical class. When a research project during the last two years of medical school succeeded, he was hooked on research and has been here for over 50 years.

“Nothing has been more valuable to my career than the support I have received from various private and public organizations. Support for basic research should be our top priority, and it is very heartening to know that since World War II, our government has been heavily involved in this process. Since 1961, the National Institutes of Health has provided funds annually to support many aspects of diabetes research and training here,” says Steiner.

He continues, “There’s been tremendous progress in the last 40 to 50 years in our understanding of the factors that contribute to diabetes and its metabolic basis. In the case of diabetes, we also learned much more about the underlying causes and the complications, but we still haven’t been able to fully explain its genetic basis.”

The Manpei Suzuki Diabetes Prize award emphasizes basic advances, which have translated into improved diagnosis and therapy for diabetes. “I hope it will help to inspire younger clinicians/scientists to undertake basic research related to endocrinology, diabetes and metabolism. Much more needs to be learned about the genetic and functional basis of diabetes and especially in prevention,” says Steiner.

In the future, Steiner believes it will be possible to go to the doctor and have him/her analyze the patient’s genome [DNA] sequence and tell you more than you’d probably want to know about what might be ailing you. “But that’s a dream that’s pretty far down the road,” he says.
We offer world-renowned resources on diabetes education for patients, corporate partners, professionals and other physicians seeking to learn the latest in diabetes research, management and prevention. Throughout the year we deliver physician education, professional nursing and professional education, as well as patient education.
For more than 30 years, the National Institutes of Health (NIH)-supported and top-rated Endocrinology Fellowship Training Program at the University of Chicago continues educating tomorrow’s diabetes and endocrine physicians. Many of the world’s leaders in diabetes care and research were trained at the University of Chicago and completed the Endocrinology Fellowship Training Program, including Drs. John Buse, Charles Burant, Richard Bergenstal, and Lou Philipson. In September 2012, more than 10 adult endocrine faculty members reviewed more than 150 applications and selected 21 individuals to interview for 2 positions available for the 2013-2014 academic year.

In addition to the Fellowship Training Program, the NIH-Funded Training Grant Committee on Molecular Metabolism and Nutrition (CMMN) supports the training of three graduate PhD students in the Molecular Metabolism Training Program, which is administered by the CMMN at the University of Chicago.

Our Fellows Include:
- Jessica Hwang
- Olesya Krivospitskaya
- Celeste Thomas
- Sharon Chou
- Anoopa Koshy
- Katherine Stanley
- Matthew Wise

Our Certified Diabetes Educators provide one-to-one nutritional counseling, insulin instruction, meter instruction, and individual sessions tailored to meet your specific needs.

Continuing Medical Education (CME) at the University of Chicago demonstrates the University’s leadership in scientific research and dedication to the continuing education of physicians. With the objective to disseminate the latest and most valuable information on biomedical sciences and medical practice, the Kovler Diabetes Center works with the Center for Continuing Medical Education to offer courses throughout the year. The courses highlight innovative procedures and technologies, examine current controversies in treatment, and provide an update on the latest advances in the understanding and treatment of the disease. In addition to the development of traditional CME, the Center jointly sponsors programs with area community hospitals, local medical societies and other health care institutions and groups, as well as in-house conferences for our own faculty and house staff.

Donna Prost, MS, RD, CDE, created the Diabetes BASICS series that addresses topics from blood glucose monitoring to foot care.

Susan McLaughlin, RN, BSN, CDE, helps outpatients at the University of Chicago Kovler Diabetes Center, as well as inpatients at the University of Chicago Medical Center and at Comer Children’s Hospital.

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE, is currently Chair of the ADA’s Diabetes Care and Education practice group, comprised of more than 6,500 registered dietitians across the country.

Our newest educator, Julia Snode, RD, LDN, CDE, is a diabetes educator and the outreach coordinator. Julia supports Kovler’s satellite clinics, working with both children and adults to effectively manage their diabetes.

### Education Visits 2010 - 2012

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<th>Year</th>
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<td>915</td>
</tr>
<tr>
<td>FY2012</td>
<td>1600</td>
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We Unite
CREATING FRIENDSHIPS FOR A LIFETIME

Our work with communities starts in our backyard and spans the globe, reaching newly diagnosed patients to neighborhoods severely impacted by diabetes. Our sole focus is to help individuals live their best life with diabetes and create meaningful partnerships in our communities.
Improving Diabetes Care and Outcomes on the South Side of Chicago is a seven-year project funded by the Merck Company Foundation, through the Alliance to Reduce Disparities in Diabetes, and the National Institutes of Health. Spearheaded by Drs. Monica Peek and Marshall Chin of the University of Chicago, the project engages patients, providers, clinics, and community partners to improve the health care and outcomes of African-Americans on the South Side of Chicago. The project is multi-faceted and involves four main components:

- **Peer-to-Peer**

  Diabetes rates are increasing at an astonishing rate, and unfortunately, the south side of Chicago, the community served by the University of Chicago, has much higher rates of the disease than the national average. As part of Improving Diabetes Care and Outcomes on the South Side of Chicago, the Diabetes All-Star Peer-to-Peer Mentoring Program seeks to improve glucose control among our patients through a formalized program of peer support and encouragement.

  Peggy Hasenauer and Robert Sargis, MD, PhD, will serve as community liaisons for Peer-to-Peer alongside Mike Quinn, PhD, who is providing training to mentors on how to field questions, understand behavior modification and best practices to mentor their mentees.

  With this connection our patients will hopefully feel a part of a larger, stronger community. By pairing patients who have similar backgrounds and medical situations, we believe that patients who are struggling to manage their diabetes will develop ways to accomplish glycemic control.

- **Improving Diabetes Care on the South Side**

  Improving Diabetes Care and Outcomes on the South Side of Chicago is a seven-year project funded by the Merck Company Foundation, through the Alliance to Reduce Disparities in Diabetes, and the National Institutes of Health. Spearheaded by Drs. Monica Peek and Marshall Chin of the University of Chicago, the project engages patients, providers, clinics, and community partners to improve the health care and outcomes of African-Americans on the South Side of Chicago. The project is multi-faceted and involves four main components:

  - Patient education and empowerment
  - Provider workshops
  - Clinic system redesign
  - Community partnerships

**KovlerKrew**

Launched in 2012, the Kovler Diabetes Center Ambassador Program, KovlerKrew, gives individuals, professionals, families, parents and those with diabetes unique volunteer opportunities to channel their interest in improving treatment and knowledge of the disease. Volunteers work together to lend time and expertise toward public awareness activities, educational events and advocacy activities in the greater Chicago area. These critical volunteer efforts help Kovler support and educate individuals, families and communities facing the challenges of diabetes.

**Partners in Our Community**

A very special thank you to all of our friends and partners who support our efforts in caring for patients, families and communities.

Access Community Health Network
American Diabetes Association
Building A Healthier Chicago
Chicago Family Health Center
Chicago Ideas Week
Consortium to Lower Obesity in Chicago (CLOCC)
Demiselle 2 Femme
Family Friend Health Care Center
Friends United
Illinois Diabetes Policy Coalition (ILDPC)
Illinois Legislative Diabetes Caucus
Improving Diabetes Care and Outcomes on the South Side (Southside.org)
JDRF
Know Your Chicago
Let’s MOVE
National Kidney Foundation of Illinois (NKFI)
Building on Kovler's national presence is critical to our growth and success. Christopher Rhodes, PhD, Research Director of Kovler, is the leading scientist representing the University of Chicago as a member of the Brehm Coalition, a multisite endeavor led by nine senior scientists who represent the fields of immunology and beta-cell biology, the two key disciplines related to the cause and probable cure for type 1 diabetes. The objective of the Brehm Coalition is to accelerate research into the root causes and mechanisms underlying diabetes, contributing to the potential development of a cure.

This year, Dr. Philipson was chosen by U.S. News & World Report magazine as one of America’s Top Doctors in the fields of Endocrinology, Diabetes & Metabolism. He was also joined by U of C leaders Dr. Roy Weiss and Dr. David Ehrmann. In addition, Dr. Philipson became the newest member of the American Diabetes Association (ADA) Legal Advocacy Subcommittee.

Kovler’s National Presence

CHINA

In February, Dr. Lou Philipson was once again travelling the globe, this time heading to Shanghai and Beijing, China. Dr. Philipson’s presentations included the latest information about new approaches to diabetes management. Dr. Philipson also had the opportunity to meet with two faculty members at Peking Union Medical College, among the most selective medical colleges in People’s Republic of China, renowned for its own reputation and for being affiliated with one of China’s most prestigious institutions of higher learning.

DUBAI

Chris Rhodes, PhD, and Amy Hess-Fischl, RD, CDE, attended the International Diabetes Federation (IDF) World Congress 2011 meeting in Dubai this past December.

More than 15,000 participants attended the World Diabetes Congress, making the 2011 Congress the largest in IDF history.

INDIA

In January, Dr. Lou Philipson was invited to Bangalore, India to speak at a professional diabetes symposium. With over 1400 Indian physicians and scientists in attendance, the symposium addressed the dramatic prevalence of diabetes in India and around the world, and new approaches to treatment, prevention and complications. In addition, Dr. Rob Sargis was invited to present his own research related to environmental toxins, diabetes and obesity.

We hope for a cure and work toward this goal each day. In the meantime, we want those with diabetes, their families and our communities to receive the best care, education and support not only in Chicago, but in the world.

- Peggy Hasenauer, MS, RN
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.

Kovler is grateful and honored to work alongside the many passionate and driven individuals who are so essential in pursuing our efforts.
When James Tyree passed away in March 2011, his family and friends then started to put Tyree’s network to use, and in June of that same year, officially launched the James Tyree Foundation. Headed by his widow, Eve Tyree, the foundation (jamestyreefoundation.org) has rounded out its 10-member board and announced its three charity recipients for 2012. We are one of the grant recipients forming the new James C. Tyree Program for Diabetes Care & Innovation. It will be part of the university’s Kovler Diabetes Center.

Tyree had suffered from diabetes before a 2006 kidney and pancreas transplant essentially cured him, and was long involved in trying to raise awareness of the disease. Although diabetes can be managed with “great health care and great doctors,” Eve Tyree said her husband “felt that education was sorely missing, and that’s a huge part of the equation when you’re dealing with diabetes.”
You & Kovler

HOW YOU CAN HELP

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 go 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.

• 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.

Honor Roll

OUR SINCERE GRATITUDE FOR GENEROUS SUPPORT

FOUNDER $100,000 AND ABOVE
Kovler Family Foundation
James Tyrone Foundation

INNOVATOR $50,000 - $99,999
Gezame E. Bell, PhD
Friends United for Juvenile Diabetes Research
Lewis Schon Family Foundation

BENEFACTOR $25,000 - $49,999
Mr. & Mrs. Freda and Mr. David Horo
Mr. and Mrs. Michael Jaffe
Dr. Donald F. Steinert
Boyd Family Foundation

PATRON $10,000 - $24,999
Ms. and Mr. Khalid Alagel
Ms. and Mrs. Harry Frank
Ms. and Mrs. Bruce Young

EXPLORER $5,000 - $9,999
Mr. and Mrs. Robert V. Allegra
Mr. and Mrs. Dick Degnan
Mrs. William and Elizabeth Landes
Mr. and Mrs. George Lyman III
Mr. and Mrs. David Mian
Dr. and Mrs. Kenneth Polisisky
Robinson Family Foundation
Wessel Family Foundation
The Charlies Jacob Family Foundation

SPONSOR $1,000 - $4,999
Mr. and Mrs. Ross Barbeomemi
Mr. and Mrs. Beata Bierzstein
Ms. Pam Cranstfield
Mr. Jeffrey A. Galowich
Mr. and Mrs. Lewis Mandrow
Mr. and Mrs. Dale Pollack
Mr. and Mrs. James T. Reid II
Mr. and Mrs. Warren Saunders Jr.
Mr. and Mrs. Lee Allen Shapiro
Mr. and Mrs. Byron D. Trott
DYG Group LLC
Margo Levin Family Fund
Walgreen Co.

FRIEND $1 - $999
Ms. Heather Alderman
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This is an exciting time for the University of Chicago Medicine as we expand the horizons of health care and our own facilities. We are inspired by the efforts of our colleagues, staff, friends and donors who help those facing the challenges of diabetes every day.

As technology advances, Kovler and its mission exemplifies all that we do at the University of Chicago Medicine. Kovler’s vision for the future is intertwined with the way we care for people living with diabetes and our communities we serve.

We thank you for your continued and vital support as we pursue our work to find a cure for diabetes and provide leading-edge care, education and community engagement. We look forward to continuing this journey together.

Kenneth S. Polonsky
Executive Vice President for Medical Affairs,
University of Chicago
Dean, Biological Sciences Division and
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*If you do not wish to appear in future print or online donor listings, please contact Peggy Hasenauer at Peggy.Hasenauer@uchospitals.edu to request that your name be excluded.
Kovler Mission & Vision

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.

COMPLICATIONS
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 all our patients about everything from monitoring blood glucose, to healthy eating, to using insulin pumps and glucose meters.